

LE **CISS** DES LAURENTIDES  
complice de votre santé



# MY MEMORY AID AND WELLNESS TOOL

Québec 



## Designated medico-social intervention centres in the Laurentians

Designated centres offer medical and psychological services to victims of sexual assault no matter their age, gender identity or sexual orientation. Services are provided by a team of social workers, nurses and doctors. 24 hours a day / 365 days a year.



### Hôpital de Saint-Jérôme Emergency Room

290, rue De Montigny  
Saint-Jérôme (Qc) J7Z 5T3

### Centre de services de Rivière- Rouge Emergency Room

1525, rue l'Annonciation Nord  
Rivière-Rouge (Qc) J0T 1T0



Telephone  
811

*We have probably given you a lot of information. You may feel overwhelmed or unable to remember it all. This tool will serve as a guide to help you better understand the support offered and what the next steps are. You can add details about your situation and refer to it in the coming days and weeks.*

## MY MEDICAL INFORMATION

Today, \_\_\_\_\_ (date), I consulted Dr. \_\_\_\_\_ (doctor),  
\_\_\_\_\_ (nurse) and \_\_\_\_\_ (counsellor)  
at the designated centre.

## My examinations and tests

- Physical examination
- Gynecological / genital examination
- Pregnancy test
- Tests for sexually transmitted and blood-borne infections (STBBIs):
  - Gonorrhea      Chlamydia
  - Syphilis         HIV
  - Hepatitis B
- Other \_\_\_\_\_  
\_\_\_\_\_

Consultation with a specialist

\_\_\_\_\_  
\_\_\_\_\_

**My kit number**

\_\_\_\_\_

What has been completed:

- Medico-social kit
- Forensic kit (with DNA samples)
- Reserve slide

# MY TREATMENTS

## STBBI prophylaxes (treatments to fight against potential infections)

- Prophylaxis against gonorrhea and chlamydia
- Anti-hepatitis B immunoglobulin prophylaxis  
An injectable treatment to prevent a hepatitis B infection following a potential exposure. The doctor evaluated your immunity level to check if this treatment is necessary.
- Hepatitis B vaccine  
If necessary, you were given the 1<sup>st</sup> dose of the anti-hepatitis B vaccine.

You must return to \_\_\_\_\_ to get the 2<sup>nd</sup> and 3<sup>rd</sup> doses. The doctor has given you the recommended schedule for the doses

1<sup>st</sup> dose:

2<sup>nd</sup> dose: (1 month after the 1<sup>st</sup> dose)

3<sup>rd</sup> dose: (6 months after the 1<sup>st</sup> dose)

- Prophylaxis against HIV  
Treatment to prevent HIV infection following a recent potential exposure. The doctor assessed a certain number of specific risk factors to determine if this treatment was necessary or not.  
*\*Studies show that it is very rare for HIV transmission to occur following a sexual assault.<sup>1</sup>*

## Other medical care received today

- Emergency contraception: Plan B / morning-after pill
- Anti-anxiety medication
- Doctor's note for a work or school absence
- Medical report for my IVAC application (financial aid for victims of a criminal act)
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

1. Ministère de la Santé et des Services sociaux. (2011). *Guide d'intervention médicosociale pour répondre aux besoins des victimes d'agression sexuelle (Medico-social intervention guide for responding to the needs of sexual assault victims)*. Publication no. 11-850-01F. Accessed at <https://publications.msss.gouv.qc.ca/msss/fichiers/2011/11-850-01.pdf>

# POLICE PROCEDURES: WHAT I NEED TO REMEMBER

The decision to report a sexual assault to the police is entirely YOUR OWN. We are here to provide you with the information and support you need to make an informed choice. Many tools that help gather and document the forensic evidence can be used during the intervention. Depending on your situation and the length of time since the sexual assault, the worker at the designated centre will have used either the forensic kit or the medico-social kit without forensic tests.

## What is a forensic kit?

You may have agreed to have a forensic examination done at the same time as the gynecological or genital examination. The purpose was to collect genetic evidence from your body in the case that you pursue a police investigation.

The samples can be taken up to 5 days after the sexual assault and are preserved in the forensic kit. Consent to the forensic examination does not oblige you to file a complaint with the police.

## What is a medico-social kit without forensic samples?

After 5 days, forensic samples cannot be obtained. In this case, the emergency practitioner at the designated centre will have used the medico-social kit to collect evidence related to the sexual assault, but not genetic evidence.

