

## RESOURCE SHEET

If you or someone you know is experiencing emotional distress and/or is in need of immediate medical accompaniment and support, please **DIAL 911** or contact Harvard University Health Services Urgent Care's 24-hour Helpline **617-495-5711**

### HARVARD RESOURCES

**Center for Wellness and Health Promotion:** All members of the Harvard Community can take advantage of the innovative programs, services, and initiatives at the Center for Wellness. Students, faculty, staff, retirees, and University affiliates can schedule a massage or acupuncture appointment, sample exercise, meditation, or yoga classes, or stop by for a chair massage. <https://wellness.huhs.harvard.edu/home> 617-495-9629, Smith Campus Center, 75 Mt. Auburn Street, 2<sup>nd</sup> Floor [cw@huhs.harvard.edu](mailto:cw@huhs.harvard.edu)

**Counseling and Mental Health Services (CAMHS):** A no-cost support service that works collaboratively across the University to support registered students who are experiencing some measure of distress in their lives. <https://camhs.huhs.harvard.edu/> 617-495-2042. Locations: Smith Campus Center, HBS, HLS, Longwood Clinic

**Harvard Chaplains:** The Harvard Chaplains, a professional community of more than thirty chaplains, represent many of the world's religious, spiritual, and ethical traditions, and share a collective commitment to serving the spiritual needs of the students, faculty, and staff of Harvard University. <https://chaplains.harvard.edu/> 617-495-5529. 44R Brattle Street, 1<sup>st</sup> Floor [chaplains@harvard.edu](mailto:chaplains@harvard.edu)

**Harvard University Health Services (HUHS):** To heal, to care, to educate. Core services include primary care/internal medicine, counseling and mental health, behavioral health, urgent care, and several specialty services. <https://huhs.harvard.edu/> 617-495-5711. Smith Campus Center, 75 Mt. Auburn Street entrance

**Harvard University Police Department:** Urgent Cambridge 617-495-1212, Urgent Longwood 617-432-1212, Business 617-495-1215. <https://www.hupd.harvard.edu/>

**Indigo Peer Counseling:** Indigo Peer Counseling strives to foster a supportive and compassionate campus for undergraduate students grappling with and addressing issues of race, socioeconomic status, first generation, undocumented, and foster care status at Harvard College. [indigopeercounseling@gmail.com](mailto:indigopeercounseling@gmail.com) or <https://fas-mini-sites.fas.harvard.edu/osl/grouplist?rm=details&id=160904>

**Office of Alcohol & Other Drug Services (AODS):** A unit within the Department of Health Promotion & Education which is a multidimensional resource for students - and for faculty, staff, and members of the larger Harvard University community\* who may have concerns about students - offering a wide range of programs and services aimed at reducing the negative consequences associated with heavy, episodic drinking and substance abuse through prevention, education, intervention, policy development and coordination with treatment providers. <https://aods.harvard.edu/> 617-496-0133. Smith Campus Center, 75 Mt. Auburn Street [aods@huhs.harvard.edu](mailto:aods@huhs.harvard.edu)

**Office of BGLTQ Student Life:** The Harvard College Office of BGLTQ Student Life provides support, resources, and leadership development for bisexual, gay, lesbian, transgender, queer, and questioning students. Through collaboration with students, staff, and faculty across the College, the Office creates opportunities for fellowship, community building, and thoughtful dialogue. We seek to foster a safer, more inclusive campus by educating and engaging the Harvard community about the multiplicity of sexual and gender identities. <https://bgl tq.fas.harvard.edu/> 617-496-5716, Grays Hall, lower level, rear entrance, facing Wigglesworth [bgl tq@fas.harvard.edu](mailto:bgl tq@fas.harvard.edu)

**Office of Diversity Education & Support:** The mission of the Office of Diversity Education and Support is to cultivate a more inclusive College community, and enhance the personal growth of our students by providing specialized training, consultation, and facilitated dialogue, and programming on issues related to identity, inclusion, and belonging. We further carry out the ideals of inclusion and belonging by providing one-to-one support to students from historically underrepresented or marginalized backgrounds. <https://diversity.college.harvard.edu/> 617-384-7525. Grays Halls, Ground Level [diversity@fas.harvard.edu](mailto:diversity@fas.harvard.edu)

