

All services are **FREE** and  
**CONFIDENTIAL**

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If you have been sexually assaulted:

- Go to a safe place. If you are in danger, call 911.
- Call SAHC's 24-hour crisis hotline and an advocate can provide support, information, and referrals.
- Seek immediate attention for health concerns or injuries. Local hospitals and health departments can provide emergency contraception and treatment for sexually transmitted infections.
- Request a forensic medical examination ("rape kit") within 96 hours of the assault. You can have a forensic medical exam even if you do not report to the police (if you are 18 or older).
- Preserve evidence. If the assault was recent, do not change clothing, shower, urinate, brush your hair or teeth, or touch anything where the assault occurred.
- Consider reporting the assault to the police.
- Seek counseling and ongoing support. Plan for your ongoing safety.

**Know that by surviving you  
did everything right!**



**Upper Ohio Valley  
Sexual Assault Help  
Center, Inc.**

**PO Box 6764**

**Wheeling, WV 26003**

[www.sexualassaulthelpcenter.com](http://www.sexualassaulthelpcenter.com)

[info@sexualassaulthelpcenter.com](mailto:info@sexualassaulthelpcenter.com)

*Serving victims in Hancock, Brooke, Ohio,  
Marshall, & Wetzel Counties and beyond*

**304-234-1783**

*Wheeling Office*

**304-559-1601**

*Weirton Office*

**304-830-1494**

*New Martinsville Office*

**800-884-7242**

*24/7 Crisis Hotline*

**304-234-8231**

*Fax*

**SAHC offers free and confidential  
services to all victims of sexual  
violence regardless of race, national/  
ethnic origin, age, religion, disability,  
sex, sexual orientation, gender  
identity/expression, or veteran status.**

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**Upper Ohio Valley Sexual  
Assault Help Center, Inc.**

*Serving victims of sexual violence since 1978*



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## About Us

The Upper Ohio Valley Sexual Assault Help Center, Inc. (SAHC) is a private nonprofit rape crisis center that provides services to victims of sexual assault, abuse, and stalking. SAHC has been providing services since 1978 and covers an official five-county area in the Northern Panhandle of West Virginia.

Staff and volunteers are trained to provide non-judgmental support, advocacy, and crisis intervention to survivors of all ages.



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## What is a Victim Advocate?

Victim advocates are professionals trained to support victims of crime. Advocates offer victims information, emotional support, help finding resources, and filling out paperwork.

SAHC's victim advocates can be there for you during forensic medical examinations, police interviews, court proceedings, and provide you with ongoing support as you go through your healing process.

## What services do we provide to survivors and our community?

### Crisis Intervention

SAHC provides 24-hour support, advocacy, crisis intervention, resources, referrals, and accompaniment to area hospitals for anyone affected by sexual violence. Staff also provide court support, legal information, and other advocacy services for survivors.

### Supportive & Professional Counseling

SAHC's advocates and therapists are specially trained in the field of sexual trauma to provide unique support to survivors and their loved ones at any point in their healing process.

### Group Supportive Counseling

Support groups are facilitated by our advocates and provide a safe, confidential space for survivors of trauma to connect with one another.

Groups are modified to meet the needs of survivors we serve. Group types often include:

- Adult Women
- Youth & Pre-teens
- Teens & Young Adults
- Parents & Caregivers of Survivors

### Follow-up & Ongoing Support

SAHC's advocates provide support for survivors at any point in their healing. Advocates can also provide assistance with:

- Completion and filing of Crime Victims Compensation forms
- Application for the WV Address Confidentiality Program
- Applying for a Protective Order
- Referrals and collaborations with social services agencies to ensure all needs are met



### Prevention Education

SAHC's prevention educator is available to deliver evidence-based prevention and informational programs in a variety of settings.

Please call or email for more information about programs, services, and trainings.

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