



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Sexual Assault Support

Camp Olson YMCA does not tolerate sexual violence of any kind. If you or someone you know has experienced sexual violence at camp or away from camp, there are many resources available to help.

What to do if you experience sexual assault:

1. **Get somewhere safe.** If you are in immediate danger, call 911. If you are not in immediate danger, seek out a friend, member of the management team, or the health care staff.
2. **Seek medical attention.** We can help you drive to the nearest emergency room. It is important that the medical examination occurs as soon as possible after the incident. You should not bathe or change clothes until after the medical exam.
3. **Report the incident.** You do not have to report the incident and there is no obligation to prosecute if you do choose to report. We do encourage you to report, particularly if another staff person was involved. This is for the safety of all the members of our community. **Report anonymously by calling 855-347-0751.**
4. **Get Support.** You are not alone. The sooner you reach out, the sooner we can help. As your employer, we are here for you to talk, provide needed time, connect with professional resources, and take necessary action.

Whether you choose to report to us or not, we urge you to seek help.

Urgent and Emergency Care

Cuyuna Medical Center Longville, MN 218-363-3300 cuyunamed.org

Essentia Health Baxter, MN 218-828-2880 essentiahealth.org

Essentia Health Walker, MN 218-547-6900 essentiahealth.org

Sanford Health Walker, MN 218-547-7700 sanfordhealth.org

State Support

Minnesota Coalition Against Sexual Assault 651-209-9993 mncasa.org

Sexual Violence Center 612-871-5111 sexualviolencecenter.org

Central MN Sexual Assault Center 800-237-5090 cmsac.org

National Support

Rape, Abuse & Incest National Network (RAINN) 800.656.4673 rainn.org

National Sexual Violence Resource Center (NSVRC) 800-656-4673 nsvrc.org

Mental Health Resources

Mental Health Minnesota 800-862-1799

Mental Health Minnesota Warmline 877-404-3190

Mental Health Crisis in Cass County 800-462-5525

National Domestic Violence Hotline 800-799-7233

National Suicide Prevention Lifeline 800-273-8255

Anyone may struggle with their Mental Health at any time regardless of circumstance. Whether you are a victim of sexual assault, or are struggling in another way, we urge you to come to us. We care about you and will always do what we can to provide you support.

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