

CAPE

CENTER FOR ADVOCACY, PREVENTION, & EMPOWERMENT
CAPE supports survivor healing by providing advocacy and support to survivors of
sexual assault, relationship violence, stalking, and sexual harassment.



For those who have survived and are surviving gender-based violence, ***you are not alone***. Below is a list of Denver, National, and on-line resources and tools. CAPE is updating this list continuously. For more information, feedback, or questions contact cape@du.edu.

TECH SAFETY:

- [Tech Safety Tool Kit](#) – National Network to End Domestic Violence
 - [Tech Safety App](#)
- [Tech & Social Media Safety](#) – National Domestic Violence Hotline

MEDICAL RESOURCES:

- If you have a life threatening injury or are in need of immediate assistance, call 911 or go to your nearest emergency room.
- [SANE Medical/Forensic Exams in Colorado](#) commonly known as “rape kits” continue to be offered at hospitals across Colorado.
- [HCC Medical Services](#)
 - Offers low cost and/or free medical care for concerns directly related to gender-based violence
 - Connect with a CAPE Advocate or call 303-871-2205 to speak with a provider about options and to schedule an appointment

SAFETY PLANNING:

- [Staying Safe During COVID-19](#) – The National Domestic Violence Hotline
- [Safety Planning](#) – Love is Respect

LOCAL & NATIONAL 24/7 HOTLINES:

- [National Domestic Violence Hotline](#) – 1-800-799-7233, text “LOVEIS” to 22522, or [chat online](#)
- [RAINN National Sexual Assault Hotline](#) – 1-800-656-4673 or [chat online](#)
- [The Deaf Hotline](#) for Deaf, DeafBlind, DeafDisabled survivors – video phone 1-855-812-1001, email nationaldeafhotline@adwas.org, [chat online](#)
- [The StrongHearts Native Helpline](#) for domestic/sexual violence – 1-844-762-8483
- [National Human Trafficking Resource Center](#) - 1-888-373-788, Text “BeFree” to 233733, or [chat online](#)
- [The Blue Bench](#) (Colorado Sexual Assault Hotline) – 303-322-7273
- [Safehouse Denver](#) (Colorado Domestic Violence Hotline and Shelter)—303-318-9989
- [Colorado Crisis Services](#) – 1-844-493-8255 or Text “TALK” to 38255
- [National Suicide Prevention Lifeline](#) – 1-800-273-TALK (8255)
- [National Eating Disorders Association Helpline](#) – 1-800-931-2237 Mon-Thurs 11am-9pm EST, Fri 11am-5pm EST

SELF-CARE & COPING RESOURCES:

- [7 Ways Survivors Can Practice Self-Care When Retraumatized During Tragedy](#)
- [How To Respond Effectively To The Corona Crisis](#) Video by Dr. Russ Harris
- [COVID-19 Information and Resources](#) – National Alliance on Mental Health (NAMI)
- [Guided Mindfulness Exercises](#) - TAO (Therapy Assistance Online)
- [Virusanxiety.com](#) – Self-care tools and information

LEGAL RESOURCES:

- [Rocky Mountain Victim Law Center](#)
- [COVID-19 Resources for Legal Services and Victims' Rights](#) – National Crime Victim Law Institute

REPORTING:

Denver Police Department:

- Due to the pandemic, additional screening measures may be implemented for people presenting in person to report a crime.
 - o Emergency: 911 Non-Emergency: 720-913-2000
 - o [SEEK THEN SPEAK](#): Denver Police Department offers online resources and reporting options for those who are victims/survivors of sexual assault. Seek Then Speak allows victims/survivors and their support systems access to information and reporting option through the web, phone, or mobile app. These options help victims/survivors better understand what happened and explore their options, while remaining anonymous until they choose to make direct contact with law enforcement.

Title IX Office at DU:

- Title IX is continuing to respond to and investigate reports to gender-based violence during this time.
 - o **Web:** www.du.edu/titleix **Email:** TitleIX@du.edu **Phone:** 303-871-7016