

# MEDICAL CONSIDERATIONS AND HEALTH CARE SUPPORTS



After an assault a victim/survivor may want to seek medical attention for the following:

- physical injuries (external and/or internal);
- pregnancy (testing, emergency contraception, and counseling regarding pregnancy options including abortion);
- tests and treatments for Sexually Transmitted Infections (STIs);
- tests and treatments for Sexually Transmitted Infections (STIs) and HIV testing and treatment if they have reason to believe they were exposed to the virus.

It is completely up to the person who has been assaulted if and when they want to seek medical attention.

## Sexual Assault Nurse Examiner

If the assault(s) took place within the last five days (24 hours for pre-pubescent), the victim/survivor will be able to access the services of a Sexual Assault Nurse Examiner (SANE). These registered nurses are available 24/7 in multiple locations across the province and have advanced training in providing non-judgmental, confidential support as well as conducting medical exams, and collecting forensic evidence. A person may want to see a Sexual Assault Nurse Examiner to take care of any physical injuries, test for pregnancy, test for STIs, and begin treatment, if necessary, and collect evidence for police.

## Sexual Health Centres

The Halifax Sexual Health Centre provides services including: pelvic examinations, emergency contraception, pregnancy testing, tests and treatments for Sexually Transmitted Infection (STIs), anonymous HIV testing, and non-judgmental counselling regarding all three pregnancy options. Sydney, Amherst, Sheet Harbour and Bridgewater also have sexual health centres that can provide information, support and referrals, but do not offer clinical services.

### SANE 24-hour response line:

Sydney and greater Cape Breton areas:  
**1-844-858-8036**

Guysborough, Antigonish, Pictou and Richmond Counties: **1-877-880-SANE (7263)**

Cumberland, Colchester, East Hants and Eastern Shore areas: **1-833-757-SANE (7263)**

Halifax area: **902-425-0122**

Annapolis Valley, South Shore and Tri County areas:  
**1-833-577-SANE (7263)**

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## Sexual Violence Trauma Therapy Program

Some victims/survivors may find talking with a counsellor helpful. The community-based Sexualized Violence Trauma Therapy Program offers up to 20 free sessions for those who have been subjected to sexual violence.

People of all genders, sexual orientations, races, ethnicities and abilities are welcome.

This program can help you if you've been affected by any form of sexualized violence or gender-based violence. This includes:

- Sexual assault
- Sexual abuse
- Sexual harassment
- Sexual exploitation
- Intimate partner violence

Sexualized violence can traumatize not only the survivor, but also the people who love and support them. This is why the program offers therapy to both. You can access up to three free sessions if you're the primary support person or loved one of a survivor.

Sexualized Violence Therapy sessions are offered:

- Online
- On the phone
- At Avalon's office in Halifax
- At community spaces across Nova Scotia

To access this service, call **(902) 817-3821** or message Avalon. After the initial phone session you will be connected to a trauma therapist as soon as possible. Availability and wait times may vary across regions.

## First Nations Health Centres

Each of the 13 Mi'kmaw communities in Nova Scotia has its own health centre.

## Telecare 811

Connects Nova Scotians with a registered nurse. Available 24/7 and free of charge.

## 211 Nova Scotia

Connects Nova Scotians with community and social services. Available 24/7 and free of charge.

211 can also connect you with brief intervention counseling. Service is offered in English, with interpretation in over 140 languages available through the Language Line.

Someone is always ready to listen. It's free. It's confidential. It can help.

## Other Mental health/counselling supports

Mental health supports include:

- University/ NSCC counselling
- Private counselling
- Mental health mobile crisis team

## Indigenous mental health supports

If the person you are supporting identifies as Indigenous, they may want to access Indigenous mental health supports including:

- Mi'kmaw Crisis and Referral Phone Line – **1-855-379-2099**
- Residential School Crisis Line - 1-866-925-4419
- Mi'kmaw Family Healing Centres
- Counselling (NIHB) Non-Insured Health Benefits Program
- Indian Residential Schools Resolution Support Program