**Office of Sexual Assault Prevention & Response (OSAPR):** The Office of Sexual Assault Prevention & Response (OSAPR) promotes the compassionate and just treatment of student survivors, their friends,

and significant others. It fosters collaborative relationships between campus and community systems, and affects attitudinal and behavioral changes on campus while working toward the elimination of sexual violence against all people. <https://osapr.harvard.edu/> 617-496-5636. Smith Campus Center, 75 Mt. Auburn Street, Room 624

**University Disability Resources:** UDR serves as a central resource on disability-related information, procedures and services for the University community and provides expertise in the development, implementation, and acquisition of standard disability-related University practices, procedures and resources. 617-495-1859. Smith Campus Center, Suite 900 <https://accessibility.harvard.edu/>

## LOCAL RESOURCES

<https://osapr.harvard.edu/pages/local-resources>

## COUNSELING AND SUPPORT

**Boston Area Rape Crisis Center (BARCC)** provides free, 24-hour services to survivors of rape and sexual violence, their friends and family. To contact BARCC, call the 24/7 helpline 800-841-8371 or <https://barcc.org/>

**Victims of Violence (VOV):** Our mission is to develop comprehensive mental health services for crime victims and crime victimized communities. Because victims often experience psychiatric intervention as stigmatizing and intrusive, VOV emphasizes clinical care that can facilitate mastery, mobilize resiliency and promote renewed hope and restored self-esteem. 617-591-6360 or <https://osapr.harvard.edu/links/victims-violence-vo>

**Asian Task Force Against Domestic Violence (ASAP)** services include New England's only multilingual emergency shelter, advocacy services, outreach, and education programs for battered Asian adults and their children. The Asian Shelter and Advocacy Program is often the only opportunity for Asian adults and children to achieve productive and violence-free lives. ASAP Programs and Services, located at three sites, are designed to complement each other and provide clients with comprehensive care. Multilingual 24/7 helpline 617-338-2355 or <https://www.atask.org/site/>

## MEDICAL

**Beth Israel Deaconess Medical Center** provides a 24-hour emergency care and range of services for response and safety. They can help you plan for safety, access safe housing, talk about your relationship and your options, including having medical evidence collected (within 5 days of a sexual assault) by a trained Sexual Assault Nurse Examiner (SANE). Individuals are not required to file a police report to access services. 617-667-7000 or <https://www.bidmc.org/>

**Planned Parenthood Greater Boston** provides a wide range of safe, reliable health care – and the majority is preventive, primary care, which helps prevent unintended pregnancies through contraception, reduce the spread of sexually transmitted infections through testing and treatment, and screen for cervical and other cancers. Caring physicians, nurse practitioners, and other staff take time to talk with clients, encouraging them to ask questions in an environment that millions have grown to trust. 800-258-4448 or <https://www.plannedparenthood.org/>

## POLICE

**Cambridge Police Department** responds to incidents that have occurred in the City of Cambridge. The **Sexual Assault Unit** investigates sexual crimes such as rape, indecent assault, indecent exposure, and peeping & spying. The **Domestic Violence Unit** investigates domestic related assaults and abuse incidents, including intimate partner violence and some physical child abuse cases. A civilian Victim Advocate helps survivors find and obtain available services in the community (shelter, counseling, legal services, health centers, etc.). The advocate is also available to discuss safety planning with victims as well as help them understand the criminal justice process and their legal rights, including how to obtain a restraining order. 617-349-3300 or 911 or <https://www.cambridgema.gov/cpd.aspx>

**Boston Police Department:** Contact BPD to report sexual violence which occurred in the city of Boston. The Sexual Assault Unit is a part of the Family Justice Division, which also consists of the **Crimes Against Children Unit** and the **Domestic Violence Unit**. 617-343-4500 or 911 or <https://www.boston.gov/departments/police>

