

## WHAT DO I DO IF I RECEIVE A DISCLOSURE ?

<b>First step</b> Listen and adopt supportive attitudes.	<b>Second step</b> Support and assist the person in their efforts.
<p><b>Believe the person</b> If the victim has just confided in you, it's probably because you're a person they trust. So it's really important to believe the victim's account. If not, they may close up and hesitate to turn to someone else for assistance.</p>	<p><b>Inform the person of the options available to them.</b></p> <ul style="list-style-type: none"> <li>Refer the person to the single entry point, the Psychosocial Services Department at their campus.</li> <li>In the absence of a resource, either because it's outside the department's business hours or because the person disclosing the information doesn't want to go there, contact an outside resource to obtain adapted psychological assistance.</li> </ul>
<p><b>Listen without judgment</b> Don't cast doubt on what the victim has to say. Avoid comments like "Are you sure you said No clearly?" or "Why did you accept to go with him to his room?"</p>	<p>Specialised resources can guide the person and help them choose their efforts according to their needs (psychological support, administrative or judicial complaint, accommodation measures, etc.). Some situations call for quick action; examples include the medical and legal evidence kit used in cases of assault. See the back of this sheet for information for available resources.</p>
<p><b>Help the victim overcome the feelings and effects of victimisation</b> It is crucial to tell the victim that what happened is not their fault and that they are not responsible.</p>	<p>It's recommended to accompany the person in their efforts or to contact a qualified person to do so. At any time, don't hesitate to call the Info-Social Helpline (811) for support as you accompany the person.</p>
<p><b>Respect the victim's pace</b> The victim may very well not be ready to file a complaint with the police and it's important to respect their choice and pace (only 10% of sexual assaults are reported to the police).</p>	<p><b>The exception to the rule: Victims 18 and under</b> You are required to report to the Youth Protection Director any disclosure concerning sexual assault you receive from a minor. It's suggested that you be transparent with the young victim, explaining your role with regard to them and the reasons why you have to report the situation. Disclosures to the Youth Protection Director are confidential.</p>
<p><b>Normalise their émotions</b> When disclosing sexual assault, some victims will be very emotional. It's important to help them normalise their emotions.</p>	

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# RESOURCES

Gaspé and Magdalen Islands Region

At any time, if your safety is threatened, call 911.

RESOURCE	CONTACT INFORMATION
The local resource for staff members, including Montreal campus staff, CALACS Gaspésie (men and women)	1 866-968-6686
Campus single entry points for students	Gaspé : Julie Renaud (Room 309-D, ext. 1368) Carleton-sur-Mer : Annie Léonard (Room 207, ext. 7265) Îles : Laurence Arseneau-Forest (local 108, ext. 6227) ÉPAQ : Alexandra Méthot-Coffie (local 209, ext. 4109)
Info-social helpline 811	811, line 2
Help, information and referral line for victims of sexual assault (24/7)	1 888 933-9007
College employee assistance program	1 800 261-2433
Designated centre: medical-legal and medical-social evidence kit (24/7)	<a href="https://en.serviceconseilqc.ca/trouver-un-centre-designe">https://en.serviceconseilqc.ca/trouver-un-centre-designe</a>
CALACS L'Espoir des Îles	418 986-6111 <a href="mailto:calacsdesiles@ilesdelamadeleine.ca">calacsdesiles@ilesdelamadeleine.ca</a>
Assistance centre for victims of criminal acts (CAVAC)	418 689-4331 or 1 866 892-4331 <a href="mailto:cavacjim@globetrotter.net">cavacjim@globetrotter.net</a>
Youth Protection Director (YPD)	During the day : 418 368-1803 ou 1 800 463-4225 Evenings, nights, weekends, and holidays : 1 800 463-0629
Criminal and Penal prosecution Director (DPCP)	Phone line 1 877 547-DPCP (3727)