

## What to do if you have been raped

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*To claim justice, evidence must be collected as soon as possible after the assault. Medical evidence is crucial. The longer the delay, the smaller there is a chance of getting justice.*

### **Within the first 24 hours:**

1. Get to a safe place, away from the assailant.
2. Call a friend, a family member, or someone else you trust, who can support you.
3. Do not eat, drink, brush your teeth, bathe, shower or wash your hands, until you have undergone a medical examination. Preserve the clothing that you were wearing at the time of the assault in a paper bag. Do not alter anything at the place of assault.
4. Get medical help immediately. Go to the emergency department of a hospital. Even if you have not suffered any physical injuries, undergo a medical examination. Discuss with the doctor about possibilities of exposure to sexually transmitted diseases and pregnancy resulting from the assault.
5. If you suspect that you were drugged, inform the doctor and undergo a urine test.
6. To report the crime, call **1091** (toll-free helpline) and notify the police immediately. Lodge a First Information Report (FIR) at the police station nearest to the location of the assault. Try and remember the time, date, place, about the circumstances of the assault. If you recognize the assailant, notify the police about their name and your relationship with them.
7. Talk to a psychological counsellor, as they would be able to help you deal with the psychological trauma of the assault. Counselling can help you cope with the emotional and physical impacts of the assault.

### **Follow-up Care:**

It is important to meet the doctor again with a week or two, to receive your medical results and discuss.

### **Important phone numbers:**

Police helpline, dedicated to register sexual assault complaints:

- **1091**

Police:

- **+91-80-100**

DG's office (Help-Line):

- **(+91-80) - 22211777 / 22942111 / 22942777**

## **Medical help in Bangalore:**

### ***Vydehi Institute of Medical Sciences and Research Center***

82, EPIP Area,  
Whitefield, Bengaluru,  
Karnataka 560066

**Phone no: 080 2841 3385**

### ***North Bangalore: Manipal Northside Hospital***

71, 11<sup>th</sup> Main,  
Opp. Malleshwaram Railway Station,  
Malleshwaram,  
Bangalore - 560 003

**Phone no: 080 - 23440471 / 23460469 / 23460470 / 23460471**

### ***South Bangalore: Apollo Hospitals***

154/11, Bannerghatta Road,  
Amalodbhavi Nagar,  
Panduranga Nagar,  
Bangalore 560076.

**Phone: 080 26304050**