



You Know What You Need!

sexualized
violence
prevention
and response

In this chart, list what you need to be safe, and to take care of yourself and/or your dependents. Write down names and addresses as you learn about places to get that help. If you would like supporting finding appropriate resources, the Sexualized Violence Prevention & Response Manager or a Student Case Manager can help. Call 250-828-5023 or visit OM 1631

I need...



Where can I find this?

| | | |
|---|--|--|
| Emergency housing | | |
| Counseling for trauma | | |
| Counseling for other reasons | | |
| Academic support ie extensions, withdrawals, tutor | | |
| Help making a safety plan | | |
| Relevant cultural support and/or traditional healing | | |
| Language support ie: ESL lessons, translator | | |
| Religious/spiritual support | | |
| Counseling for my partner | | |
| Counseling for my children or dependents | | |
| Help getting healthcare | | |
| Help getting financial aid | | |
| Help getting legal aid | | |
| Help finding work | | |
| Help finding a place to live | | |
| Other: | | |