

# Taking Care of Self

# Helplines and Online Resources

## Physical self-care\*

After a trauma, it's important to keep your body healthy and strong. You may be healing from injuries or feeling emotionally drained. Good physical health can support you through this time. Think about a time when you felt physically healthy, and consider asking yourself the following questions:

- How were you sleeping? Did you have a sleep ritual or nap pattern that made you feel more rested?
- What types of food were you eating? What meals made you feel healthy and strong?
- What types of exercise did you enjoy? Were there any particular activities that made you feel more energized?
- Did you perform certain routines? Were there activities you did to start the day off right or wind down at the end of the day?

## Emotional self care\*

Emotional self care means different things to different people. The key to emotional self care is being in tune with yourself. Think about a time when you felt balanced and grounded, and consider asking yourself the following questions:

- What fun or leisure activities did you enjoy? Were there events or outings that you looked forward to?
- Did you write down your thoughts in a journal or personal notebook?
- Were meditation or relaxation activities a part of your regular schedule?
- What inspirational words were you reading? Did you have a particular author or favorite website, like RAINN's Pinterest board, to go to for inspiration?
- Who did you spend time with? Was there someone, or a group of people, that you felt safe and supported around?
- Where did you spend your time? Was there a special place, maybe outdoors or at a friend's house, where you felt comfortable and grounded?

Visit the Recreation and Wellness Center and it's Well Hub for physical and emotional well-being.

YOU determine when and in what manner you recover from your trauma. It is up to you to make the decisions that will be the best for you.

Know that you are not alone. There are people that can help. If you need support or have questions, call 330.672.8016 to speak with someone from SRVSS.

\*Adapted from RAINN.org

## Kent State SRVSS

330.672.8016

Sexual & Relationship Violence Support Services

[www.kent.edu/srvss](http://www.kent.edu/srvss)

## 24 HOUR LOCAL HELPLINES

### Townhall II (Portage County Rape Crisis Center)

330.924.7112 - Text-based support (Sat, Sun & Mon 6-10

PM) [www.townhall2.com](http://www.townhall2.com)

24/7 Helpline - 330.678.4357

### Safer Futures Hotline

330.673.2500

### Kent State's Nurse Line (Medical questions and care)

330.672.2326

### Kent State's Mental Health Resource Website

[www.kent.edu/mentalhealth](http://www.kent.edu/mentalhealth)

### RAINN (Rape, Abuse and Incest National Network)

[www.rainn.org](http://www.rainn.org)

1.800.656.4673

### National Domestic Violence Hotline

[www.thehotline.org](http://www.thehotline.org)

1.800.799.7233

### Resource center and support for male survivors

[www.malesurvivor.org](http://www.malesurvivor.org)

### Resources for LGBTQ survivors

[www.bravo-ohio.org](http://www.bravo-ohio.org)

# Support Services in Case of Sexual Violence

You have rights both as a Kent State Student and as a crime victim through the state of Ohio.

## Campus Sexual Assault Victims' Bill of Rights

- Survivors shall be informed of their options to notify law enforcement.
- Survivors shall be notified of counseling services.
- Survivors shall be notified of options for changing academic and living situations.
- Both parties must have the same opportunity to have others present during any investigation or hearing process.
- Both parties shall be informed of the outcome of any disciplinary proceeding.



## Marsy's Law:

You have the right to:

- Be treated with respect, fairness, and dignity throughout the criminal justice process.
- Information about the rights and services available to crime victims.
- Notification in a timely manner of major proceedings and developments in the case.
- Be notified of all changes to an offender's status.
- Be present at court proceedings and provide input to a prosecutor before a plea deal is struck.
- Be heard at pleas or sentence proceedings or any process that may grant an offender's release.
- Restitution.

## What is an advocate?

An advocate is someone who is trauma informed and offers independent support to those who have experienced a sexual assault, intimate partner violence, or stalking incident. Advocates assist people in accessing and understanding information and services as well as their rights within different systems. They can help you articulate your needs and empower you to take back your life.

