



WHAT SHOULD I DO IF I HAVE BEEN SEXUALLY ASSAULTED OR RAPED ?

DO NOT CLEAN YOURSELF

in any way. Put clothes and anything else used in the incident in a paper bag or clean pillow case

STEP

1

STEP

2

GET HELP !!!

Call **041 504 2009** or **10 111**

GET SUPPORT.

Visit Campus Health Services (office hours)
or P.E Rape Crisis Centre (office hours)
or Thuthuzela Care Centre (24/7)

STEP

3

TRANSFORMATION Office (office hours)

041 504 2612 (x2618 & x2870)

- Advice on NMMU disciplinary procedures
- Academic liaison – assistance with negotiating extensions, leave of absence, etc.

Campus Protection Services (operate 24/7)

041 504 2099

- Transport to nearest SAPS office
- Transport to hospital/Thuthuzela Care Centre (TCC)
- Investigation (on campus cases)
- Collaboration with SAPS (where applicable)
- Serving of No-Contact Orders

Campus Health Services (Counsellors) (office hours)

041 504 2174 (South Campus)
041 504 5062 (George)
041 504 1374 (Missionvale)
041 504 3364 (North Campus)
041 504 3869 (2nd Ave)

- Immediate medical care
- Provision of post-exposure prophylaxis (PEP)
- Trauma counselling and therapy

Student Counselling Services (psychologist) (office hours)

041 504 2511 (South Campus)
041 504 5051 (George)
041 504 1106 (Missionvale)
041 504 3222 (North Campus)
041 504 3854 (2nd Ave)

- Psychological assistance
- Trauma counselling

Port Elizabeth Rape Crisis Centre (RCC) (office hours)

041 484 3804

- Counselling and psychological services
- Court support for rape survivors

Thuthuzela Care Centre (TCC) (operates 24/7)

041 406 4112

- Provision of integrated rape care management, including immediate medical attention, counselling services, legal assistance, ongoing counselling and court preparation

Revive (office hours)

041 373 8882

- Provision of counselling, rape and trauma support

Gender-Based Violence Support toll-free number (operates 24/7)

0800 428 428 (0800 GBV GBV)

- Provision of support and counselling and direct the caller's case for follow-up and on-the-field support to a social worker
- Call-back facility from support centre, if caller is using a cellphone and does not have data. *120*7867# (free)

Stop Gender Violence helpline (operates 24/7)

0800 150 150

- Provision of counselling, emotional support and immediate crisis management

South African Police Services (operate 24/7)

10 111

- SAPS emergency centre for emergency assistance
- Your nearest SAPS office to report a case and/or lay a charge

Emergency numbers for medical care (operates 24/7)

- South African Police Services 10 111
- State ambulance service 10 177
- Netcare911 082 911
- ER24 084 124
- Emergency call from any cell phone 112