

How CARE Can Help

Your CARE Advocate is here to support you after experiencing an incident of power-based personal violence. It's common to not know what to do next – this is one of the many ways CARE can help. Talk with your CARE Advocate if you need help with something and they will support you through the process. Below are some things you should consider:

1. **Schedule a time to meet with your CARE Advocate.** Your advocate can help explain all of your rights and options.
2. **Did you miss class?** Maybe you missed an assignment or have an exam coming up that you don't feel ready to take. You are entitled to receive academic accommodations to make up this work and/or be excused from class. Your CARE advocate can help guide you through the request process with Title IX.
3. **Do you feel unsafe or have housing issues?** Your CARE Advocate can help you prepare a safety plan or housing accommodations request.
4. **Are you worried that the person who hurt you may contact you?** Your CARE Advocate can help you request a no-contact order from the University or protective order from the local court system. These would tell the person who hurt you that they cannot have any contact with you through any means (e.g. in-person, on the phone or social media, through other people, etc.) Discuss this with your CARE Advocate if you would like more information.
5. **Do you want to report what happened to the police or University?** Your CARE advocate can discuss the reporting processes with you to help you decide what you want to do. If you decide to report, your CARE Advocate can accompany you to all meetings related to the reporting process.
6. **Do you want to talk to someone confidentially about what happened?** Purdue's Counseling and Psychological Services (CAPS) offers you 12 free counseling sessions a year. You must complete a brief phone screening to receive services at CAPS, which your CARE Advocate can help you with if needed. Your CARE Advocate is also a confidential resource who will check-in with you to see how you are doing and what needs you have.
7. **Use your resources!** The CARE packet you received includes important information about feelings you may be experiencing along with tips and resources for working through them. Consider taking some time to read through the packet and contact your CARE Advocate for more information or help connecting to a resource. Your CARE Advocate can help you determine what supports you need even if you don't know right now.