



## What do I do?

From the police perspective, we want you to **call 911 as soon as possible**. This will allow us to get a report, and officers can take care of aspects that might be difficult for you to think about at the time, such as evidence collection or bringing you to the hospital. For an investigation, this is extremely helpful and important.

However, we also know that nationwide statistics show that **66% of sexual assaults/rapes are unreported to police**.<sup>1</sup>

This brochure covers the most important steps to take after a sexual assault or rape, whether or not you report to us right away.

We also recommend that you get help. Traumatic situations are best addressed by licensed professionals.

1: Bureau of Justice National Victimization Analysis, <http://goo.gl/Y9dn6k>

## Minneapolis Police Department

Find your precinct:  
call 311 (or 612.673.3000)  
or visit [www.minneapolismn.gov/police](http://www.minneapolismn.gov/police)

Call 911 for officer response  
Non-emergency 911 : (612) 348-2345  
(or call 911; it goes to the same people)

Email: [police@minneapolismn.gov](mailto:police@minneapolismn.gov)  
Facebook: MinneapolisPoliceDepartment  
Twitter: @mpd\_pio

Find more crime prevention resources at  
[www.minneapolismn.gov/police/crimeprevention](http://www.minneapolismn.gov/police/crimeprevention)



## Help is here for you

### Sexual Violence Center

24-hour crisis line: (612) 871-5111  
[www.sexualviolencecenter.org/](http://www.sexualviolencecenter.org/)

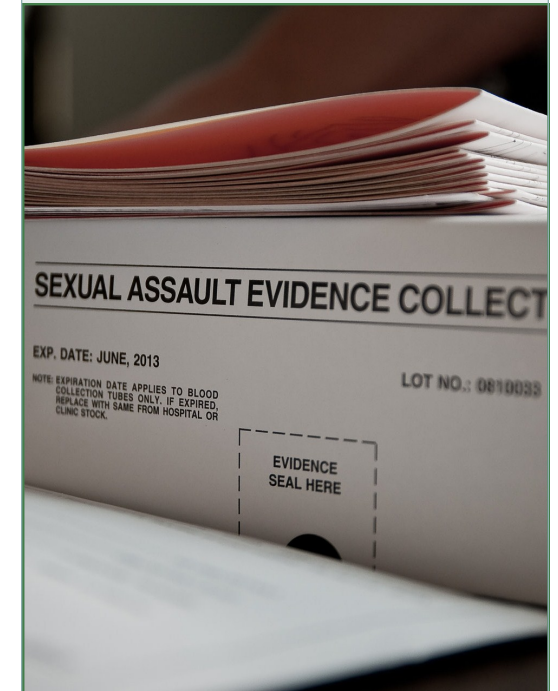
**Aurora Center** (for U of M or Augsburg)  
24-hour helpline: (612) 626-9111  
<http://www1.umn.edu/aurora/>

**Minnesota Coalition Against Sexual Assault**  
<http://www.mncasa.org/>  
(651) 209-9993 (not a crisis line)

**Project Unbreakable** (not a helpline)  
[projectunbreakable.tumblr.com/](http://projectunbreakable.tumblr.com/)

For corrections/additions to this material, contact Fifth Precinct Crime Prevention Specialist Chelsea Adams:  
[chelsea.adams@minneapolismn.gov](mailto:chelsea.adams@minneapolismn.gov)

## Sexual Assault / Rape: What To Do If It Happens To You



### Minneapolis Police Department

*To protect with courage,  
to serve with compassion*



Robert Linder, freemages.com

## Rape kits

Below are the hospitals in Hennepin County where a victim advocate will be dispatched when a rape kit is done.

