

What to Do if You're the Victim of a Crime

Unfortunately, no matter how well you prepare, it is impossible to protect yourself against every possible situation. If you are attacked, it is important to know what to do. The following steps will ensure you get help safely and quickly, and the resources will help you recover from the trauma.

If possible, get to a safe place. In the event of an emergency, make sure that you move to a well-lit, populated area before calling for help.

Call 911. As soon as it is safe to do so, call 911 or have someone call 911 for you.

Follow the operator's instructions until help arrives. 911 operators go through hundreds of hours of training to learn how to handle emergency situations. They will instruct you until police or paramedics arrive.

Let emergency services guide you through what to do. Depending on what happened, a number of tests or procedures may be required. The officers or paramedics should walk you through this step-by-step.

Contact a trusted friend or family member as soon as you can. Not only do you need to let someone know what is going on, you should have somewhere to go after all the official procedures are taken care of. Emotional support will be very important.

Take care of yourself and take time to heal. Becoming a victim can be incredibly traumatic. The healing process will take time and attention. There are plenty of free resources available to help you heal. See our resource guide below and be sure to check with your campus mental health services about how they can help in your recovery.

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