

Sexual Assault Response Network of Central Ohio (SARNCO)

Our Mission...

To empower all survivors. To end sexual violence.

Our Vision...

A world without oppression where all people are safe to live authentic, freely-chosen lives and to pursue their full potential.

SARNCO Programs and Services

24-HOUR EMERGENCY ROOM ADVOCACY

Trained volunteer and staff advocates provide emotional support, crisis intervention and community resource information to survivors of sexual violence in local hospital Emergency Departments (ED). In addition, SARNCO works with Deaf World Against Violence Everywhere (DWAVE) to provide advocacy to Deaf survivors in the ED.

24-HOUR RAPE HELPLINE

Trained volunteer and staff advocates provide emotional support, crisis intervention and community resource information over the phone to survivors of sexual violence, co-survivors and the community.

SEXUAL VIOLENCE PREVENTION PROGRAM

SARNCO provides comprehensive prevention strategies for school, campus, and business communities which include training and education, policy review, and outreach.

AFTERCARE ADVOCACY

Provides support for survivors whose needs go beyond advocacy received in the emergency room or Helpline. This program empowers survivors and co-survivors to access community resources to aid in their journey of recovery such as reporting with law enforcement, safety planning and more. Survivors can call (614) 788.4739 to reach our Aftercare Advocacy coordinators.

RECOVERY RESOURCES

SARNCO offers recovery books and booklets geared toward healing from sexual violence at no cost to survivors and co-survivors of sexual assault. Free recovery resources can be accessed through the 24-Hour Rape Helpline at (614) 267.7020.

IMPORTANT NUMBERS

SARNCO 24-Hour Rape Helpline:
(614) 267.7020

Toll-free connection via the Rape, Abuse and Incest National Network (RAINN) at 1 (800) 656-HOPE



OhioHealth Sexual Assault Response Network of Central Ohio

SARNCO Helpline

24-HOUR RAPE HELPLINE
(614) 267.7020

RAPE, ABUSE AND INCEST NATIONAL NETWORK

Toll-free connection via the Rape, Abuse and Incest National Network (RAINN) at 1 (800) 656-HOPE

SARNCO

For more information such as volunteer applications, speaker engagements and more:

- + OhioHealth.com/SARNCO
- + SARNCO@ohiohealth.com
- + (614) 566.4414



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OhioHealth Sexual Violence Services

OhioHealth Sexual Assault Response Network of Central Ohio

Sexual assault intervention and prevention services for central Ohio



Sexual Assault Response Network of Central Ohio (SARNCO)

Considerations if you have been sexually assaulted:

- + Getting to a safe place.
- + Calling 911, a friend, a relative or someone who can help.
- + Calling the **SARNCO 24-Hour Rape Helpline at (614) 267.7020** or toll-free connection via the **Rape, Abuse and Incest National Network (RAINN) at 1 (800) 656-HOPE**.
- + Seeking medical attention. SARNCO's trained volunteer and staff advocates are available at local hospital Emergency Departments. Sexual Assault Nurse Examiners, who specialize in collecting evidence, are also available at local hospitals.
- + For the best evidence collection results: consider waiting to shower, bathe, douche, brush your teeth, urinate, defecate, smoke or change clothes until after going to the hospital. If you need to change your clothes, consider bringing the clothes you were wearing at the time of the assault with you — in a paper bag if possible.
- + Telling a friend or family member whom you trust.

Most importantly,

Give yourself time to heal.

You are a survivor
and what happened to
you is *not your fault*.

How to help stop sexual violence in your community:

- + **Acknowledge** that all people are vulnerable to sexual assault, including men, women, trans* and children.
- + **Educate yourself** about sexual violence and challenge the perception that it is inevitable and acceptable.
- + **Resist and confront rape culture** in our society, such as gender role stereotyping, victim blaming, glamorized and sexualized images of violence against women in the media, that reinforce these elements.
- + **Promote consent culture** by respecting your partner and the boundaries they set, and expect your friends to do the same.
- + **Hold perpetrators of sexual violence accountable for their actions.**
- + **Believe a friend** who has been raped. **Support them** by listening, and reminding them it's not their fault, without blaming or judging.
- + **Volunteer** at SARNCO.
- + **Support organizations** that work to end sexual violence with your charitable gifts; donations to SARNCO can be made through the OhioHealth Foundation website at OhioHealth.com/Foundation.
- + **Invite a SARNCO educator to speak** to your class, workplace, community organization or place of worship.

24/7 SARNCO
HELPLINE

24-Hour Rape Helpline:
(614) 267.7020



SARNCO Volunteer Opportunities

As a SARNCO Volunteer Advocate, you can provide survivors with the options and emotional support they need to heal. You also play a vital role in helping to prevent sexual assault in our community.

HOSPITAL ADVOCATE

Provides face-to-face emotional support, options and information to survivors while they are receiving care in the emergency department (ED).

24-HOUR RAPE HELPLINE ADVOCATE

Provides emotional support, options and community resource information over the phone to those who have been sexually assaulted.

SARNCO DWAVE HOSPITAL ADVOCATE

Through a collaborative effort with Deaf World Against Violence Everywhere (DWAVE), provides face-to-face emotional support, options and information to Deaf survivors while they are receiving care in the ED.

PREVENTION EDUCATOR

Gives presentations to students and community groups on vitally important rape education and prevention topics.

SPEAKERS BUREAU

Promote prevention messaging to students and community groups from classroom presentations, to community festivals, or reading a testimony to a legislative committee on policy about sexual violence.

COMMUNITY OUTREACH

All volunteers participate in at least one community event per year to help raise awareness about sexual violence prevention and SARNCO services.