## LEGAL

**The Victim Rights Law Center (VRLC)**, through direct legal services, our staff and pro bono attorneys help restore victims' lives after an attack, ensuring that they may stay in school; protecting their privileged and confidential mental health, medical and education records; preserving their employment; maintaining safe housing; securing or maintaining their immigration status; and swiftly accessing victim compensation and other benefits. VRLC was established in 2003 as the first nonprofit

law center in the nation solely dedicated to serving the needs of rape and sexual assault victims. 617-399-6720 or <https://www.victimrights.org/>

**The Massachusetts Office for Victim Assistance (MOVA)** is an independent state agency devoted to upholding and advancing the rights of crime victims. They provide a broad range of assistance to crime victims as well as outreach and education, policy and program development, direct service, legislative advocacy, and grants management. 844-878-6682 or <https://www.mass.gov/orgs/massachusetts-office-for-victim-assistance>

## LGBTQ

**Fenway Health Violence Recovery Program** provides counseling, support groups, advocacy, and referral services to Lesbian, Gay, Bisexual and Transgender victims of bias crime, domestic violence, sexual assault, and police misconduct. The Violence Recovery Program at Fenway Health was founded in 1986 and was formerly known as the "Victim Recovery Program." 617-927-6250 or <https://fenwayhealth.org/care/behavioral-health/violence-recovery/>

**The Network/La Red** is a survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, BDSM, polyamorous, and queer communities. Rooted in anti-oppression principles, our work aims to create a world where all people are free from oppression. We strengthen our communities through organizing, education, and the provision of support services. 800-832-1901 or <http://tnlr.org/en/>

## NATIONAL RESOURCES

### THE STEVE FUND

#### PROGRAMS AND SERVICES

<https://www.stevelfund.org/programs/>

#### **Youth Advisory Board**

<https://www.stevelfund.org/youth-advisory-board/>

#### **7 Cups (Young People of Color Support Guide)**

<https://www.7cups.com/ypoc-guide/>

#### **Crisis Text Line**

**Text STEVE to 741741**

<https://www.stevelfund.org/crisistextline/>

#### **Equity in Mental Health Framework & Toolkit**

<https://equityinmentalhealth.org>

#### **The Steve Fund Knowledge Center**

<https://www.stevelfund.org/knowledgecenter/>

#### **Subscribe to The Steve Fund Newsletter**

<https://www.stevelfund.org/updates/>

### ADDITIONAL RESOURCES

<https://osapr.harvard.edu/national-resources>

#### **Education and Prevention:**

- A Long Walk Home
- Brown Boi Project
- INCITE
- Force: Upsetting Rape Culture
- Futures Without Violence
- Men Can Stop Rape
- National Sexual Violence Resource Center
- Prevent Connect
- National Transgender Equality Project
- Transgender Law Center

#### **Sexual Assault:**

- Arte Sana
- Center for Changing Our Campus Culture
- Department of Defense Safe Helpline
- Male Survivor
- My Body Back
- NYC Anti-Violence Project
- The Jahajee Sisters
- Rape, Abuse & Incest National Network

#### **Intimate Partner Violence:**

- Love is Respect
- National Domestic Violence Hotline
- National Network to End Domestic Violence

#### **Childhood Sexual Abuse:**

- 1in6
- generationFIVE

#### **Harassment:**

- Hollaback
- Collective Action for Safe Spaces
- Breakthrough USA
- Stop Street Harassment

#### **Sexual Health:**

- Guttmacher Institute
- Kinsey Institute
- Laci Green
- Planned Parenthood
- Scarleteen
- SexEd Library

#### **Stalking:**

- Stalking Resource Center
- Working to Halt Online Abuse

## ADDITIONAL RESOURCES

Center for Disease Control, resources: <https://www.cdc.gov/violenceprevention/suicide/resources.html>

National Suicide Prevention Lifeline: 1-800-273-8255 <https://suicidepreventionlifeline.org/>

Suicide Prevention Resource Center: 1-800-273-TALK <https://www.sprc.org/>

Veterans Crisis Line: 1-800-273-8255 (press 1) <https://www.veteranscrisisline.net/>

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