

## SERVICE PATHWAY FOR A SEXUAL ASSAULT DISCLOSURE

**Anyone who receives a disclosure** (Examples of service providers: Women's centers, Organizations for men, Bulle et Baluchon, Women's shelters, Addiction centers, Iris Estrie, CIUSSS de l'Estrie-CHUS, Police services, Directeur des poursuites criminelles et pénales, Educational institutions, Family physicians, Private professionals, etc.)

### Role of the person receiving the disclosure:

Provide a welcoming and supportive environment using the helpful attitudes listed on the reverse side, and refer accordingly as outlined below.

If the victim is under 18 years old, it is mandatory to report to the Director of Youth Protection at 819-566-4121 or 1-800-463-1029.

	WHEN DID THE SEXUAL ASSAULT OCCUR? 7 DAYS OR -		WHEN DID THE SEXUAL ASSAULT OCCUR? 8 DAYS OR +	
	RLS Sherbrooke, Asbestos, Coaticook, Granit, Haut-St-François, Memphrémagog, Val-St-François	RLS Haute-Yamaska RLS La Pommerai	RLS Sherbrooke, Asbestos, Coaticook, Granit, Haut-St-François, Memphrémagog, Val-St-François	RLS Haute-Yamaska RLS La Pommerai
<b>ORGANIZATIONS</b>	<p><b>Agression Estrie – CALACS</b> (Help center for sexual assault victims) (24/7 services) (Female clients, 12 years and older) 819-563-9999 or 1-877-563-0793</p> <p><b>CAVAC Estrie (Crime victims assistance center)</b> (Daytime, Monday to Friday) (All client groups) 819-820-2822 or 1-877-822-2822</p> <p><b>Info-Social (24/7)</b> 8-1-1 (press 2)</p>	<p><b>CALACS des Rivières HY-BM</b> (Help center for sexual assault victims) (Daytime, Monday to Friday) (Person who partially or totally identifies as female, 12 years and older) 450-375-3338</p> <p><b>CAVAC Estrie</b> (Daytime, Monday to Friday) (All client groups) 819-820-2822 or 1-877-822-2822</p> <p><b>Info-Social (24/7)</b> 8-1-1 (press 2)</p>	<p><b>Agression Estrie – CALACS</b> (Help center for sexual assault victims) (24/7 services) (Female clients aged 12 years and older) 819-563-9999 or 1-877-563-0793</p> <p><b>SHASE (help center for sexually assaulted men)</b> (Daytime, Monday to Friday) (Person who partially or totally identifies as male, 12 years and older) 819-933-355</p> <p><b>CAVAC Estrie</b> (Daytime, Monday to Friday) (All client groups) 819-820-2822 or 1-877-822-2822</p> <p><b>Info-Social (24/7)</b> 8-1-1 (press 2)</p>	<p><b>CALACS des Rivières HY-BM</b> (help center for sexual assault victims) (Daytime, Monday to Friday) (Person who partially or totally identifies as female, 12 years and older) 450-375-3338</p> <p><b>CAVAC Estrie</b> (Daytime, Monday to Friday) (All client groups) 819-820-2822 or 1-877-822-2822</p> <p><b>Ressource pour hommes de la Haute-Yamaska (resource for men)</b> (Daytime, Monday to Friday) (Male clients aged 14 years and older) 450-777-6680</p> <p><b>Info-Social (24/7)</b> 8-1-1 (press 2)</p>
<b>DESIGNATED CENTRES</b>	<p><b>Designated centre providing medico-social services for sexual assault victims</b> <b>For everyone</b> CIUSSS de l'Estrie-CHUS, Hôpital Fleurimont (Emergency department) 3001, 12<sup>e</sup> Avenue Nord, Sherbrooke</p>	<p><b>Designated centre providing medico-social services for sexual assault victims</b> <b>For everyone</b> CIUSSS de l'Estrie-CHUS Hôpital de Granby (Emergency department) 205 Boulevard Leclerc Ouest, Granby</p>	<p><b>Medico-social pediatric clinic</b> (13 years and younger) CIUSSS de l'Estrie-CHUS, Hôpital Fleurimont 3001, 12<sup>e</sup> Avenue Nord, Sherbrooke</p> <p><b>Planned parenthood clinic</b> (14 years and older) CIUSSS de l'Estrie – CHUS 1095 Belvédère South, Sherbrooke</p>	<p><b>Designated centre providing medico-social services for sexual assault victims</b> <b>For everyone</b> CIUSSS de l'Estrie-CHUS Hôpital de Granby (Emergency department) 205 Boulevard Leclerc Ouest, Granby</p>

**At all times and in all locations:** Refer the user to the organizations listed above that provide psychosocial support to sexual assault victims or call the free, bilingual, confidential, and 24/7 Sexual Violence Helpline at 1-888-933-9007.

Last updated: May 2026

## HELPFUL ATTITUDES DURING A SEXUAL ASSAULT DISCLOSURE

Believe and listen without judging

Accept without exaggerating or minimizing

Allow the person to speak freely in their own words

Check the person's physical health

Accept the person in their lived experience and respect their pace

Avoid overwhelming reactions and control your feelings (stay calm)

Refer the person to the appropriate resources (see pathway on reverse)

Check whether the person's safety is compromised (8-1-1, press 2) and if they have suicidal thoughts dial (1-866-APPELLE)

Check whether the person has a support network (family, friends)

Tell the person not to feel guilty, that it's not their fault

Acknowledge the person's feelings and emotions

Avoid asking questions about the events

Offer support and availability

Highlight the person's courage in speaking out

Help the person identify their needs

### **\*\*WARNING FOR MINORS AGED UNDER 18\*\***

- **Obligation to report to the Director of Youth Protection by virtue of section 39 of the *Youth Protection Act*.**
- **Do not promise to keep anything a secret.**
- **Note down the child's words without delay.**
- **Avoid asking any suggestive questions.**