



Sexual Assault & Partner Abuse Care Centre

The Sexual Assault and Partner Abuse Care Centre at Grey Bruce Health Services provides patients with prompt and compassionate care and resources in a safe and confidential environment so patients can begin healing. If you have questions please speak to a GBHS nurse.



Sexual Assault & Partner Abuse

Sexual Assault can include touch, force or coercion by an acquaintance, someone you know well or by a stranger. It can happen at home, school, a friend's house, on the job, in a car, day or night, anywhere, anytime.

Partner abuse is any form of violence with someone who is or has been in a relationship. It may include physical assault, emotional, psychological, sexual and spiritual abuse. It can include threats to harm children, other family members, pets and property. The violence is used to intimidate, humiliate frighten or make you powerless.

Both Sexual Assault and Domestic Violence are criminal acts and can be one of the most painful, confusing and frightening things that can happen to you. The most important thing for you to understand is that **it is not your fault** and you are not to blame.

Accessing Care

If you require immediate medical care or if the assault occurred recently (up to 12 days for evidence collection), please go to your nearest hospital Emergency Department.

Grey Bruce Health Services staff is here to support you. A Sexual Assault Nurse Examiner is available 24/7 and has received advanced training to provide care and treatment to patients who have experienced sexual assault and/or domestic violence. The Nurse Examiner will conduct medical forensic examinations and can serve as expert witness in legal proceedings. The Nurse Examiner will collaborate with police, prosecutors and counselors to provide coordinated care.

Nurse Examiners recognize that sexual assault and domestic violence are traumatic experiences, and they work hard to ensure that patients are not traumatized yet again by the exam.

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Our staff are here to help you with your healthcare and psychosocial needs. Services provided are fully confidential, and we only provide the help and support you want.

What to Expect

An Emergency Room doctor will treat any physical injuries that you may have. Exams are done at GBHS Owen Sound Regional Hospital and transportation can be arranged if required.

Next, you will move into a private exam room to talk with the Sexual Assault Nurse Examiner and an advocate (if you requested one) about the help you may require. This includes planning for your safety and the safety of your children. If you choose, the Nurse Examiner will help you report the crime.

Even if you do not want to report the assault to police or press charges, you can still have a forensic evidence exam. Most exams take approximately 90 minutes to complete, however, each case is different so exam times may vary. The Nurse Examiner will explain everything to you before the exam begins. Also, if you choose, a Nurse Examiner will gather evidence of the sexual or domestic assault. This may include having pictures taken, clothing collected and providing hair, blood, urine, or other samples. The Nurse Examiner will make sure the evidence goes to police or storage, whichever you choose. This evidence can be kept at the hospital in storage for up to 6 months, so if you decide to press charges at a later date, the evidence will still be available.

You have the right to refuse any part of the exam, and you can stop the exam at any time.

The Nurse Examiner will give any needed medications such as emergency contraception, post-exposure prophylaxis for HIV (the virus which causes AIDS), or vaccinations. The Nurse Examiner will also explain care needed after your exam and other available services and resources to that you may find helpful.

Feelings After Assault

The following reactions are normal and, in most cases, temporary following a sexual assault:

- **Emotional**
Depression, disbelief, guilt, shame, grief, fear, anger, mood swings
- **Behavioral**
Inability to concentrate or relax, avoiding places, people, thoughts or feelings, general loss of interest
- **Physical**
Nausea, headaches, changes in eating or sleeping patterns or menstrual cycle

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With time and support from our team and your own circle of friends and family, these feelings can subside. ***We are not here to tell you what you should do. We are here to support you and help you.***

Contact Information

Emergency (Police, Fire, Medical)
9-1-1

Community & Social Services (database)
2-1-1
www.211ontario.ca

The Women's Centre, Grey and Bruce
www.thewomenscentre.org

Crisis Help Line
Available 24/7
(519) 371-1600 or 1-800-265-3722

Women's House – Grey Bruce
Available 24/7
<http://whsbg.on.ca/>
(519) 396-9655 or 1-800-265-3026
Sexual Assault Support 1-866-578-5566

Kabaeshiwim Respite Women's Shelter
Available 24/7
(519) 797-367

Mental Health Crisis Line – Grey Bruce
Available 24/7
1-877-470-5200

Assaulted Women's Helpline
Available 24/7
(416) 364-4144 or 1-866-863-0511

Ontario Coalition of Rape Crisis Centres
www.sexualassaultsupport.ca

Victim Services - Bruce Grey Perth
Available 24/7
1-866-376-9852

Victim Witness Assistance Program
(519) 376-8927 or 1-866-4823

Public Health Unit Grey Bruce
www.publichealthgreybruce.on.ca
(519) 376-9420 or 1-800-263-3456
Sexual Health Clinic, Ext. 1256

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(519) 376-2121 Ext. 2458