

What do I do if a friend tells me about relationship violence, sexual assault, stalking, or sexual harassment?

Know
Do
Support

MORE



You can show you care about your friend by listening, respecting their choices, and connecting them to supportive resources.

Express Support

Here are some ideas of what you can say:

"I'm here to listen and support you."

"It took a lot of courage to tell me about this."

"I believe you."

"Thank you for trusting me."

"You didn't do anything to deserve this."

"You are not alone."

Remember:

It's not your job to find out details about what occurred. Avoid asking questions such as:

X "Why were you there?"

or

X "Had you been drinking?"

This may make your friend feel judged or blamed.

Offer to Help Connect With Resources

Knowing what resources are available can help someone along their path to healing. Gently ask your friend if they are interested in learning about supportive resources. Offer to connect them with trained professionals who can help or offer to visit supportmore.msu.edu with them to learn about what services are available.



Center for Survivors*

Provides crisis support, advocacy, and counseling for survivors of sexual assault and harassment.

24-Hour Crisis Hotline: (517) 372-6666 | Crisis Chat: centerforsurvivors.msu.edu

Sexual Assault Healthcare Program*

Provides free 24/7 exams and medical care to anyone 18+ who has been sexually assaulted in the last five days.

(517) 353-2700 | centerforsurvivors.msu.edu/sexual-assault-healthcare-program

MSU Safe Place*

Provides emergency shelter, advocacy, and counseling for survivors of relationship violence and stalking.

(517) 355-1100 | safeplace.msu.edu

Employee Assistance Program*

Provides short-term counseling for MSU faculty, staff, grad students, retirees, and insurance-eligible dependents.

(517) 355-4506 | eap.msu.edu

The Gender and Sexuality Campus Center*

Provides support to the LGBTQIA2S+ campus community.

(517) 353-9520 | gsc.msu.edu

Community Support Bureau at MSU Police & Public Safety

Provides immediate help to anyone who has been assaulted.

(517) 355-2221 | police.msu.edu/community-support-bureau

Title IX Coordinator & Office of Institutional Equity (OIE)

Responds to reports by offering supportive measures and provides options for investigation and resolution.

(517) 353-3922 | civilrights.msu.edu

*Programs exempt from MSU RVSM mandatory reporting policies.

Follow Up

There is no one "correct way" to process these experiences. Peoples' emotions and behaviors after these experiences often change over time. Checking in occasionally to ask, "How have you been doing?" or "Can I help in any way?" can help your friend know they are not alone.

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