

FAQs

Is it my fault this happened?

- No. The survivor is never to blame, no matter who you are, what you were doing or what you were wearing.
- The assailant took your ability to choose away and this means that they are 100% responsible.

Is there a waitlist for your services?

- You can access our 24-hour sexual assault crisis line anytime.
- Appointments for medical and legal advocacy will vary and can be discussed with our program coordinator.
- Our counselling program has a waitlist, and this will be discussed at the time of intake.

If I do a third-party report, can I change my mind and speak to police?

- Yes. If you decide you want police to investigate you can make a formal complaint to police at any time.
- An advocate can support you through this process.

For more information on our programming, please visit our website: klinik.mb.ca

A note on language

Those impacted by sexual assault may choose to use the terms "survivor" or "victim." Some people who have been sexually assaulted may choose not to use either of these terms. The choice is yours: we will do our best to honour your choice.

Your Privacy

Klinik adheres to all privacy and personal health information legislation. All medical and counselling services, whether received in person or by phone, are documented. It is the right of any client of Klinik to access their personal health information.

Klinik Services

General Information.....	(204) 784-4090
Domestic Abuse (Evolve) Counselling.....	(204) 784-4059
Dream Catchers.....	(431) 478-0280
Drop-In Counselling Information.....	(204) 784-4067
Health Services Appointments.....	(204) 784-4090
Manitoba Trauma Information & Education Centre	(204) 784-4099
Project Choices.....	(204) 784-4072
Public Education & Training.....	(204) 784-4066
Teen Klinik.....	(204) 784-4090
Trauma Counselling.....	(204) 784-4059
Volunteer Information.....	(204) 784-4006

24-Hour Telephone Counselling Services

Crisis Line	(204) 786-8686
Toll Free	1-888-322-3019
Human Trafficking Hotline	1-844-333-2211
Manitoba Suicide Prevention & Support Line	1-877-435-7170
Manitoba Farm, Rural & Northern Support Services	1-866-367-3276
Seniors Abuse Support Line.....	1-888-896-7183
Sexual Assault Crisis Line	(204) 786-8631
Toll Free	1-888-292-7565

If you have comments or concerns please call and leave a message at (204) 784-4018.

klinik.mb.ca



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January 2023



Klinik
Community
Health Program

Sexual Assault Crisis Program



Just Care. *For Everyone.*

About Sexual Assault

What is sexual assault?

- Any non-consensual sexual contact.
- Touching in a sexual way without your permission.
- Sexual harassment or threats to others that make you feel uncomfortable, violated, or under attack.

How do people respond to sexual assault?

All survivors experience trauma to varying degrees. Your reactions to sexual assault may vary and change over time. How you feel will depend on many things, such as:

- The support from your friends and family.
- The reaction of people you meet after the assault.
- Your own life experiences and personal history.

Seeking Help at Klinik

Crisis Support

The 24-Hour Sexual Assault Crisis Line connects you to a trained crisis counsellor and advocate who has experience supporting those impacted by sexual violence. Klinik staff and volunteer advocates are compassionate, trauma-informed individuals that can help you navigate these impacts as well as suggest other resources.

Examples of why you might call the 24-hour phone line include:

- You are experiencing difficult feelings.
- You are experiencing a flashback or trigger.
- You are considering counselling and want more information about how to access services.

For immediate support call the Sexual Assault Crisis Line 24-hours daily: **(204) 786-8631** / Toll free: **1-888-292-7565**

Counselling

Sexual Assault Counselling at Klinik is free and client centred.

- The number of counselling sessions is determined in conversation with your counsellor.
- We see those of any gender ages 16 and older.
- We see “secondary survivors:” partners, family members, and friends - anyone impacted by the sexual assault of someone they care about.

To get connected with our intake worker, contact us at **(204) 784-4059**.

In-Person Medical/Legal Advocacy Services

Our trained advocates can support you during any medical and/or legal appointments following the sexual assault. If you attend any emergency room or urgent care site (within Winnipeg), please let the hospital staff know that you would like Klinik staff to support you. Hospital staff will contact Klinik directly and if someone is available, they will arrive within an hour of the call.

Sexual Assault Crisis Program staff can help you ask questions, access resources and support you as much or as little as you need.

Medical

Within 10 days of the assault, a Sexual Assault Nurse Examiner (SANE) or another practitioner can provide medical care and/or collect evidence for a police investigation. After 10 days, medical care can be provided at your doctor's office, a hospital, walk-in, or STI clinic. Survivors who are pre-pubescent or younger need to be seen at the hospital within 72-hours.

Legal

It is up to you if you want to speak to police. You can report a sexual assault at any time with or without evidence. However, a mandatory investigation will take place if police are made aware that the person who assaulted you is a past, or current intimate partner. In addition, the Child and Family All Nations Coordinated Response Network needs to be notified if someone under the age of 18 has been sexually assaulted.

Third-Party Reporting

Survivors of sexual assault (16 years or older) can report to police anonymously through a third-party community-based agency, like Klinik. These reports are not a substitute for a full police investigation where a formal report is needed. Individuals who complete a third-party report are eligible for support under Manitoba Justice's Compensation for Victims of Crime program.

For advocacy at any related medical or legal appointments as well as to find out more about third-party reporting, please contact the program coordinator to discuss arrangements at **(204) 784-4049**.