## What can an advocate do?

An Advocate can play a variety of roles, including to:

- Provide information and guidance.
- Gather and organize information and documentation.
- Attend meetings, hearings, or appointments.
- Clarify processes and procedures.
- Connect you with resources to help you find balance in your life
- Represent your views when you feel unable to do this yourself.

## Sexual & Relationship Violence Support Services

330.672.8016

srvss@kent.edu

www.kent.edu/srvss

Williamson House (1200 E. Main St.–Kent Campus)

SRVSS (pronounced "serves") provides a safe space for anyone who has experienced sexual violence (including sexual assault, intimate partner/relationship violence, and stalking) to be affirmed, access healing care, get support when participating in a criminal or university grievance process and navigate other resources within the campus community. SRVSS can also assist with crime victim compensation and protection order filing. SRVSS is open to all students, faculty and staff.

## Criminal

KSU Police Services

330.672.2212

www.kent.edu/police

Provides investigative and victim support services for sexual violence related incidents and are available to discuss reporting options.

## University Grievance Process

Office of Gender Equity and Title IX

330.672.6272

www.kent.edu/studentlife/genderequity-titleix

Located in 250 Student Center

Title IX is a federal law that prohibits gender-based discrimination including sexual harassment and sexual assault. An individual may submit a report, request a consultation, or file a formal complaint. Anonymous reports are permitted but may limit the ability to investigate. We are also available to discuss individualized, reasonably available supportive measures and services.

## Office of Compliance, Equal Opportunity and Affirmative Action (EOAA)

330.672.2038

www.kent.edu/hr/compliance-eoaa

Located in Heer Hall

The university encourages an atmosphere in which the diversity of its members is understood and appreciated, free of discrimination and harassment based on race, color, religion, gender, sexual orientation, national origin, ancestry, disability, genetic information, age, military or veteran status.

## Office of Student Conduct

330.672.4054

www.kent.edu/studentconduct

The Office of Student Conduct is a good resource for students who wish to speak with someone about the hearing process for campus sexual harassment/misconduct incidents. Additionally they can answer questions about the Code of Student Conduct.

# Support and Accommodation Resources

## Confidential Counseling

### Counseling and Psychological Services

330.672.2487

After hours: Call 330.672.2487 and select option "3" to speak with a clinician  
[www.kent.edu/caps](http://www.kent.edu/caps)

Primary counseling resource for students. Mental health services and support are provided by licensed counselors and psychologists.

### The Counseling Center (White Hall)

330.672.2208

[www.kent.edu/ehhs/counseling](http://www.kent.edu/ehhs/counseling)

Provides counseling services in individual and group settings by master's and doctoral students under the supervision of licensed clinical counselors.

### The Psychological Clinic (Kent Hall)

330.672.2372

[www.kent.edu/psychology/clinic](http://www.kent.edu/psychology/clinic)

Provides counseling for a wide range of issues, including sexual violence, by master's and doctoral students under the close supervision of licensed psychologists.

### Townhall II

330.678.4357

[www.townhall2.com](http://www.townhall2.com)

330.924.7112 - Text-based support (Sat, Sun & Mon 6-10 PM)

Rape Crisis Center for Portage County: provides crisis intervention, counseling, victims' advocacy services.

## Women's and Gender Centers

### Women's Center

330.672.9230

[www.kent.edu/womenscenter](http://www.kent.edu/womenscenter)

Provides crisis intervention support and resources for students, faculty, and staff.

### LGBTQ+ Center

330.672.8580

[www.kent.edu/lgbtq](http://www.kent.edu/lgbtq)

Provides support, resources, programming, and training related to marginalized genders and sexualities.

## Medical

### University Health Services

330.672.2322

[www.kent.edu/deweese](http://www.kent.edu/deweese)

Provides medical services to victims of sexual violence, regardless of ability to pay, including treatment of injuries, screening and treatment for sexually transmitted infections, pregnancy tests, and emergency contraception.

