

# How can I help?

*“Listening matters more than you can know. A friend who believes, understands and cares is the most helpful resource possible. As a friend, feeling helpless, angry and upset yourself comes with the territory. Make sure you get help and support for yourself.”*  
—Julia Routbort, Health and Wellness

## Be There

Just by offering help and letting your friend know you are there as support is very important and helpful.

“I’m here for you.”

“You can talk to me when you’re ready, and only if you want to.”

“I’m here to support you no matter what.”

## provide options

Help your friend by offering them resources about where they can go for help

### Getting Counseling and Support

If your friend wants additional support, offer to help make phone calls and/or walk or drive them to:

- Wellspring: 518-584-8188
- Health Services: 518-580-5550, 518-580-5566 (after hours)
- Counseling Center: 518-580-5555
- Victim Advocates: 518-580-5684

### Going to the Hospital

Even if there are no physical injuries, medical intervention can help in the prevention of STIs and pregnancy. If you feel comfortable, offer to accompany your friend to the hospital if they choose to go.

- Saratoga Hospital Emergency Room: 518-583-8313

## Take care of yourself

Seeing a friend in pain can be difficult. There are also resources available to you, because when you get support for yourself you will be better able to support your friend.

Peer Health Educators, Counseling Center, Health Services, and Victim Advocates are available to talk.

## be a good listener

### Show you are listening

You can show your friend you’re really listening by looking them in the eye and nodding.

### Clarify

Listen carefully, and then help your friend sort out their emotions by repeating back to them what they have said. Try starting with, “It sounds like…” or “What I hear you saying is…”

### Don’t force any details

Don’t force your friend to talk about their experience, but be ready to listen if they are available. Ask general questions like, “Do you want to talk about what happened?”

### Avoid blame

Stay away from “why” questions as that puts the blame on the individual. Don’t ask questions about why your friend did, or did not do a certain thing (ex: don’t ask, “Why did you go home with them?”)

### Let your friend make decisions

Help your friend regain power by letting them make their own decisions about what to do next; be as supportive as possible by providing options.

This pamphlet  
includes tips  
on helping your  
friend

Providing options

How to be a good listener

Taking care of yourself

SKIDMORE  
C O L L E G E

## Resources

### CONFIDENTIAL RESOURCES

The incident and your name will **not** be shared with anyone.

#### HEALTH SERVICES

- Jonsson Tower, first floor
- 518-580-5550\*

#### COUNSELING CENTER

- Jonsson Tower, first floor
- 518-580-5555

#### WELLSPRING

- 518-584-8188 (24-hour hotline)
- Wellspring Advocate available during specified hours in the Student Wellness Center, Case 308

#### SGA ATTORNEY-ON-RETAINER

- 518-584-8000; one free consultation for legal advice and referral

\*After hours, access  
on-call confidential  
services through  
Campus Safety at  
518-580-5566.

### ANONYMOUS RESOURCES

The date and location will be reported, but names will not be included.

#### VICTIM ADVOCATES

- Contact Jen McDonald to schedule a meeting: 518-580-5684

#### PEER HEALTH EDUCATORS

- PHEs have scheduled hours in the Student Wellness Center, Case 308. PHEs@skidmore.edu

### PRIVATE REPORTING SOURCES

Private Reporting Sources will treat your information with respect and care, and will be required to disclose information to protect the safety of the campus community.

#### TITLE IX DEPUTY COORDINATOR-STUDENT AFFAIRS

- Sarah Green, J.D.
- Case 219, 518-580-5022

#### CAMPUS SAFETY, Basement of Jonsson Tower

- 518-580-5566

#### TITLE IX COORDINATOR

- Joel Aure: Palamountain 434, 518-580-5708

### OFF-CAMPUS REPORTING

- Saratoga Springs Police Department: 518-584-1800
- New York State Campus Sexual Assault Victims Unit: 844-845-7269

**How can I help?**  
tips for helping a friend who has been  
impacted by sexual and gender-based  
misconduct

sixth edition