

## Resources

### On Campus

#### Campus Public Safety Department

Office location: Building 12, room 200  
Phone: 541-463-5558 or  
541-463-5555 for emergencies.

#### Multicultural Center

Office Location: Building 1, room 201  
Phone: 541-463-5276

#### Gender Equity Center

Office Location: Building 1, room 202  
Phone: 541-463-5353

#### Mental Health and Wellness Center\*

Website: <https://www.lanecc.edu/mhwc>  
Phone: 541-463-5920  
Email: MHWC@lanecc.edu

#### Counseling Center\*

Office Location: Building 1, room 103  
Phone: 541-463-3600  
Email: [coundept@lanecc.edu](mailto:coundept@lanecc.edu)

#### Student Health Clinic\*

Office Location: Building 18 room, 101  
Phone: 541-463-5665

#### Student Survivor Legal Service\*

Office Location: Building 1, room 215  
Phone: 541-463-4666

#### Confidential Resources\*

### Off Campus

#### Hope and Safety Alliance (fka Womenspace)

Hope & Safety Alliance provides trauma informed and survivor centered services to all survivors of domestic and sexual violence.  
24hr Crisis Line: 541-485-6513 or 800-281-2800.  
Location: 1577 Pearl St. Eugene OR 97401.  
Office: 541-485-8232, Mon-Fri 9am-5pm.

#### Lane County Victim Assistance

Phone: 541-682-4523.

#### SASS (Sexual Assault Support Services)

24hr crisis line: 541-343-7277/1-844-404-7700.  
Location: 591 West 16th Ave. Eugene OR 97401.  
Office: 541-484-9791, Mon-Fri 9am-5pm.

#### SATF (Sexual Assault Task Force) Oregon

The following website helps connect and refer survivors to their appropriate local organizations. If you're unsure of where to go or who to contact first, this would be a great resource to start.  
<https://oregonsatf.org/help-for-survivors/>

## Lane Community College Domestic Violence Information & Assistance



**Emergency Line**  
**(541) 463-5555**

Non-emergency line:

**(541) 463-5558**

[www.lanecc.edu/psd](http://www.lanecc.edu/psd)



## Statistics and Information about Domestic Abuse\*

- 1 in 10 high school students are affected by domestic violence.
- About 1 in 4 women and nearly 1 in 10 men have experienced sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime.
- On an average day, about 20,000 calls are placed to domestic abuse hotlines.
- Less than 35% of injuries inflicted by domestic abuse ever receive proper medical treatment.
- Studies show correlation between incidences of domestic abuse and rates of depression and suicidal thoughts.
- 72% of all murder-suicides involve an abusive intimate partner.
- Over 43 million women and 38 million men have experienced psychological aggression by an intimate partner in their lifetime.

\*Information allocated from the National Center for Injury Prevention and Control; Division of Violence Prevention



Please visit <https://www.lanecc.edu/sexualrespect/resources> for a more in-depth list of services and resources on and off campus. Please ask for help.

## Signs of Domestic Violence

- Isolation
- Intimidation
- Gaslighting
- Threats
- Emotional Abuse
- Inconsistent Injuries
- Drug/Alcohol Abuse
- Excessive Control
- Criticizing, Blaming, and Intentional Embarrassing
- Extreme Jealousy
- Unpredictable Temper
- Disregard of Consent, Forced or Coerced Sex
- Cruelty Towards Pets

If you notice these behaviors in your significant other or in the intimate partner of *anybody else*, call a helpline to get info in regards to how you can overcome or how to support a person in need. If an individual comes to you for help, keep their confessions confidential and refer them to resources they can use to seek help.

**National Domestic Violence Help Hotline:**

**1-800-799-7233**



There may come a point where the best step you can take is to escape the abuser.

If you feel that you or anyone else are in danger, consider taking these next steps to ensure your safety, wellbeing, and survival.



If the threat you are facing feels **immediate**, do not go to a trusted individual's home or Hope & Safety Alliance (if going there would be applicable.) **Go directly to the Police, Public Safety, or a Hospital for help.**



## 1. Plan Your Actions

- Have your car keys and phone. These are crucial items you never want to be without.
- Know where you are going. Get somewhere **safe** as soon as possible.
- Know who to call. Whether it's a hotline, a close friend, or even the police, have a plan for who to contact.
- Ensure you have your bag, wallet, or purse. You will need your important documents, such as: ID, insurance cards, bank cards, or anything else of importance you use day to day.
- Go to a **trusted** friend or family member's house. Hope & Safety Alliance (fka Womenspace) is also available in emergency situations. If possible, avoid the hospitality of anyone that might give up your location to the person you are trying to get away from.



## 2. Gather Your Things

- Documents: ID card or Drivers license, Birth Certificate, Social Security Card, Passport, and/or anything with your name and address. Gather these for you and your children if applicable.
- House and car keys.
- Cash, credit/debit cards and checks.
- Important cell phone numbers, cell phone, a charger, and a spare charger.
- Extra clothes for you and your children if applicable.
- Toothbrush, deodorant, basic hygiene essentials.
- Small first aid kit with a pain reliever.
- Anything you feel you simply could not live without!



## 3. Mobilize Yourself

- Keep your gas tank above half full at all times.
- Lock your car doors.
- Have your keys in your hand ready to unlock the vehicle as you are approaching it.
- Look both in and around the car before you get in.
- Know your route and avoid backroads or long country roads.
- Keep extra oil, jumper cables, a flashlight, camera, and first aid kit in your trunk.
- Know what places along your route are safe in case you cannot make it all the way.
- Consider hiding an extra set of car keys in a safe accessible place, in case you can't find your main set when you are trying to flee.



### Did You Know?

Lane's Campus Public Safety Department has many useful resources on hand. One valuable resource we offer is a Safety Plan. For someone who may be going through a difficult time, a safety plan is a valuable asset to have on hand if you need to leave a difficult or unsafe situation/partnership quickly. You may request a plan from our office. A Public Safety staff member can help; walk you through the process, fill out information, and answer any questions you may have.

**To request this information in an alternate format, contact the Center for Accessible Resources in Building 19 room 263A  
541-463-5150  
accessibleresources@lanec.edu**

### Did You Know?

Many shelters will protect you even if your partner is in control of all of your finances. This is usually short term, but free. Below are a few options for emergency shelter in Lane County:

Hope & Safety Alliance (fka Womenspace)  
541-485-8232  
St. Vincent de Paul: First Place Family Center  
541-342-7728  
Eugene Mission  
541-344-3251