### Planned Parenthood

330.678.8011

[www.plannedparenthood.org/planned-parenthood-greater-ohio](http://www.plannedparenthood.org/planned-parenthood-greater-ohio)

Provides screening and treatment of sexually transmitted infections, pregnancy tests, and emergency contraception.

### Akron General Hospital

330.344.1148

[www.akrongeneral.org](http://www.akrongeneral.org)

The PATH (Providing Access to Healing) Center provides Sexual Assault Nurse Examiners specializing in care of victims of sexual assault and relationship violence through the collection of physical evidence and expert court testimony.

## Other Resources

### Campus Safety Escorts

330.672.7004

[www.kent.edu/housing/safety-and-security](http://www.kent.edu/housing/safety-and-security)

Provides escorts to/from locations around campus during the fall and spring semesters.

### Student Legal Services

330.672.9550

[www.kent.edu/sls](http://www.kent.edu/sls)

Provides confidential legal consultation and advice.

Assists victims of crime in applying for compensation through the State; assists in obtaining Civil Protective Orders.

## Academic and University Accommodations

### Office of the Student Ombuds

330.672.9494

[www.kent.edu/studentaffairs/student-ombuds](http://www.kent.edu/studentaffairs/student-ombuds)

Available for consultation in regard to academic support and assistance with navigating policies and processes for academic accommodations.

### Office of the Dean of Students

330.672.8003

[www.kent.edu/studentaffairs/dean](http://www.kent.edu/studentaffairs/dean)

Serves as the primary advocate for students and provides general support for students at the university.

### Student Accessibility Services

330.672.3391

[www.kent.edu/sas](http://www.kent.edu/sas)

SAS helps students with accommodations that may be the result of emotional or physical impact of sexual harm.

## Housing and Basic Needs

### University Housing

330.672.7000

[www.kent.edu/housing](http://www.kent.edu/housing)

Residence Services staff can assist students with issues or concerns regarding on-campus housing.

### Safer Futures

330.673.2500

[www.fcsservices.org/program/safer-futures/](http://www.fcsservices.org/program/safer-futures/)

Provides temporary shelter for women and children seeking freedom from relationship violence.

### CARES Center

(Crisis, Advocacy, Resources, Education and Support )

330.672.7575

[www.kent.edu/CARESCenter](http://www.kent.edu/CARESCenter)

The CARES Center works collaboratively with students to utilize available basic needs resources. We know continuous access to nutritious foods, secure housing, financial stability, and mental well-being resources equip students to succeed both academically and personally.



# About Sexual Violence

## Some broad definitions include:

### Sexual Assault

Sexual assault involves sexual contact without a person's consent. It includes acts from unwanted touching and fondling to attempted or completed rape. Sexual assault occurs when a person is unable to consent; through force, threats, intimidation, or being physically or mentally incapacitated. Alcohol or drug intoxication can produce such a state of incapacitation.

### Rape

Rape is sexual intercourse without a person's consent. It includes vaginal, anal or oral penetration with either a body part or an object.

### Relationship Violence/Abuse

Sometimes called intimate partner violence, relationship violence/abuse is controlling, aggressive, or abusive behavior in an intimate relationship. Relationship violence can involve one or more types of abuse, including emotional, physical, or sexual abuse.

### Stalking

Stalking is a series of actions that make a person feel afraid or in danger. It can be done by someone the victim knows well or not at all; the majority of stalkers, however, are people known to the victims.

### Sexual Harassment

Sexual Harassment is unfavorable or unwelcome treatment made without consent and based on a person's gender or sex. Harassment may become severe or pervasive and interfere with an individual's academic/work performance or create an intimidating, hostile, or offensive environment.

There are many forms and definitions related to acts of sexual violence.

The university's policy defines them in relation to those affiliated with Kent State.

To read the university's policy on sexual harassment, misconduct, stalking, & intimate partner violence (5-16.2) go to: [www.kent.edu/policyreg](http://www.kent.edu/policyreg)

