



Victim Services is committed to serving all persons regardless of race, ethnicity, gender and sexual identity, religion, age, and abilities.

RESOURCES

Victim Services

Olmsted (Office) (507) 328-7270
(Sexual Assault 24 Hour Line) (507) 289-0636
Dodge (507) 635-6266
Fillmore (507) 765-2805

County Attorney

Olmsted (507) 328-7600
Dodge (507) 635-6275
Fillmore (507) 765-2530

Law Enforcement

Olmsted (507) 328-6800
Dodge (507) 635-6200
Fillmore (507) 765-3874

Child Protective Services

Olmsted (507) 328-6400
Dodge (507) 635-6170
Fillmore (507) 765-2175

Victim Services Office Hours

Monday - Friday
8:00 a.m. - 5:00 p.m
After Hours Call: (507) 289-0636

For more information contact:

Victim Services
151 Fourth Street SE
Rochester, MN 55904-3711
(507) 328-7270
24-Hour Crisis Line: (507) 289-0636
Email: victim.services@co.olmsted.mn.us

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Victim Services is a program of DFO Community Corrections.



SEXUAL ASSAULT PROGRAM

The Government Center
151 Fourth Street SE
Rochester, MN 55904-3711
(507) 328-7270
24 Hour Crisis Line
(507) 289-0636
Toll Free 1-877-289-0636



VICTIM SERVICES
DODGE, FILLMORE, AND OLMSTED COUNTIES

Have you, your child or loved one been abused?

Were you or your child:

Forced or manipulated into sexual touching or sex against your will?

Forced to pose for sexual pictures or had sexual pictures of you distributed without your consent?

Forced to exchange sex for money or other items? (i.e. food, or a place to stay)

Forced or tricked you into sexual contact with someone who is older than you or in a position of power over you? (i.e. parent, boss, coach, counselor etc.)

Harrassed by sexual comments that made you feel uncomfortable?

It's not your fault.

Sexual assault is never your fault. Offenders use sex as a weapon to control others- it is a serious crime.

Dressing sexy or drinking too much is NOT a crime.

Walking alone or asking someone to your bedroom is NOT a crime.

Being afraid to say no is NOT a crime.

Sexual assault IS always a crime. What happened is not your fault.

I feel angry...guilty...ashamed...confused.

Sexual assault can be a serious life crisis. It is okay to feel many different emotions, including:

- Denial
- Anger
- Fear
- Depression
- Loneliness
- Helplessness
- Shame
- Anxiety
- Guilt
- Confusion



Who is at risk?

Anyone can be sexually assaulted, male or female, rich or poor, young or old, gay or straight.

You are more likely to be assaulted by a friend, classmate, date, relative, neighbor or co-worker than by a stranger in a dark alley.

How can I get help?

1. Call someone you trust for support. **To speak with someone privately, call the 24 sexual assault crisis line at (507) 289-0636.**
2. Go to the nearest hospital for medical attention. St. Marys hospital in Rochester has specially trained nurses who will assist you. If possible, do not shower. A local victim advocate can go with you; call (507) 289-0636.
3. If you choose, report the assault to police. A local victim advocate can go with you; call (507) 289-0636.
4. If you need help dealing with your thoughts or feelings, a trained advocate is able to listen and find the help you need; call (507) 289-0636.
5. Others have had similar experiences. Find out about our sexual assault support groups facilitated by trained counselors; call (507) 289-0636.

I know someone who has been sexually assaulted, how can I help?

- Stay Calm. Getting upset or angry will not help.
- Believe the person. He or she is never at fault.
- Help the person decide what to do next, but do not take control of the situation.
- Suggest going to a hospital. The person might have injuries you cannot see.
- Help the person find counseling; suggest calling the sexual assault program at (507) 289-0636 but do not force the person to call.
- Do not gossip. Let the person decide who to tell, if anybody.
- If you believe your child or a child you know has been sexually abused call child protection services (see back for phone number) or the police. A local victim advocate can provide support and assistance; call (507) 289-0636.

