



# HELLO *from the* SARC

## STUDENT ADVOCACY RESOURCE CENTER

We provide **free and confidential** support to survivors of sexual assault, relationship violence, stalking, hate crimes, harassment, or other forms of discrimination. If you call or visit our office, you will find that we are staffed by caring and compassionate people who will listen, believe, and empower you to achieve your goals. You deserve to be safe, supported, and treated with care and respect. We also offer help to your friends, family, or partners.

### BRIEF COUNSELING

SARC provides free and confidential therapy services. Our brief therapy services typically last for eight sessions, but some of our clients report feeling better after a few sessions. If you decide that continuing after eight sessions would be helpful, we can refer you to longer-term therapy in the community.

### MEDICAL ADVOCACY

We provide in-person support and assistance at First Step—a free medical clinic that provides health care and gathers forensic evidence for survivors of sexual assault. We can also assist if you would like to access medical or other services at Curry Health Center.

### ACADEMIC ADVOCACY

SARC fully supports your academic success. We can help you request accommodations in classes (e.g., leniency for attendance or coursework), drop classes if necessary, request an incomplete grade, delay an exam, or withdraw from school if you decide that is the best option.

### LEGAL ADVOCACY

We can connect you to legal resources, including the Crime Victim Advocates Program and the Montana Legal Services Association. SARC advocates can also accompany you to meetings or appointments with legal representatives.

### REPORTING ADVOCACY

We can help you to understand your reporting options through both law enforcement and/or Title IX. If you decide you would like to report, we can assist you in making a report to either entity. SARC advocates for you and your needs in the reporting process.

### What happens if I call or visit SARC?

At SARC, we promote personal choice and empowerment. When you call or drop by our office, an advocate will work with you to assess your needs, help you understand your options, and support your decisions. SARC is a confidential resource – **contacting us does NOT mean that you are making a report to law enforcement or Title IX.**



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### Testimonials from people who have used SARC services:

(With permission, our clients share the following with you about their experiences at SARC)

“I came to SARC after a break down when I was sobbing my eyes out, and finally coming to terms with rape and abuse in my past. They had someone ready to talk within minutes, they had coffee and tea for me, and a big comfy chair with lots of tissues. Opening up for the first time, my counselor gave me the space to talk about whatever I needed. She was soft and supportive and exactly what I needed to finally start going through the trauma. I am eternally grateful for the friendly and welcoming staff and the resources available here.”

“SARC has helped me and my friends be able to stay in school when outside life is overwhelming”

“Seeing a SARC counselor helped me when I was not sure how to help myself. My counselor taught me coping mechanisms and self-care tips that I will be able to use for the rest of my life.”

“SARC was my last resort when it came to dealing with what happened. I wanted to forget instead of processing the incident. The people here dedicate their time to healing people like me, that’s beautiful. This is the reason I’m still in school and working on healing. There was no shaming or discomfort. This program could really save lives. I know in a way it saved me.”

“SARC and its services have given me the ability to be able to make it through the day without feeling alone. They have given me purpose in my life and given me the courage to share my story.”

“Before I started SARC I didn’t believe I would live through another year. Now I can say without a doubt that I will live to graduate college, become a mother and live until nature chooses to take me. I am now a better, stronger, more ambitious goal driven person who can see potential in myself. Thank you for the work you do.”

“SARC helped me get through the hardest time in my college career when I felt I didn’t have anyone on my side, even myself. Now I’m doing much better and have faith in my own strength.”

“I honestly believe SARC is the single most important resource available to students on campus. We are so lucky to have such a vital program available to us for free”

**“When you feel lost or confused about life SARC knows how to bring you back to your light.”**