### **Sexual Violence Center Advocates:**

**Abbott Northwestern**, 800 East 28th St; Minneapolis; (612) 863-4000

**HCMC**, 730 South 8th St; Minneapolis; (612) 873-3000

and **HCMC Sexual Assault Resource**

**Service:** 701 Park Av, Orange Building, 2.220, (612) 873-5832

**Fairview Southdale**, 6401 France Av S; Edina; (952) 924-5000

**Maple Grove**, 9875 Hospital Drive; Maple Grove; (763) 581-1000

**Park Nicollet Methodist**, 6500 Excelsior Blvd; St Louis Park; (952) 993-6400

**North Memorial**, 3300 Oakdale Av N; Robbinsdale; (763) 520-5200

**WestHealth ANW**, 2805 Campus Dr; Plymouth; (763) 577-7700

**Aurora Center Advocates (U of M Medical Centers):** (612) 273-3000

**West Bank**, 2312 S 6th St

**East Bank**, 500 Harvard St

**Children's/Riverside**, 2414 S 7th St

### **Do not bathe, shower, or wash**

It's completely understandable if the first urge is to wash yourself or go to the bathroom, but if you do this you will be removing invaluable evidence. If you call 911 or go straight to the hospital in your clothes, they will help you take care of all of this.

If you decide against calling 911 and cannot stand to remain in your clothes, place them in a paper bag along with any other evidence like sheets or other items involved in the assault. Bring this with you to the hospital or provide to officers.

### **Call 911 if at all possible**

Calling 911 will dispatch an officer to your location. The officer can help you by gathering evidence that will be very important in the future if you decide to prosecute, and take the initial report about what happened. They will also bring you to the hospital.

### **Whether or not you call 911: GO TO THE HOSPITAL FOR A RAPE KIT!**

**For your safety it's very important that a nurse checks you for any medical concerns.** If you go right away, they can catch anything that is time-sensitive. The nurse will also collect evidence.

Not everyone is capable of deciding whether they want to officially report right after such a traumatic event, but even if you don't report right away you may later decide to do so. If you do not get the rape kit, you will lose important evidence that might have allowed investigators to charge the suspect.

### **Rape kit information**

**In Hennepin County, you can get a rape kit up to 120 hours (or 5 days) after the assault. It is never too late to call police to report a rape.**

If you have questions about rapes or sexual assaults that occurred in Minneapolis, call the Minneapolis Police Department Sex Crimes Unit at (612) 673-3081. For other cities, call your local department.

Rape kits are free. If you are later billed for it, contact Sexual Violence Center to help you remove the charge: [www.sexualviolencecenter.org](http://www.sexualviolencecenter.org) ; (612) 871-5111

### **Connect with a victim advocate — and seek counseling or other professional help**

Victim advocates are dispatched along with the sexual assault nurse when a rape kit is needed. This occurs at any of the hospitals on the far left panel.

Victim advocates are available 24/7/365 but can't guarantee they can be there for your exam. Even if they don't make it, you can and should still contact them later. They provide free help for anyone, regardless of race, sexual orientation, gender or language.

Victim advocates can guide you through the process, including your next steps and your options so you can make an informed decision about what feels right for you.

The two advocacy centers in Hennepin County are Aurora Center (for anything related to Augsburg and U of M) and Sexual Violence Center for everywhere else.

### **Sexual Violence Center**

**24-hour Crisis Line: (612) 871-5111**

<http://www.sexualviolencecenter.org>

<http://www.sexualviolencecenter.org/about-us/>

*\*SVC also covers Scott and Carver counties*

**SVC** provides counseling for you, as well as secondary victims (e.g., your loved ones who experience residual effects from the assault). They also provide support groups and can accompany you to court cases, and help you through the restraining order process if needed.

### **U of M and Augsburg, Aurora Center**

**24-hour help line: (612) 626-9111**

<http://www1.umn.edu/aurora/>

[www1.umn.edu/aurora/help/services.html](http://www1.umn.edu/aurora/help/services.html)

See above link for the full list of services, which includes counseling, support groups, and safe housing. Contact UMPD ([police.umn.edu](http://police.umn.edu)) if you have questions specific to the U of M for law enforcement.

### **Work with investigators to prosecute**

In MPD, investigators from the Sex Crimes Unit are assigned to investigate rapes and sexual assaults. If you can, please cooperate with the investigators so they can try to help you find justice for the crime committed against you.

### **Find more information**

**HCMS SARS:** <http://goo.gl/RGOEBE>

**Aurora, What to do:** <http://goo.gl/3iifnB>