### I'M NOT SURE

I want to report the assault to the police

Your kit will be stored safely in the designated centre for a certain amount of time so that you can think about it. We will discuss your decision during the follow-up meeting or phone call.

### I WANT TO MAKE a statement to the police

You can do it on your own at the police station or with the support of a counsellor.

### I ALREADY MADE a statement to the police

My event number is

\_\_\_\_\_

*Have this number in hand when you contact the police: it is your reference number.*

Police station

\_\_\_\_\_



## Are my reactions and emotions normal?

Maybe you are feeling guilty, ashamed, angry or experiencing all kinds of contradictory emotions because of the reactions you had, or didn't have, during the sexual assault. It is important to remember that every person is unique and that there is no good way or bad way to survive a traumatic experience. In the days and weeks to come, you may also have physical, psychological or sexual symptoms or problems that disturb you. Take a look at the [\*Information Guide for Sexual Assault Victims\*](#) to better understand your reactions and what you are feeling.

## WHAT CAN I DO TO PROMOTE MY WELLBEING?

### Some things to think about...



How is my appetite?

I eat well

Enough

No appetite

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How well am I sleeping?

I sleep well

Enough

Little

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Has my drug, alcohol or medication use changed?

Yes  No

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What do I do to take care of myself and to feel better?

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What type of support would help me the most right now?

- Emotional support? Someone to talk to and express my feelings.
- Daily support? Someone to help me with my daily tasks or other routine activities such as cooking, shopping, childcare.

My support needs:

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Do I feel safe...

- at home?     Yes     No
- at work?     Yes     No
- at school?     Yes     No



**If you do not feel safe, it is important that you tell us. We can help you develop a plan to feel safe and give you information about shelters or the steps to follow to terminate your lease.**

Where and with whom do I feel **SAFE**?

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Where and with whom do I feel **UNSAFE**?

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If I feel that my safety is threatened, I can call:

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# WHO CAN I COUNT ON FOR SUPPORT?

## My support network



[Sexual Violence Helpline](#)  
1 888 933-9007

[Info-Social](#)  
811

### Your close friends and family can support you in various ways.

If you have problems expressing your needs, don't hesitate to talk about it during your follow-up meeting or phone call, or call the Sexual Violence Helpline at 1 888 933-9007 (24/7).

### What kind of reactions can I expect from the people around me?

Consult the "Role of close friends and family" section of the [Information Guide for Sexual Assault Victims](#) to learn more about harmful and helpful reactions.

## NEXT STEPS

### Counselling

With: \_\_\_\_\_

Date: \_\_\_\_\_

Telephone: \_\_\_\_\_

Place: \_\_\_\_\_

I do not want psychosocial counselling.  
If I need it, I will call Info-Social at 811, option 2.

Questionnaire about the care and services received in the hospital



### Medical follow-up

Date: \_\_\_\_\_

Telephone: \_\_\_\_\_

Place: \_\_\_\_\_

Other: \_\_\_\_\_

How does the proposed medical follow-up work and why is it important?



### My plan

1. \_\_\_\_\_

2. \_\_\_\_\_

# RESOURCE DIRECTORY

## CISSS DES LAURENTIDES

Info-Social 811

Report to the DYP 1 800 361-8665

Youth One-Stop Access (French only) 1 866 770-2366

## ONE-STOP ACCESS

### Cégep de Saint-Jérôme (French only)

Sexual violence resource centre for the whole college community

450 436-1580, ext. 5700

<https://forms.office.com/r/hB3V98e4ac> (French only)

[jeveuxenparler@cstj.qc.ca](mailto:jeveuxenparler@cstj.qc.ca)

## VICTIM ASSISTANCE ORGANIZATIONS

### CALACS L'Ancrege (central and southern zones)

Counselling services for women and teenage girls (age 12 and up) who are victims of sexual violence and their families

450 565-6231 | Toll-free: 1 866 867-7791

### L'Élan CALACS (French only) (northern zone)

Counselling services for women and teenage girls (age 12 and up) who are victims of sexual violence and their families

Mont-Laurier office

819 623-2624 | Toll-free: 1 866 431-2624

Ste-Agathe office

819 326-8484 | Toll-free: 1 866 915-8484

### Centre d'évaluation et de traitement des agressions sexuelles (CETAS) (French only)

Psychosocial services for youth and adult victims and their families

450 431-6400

### Laurentian help centre for victims of crime (CAVAC)

Accompaniment, post-traumatic and psychosocial intervention, legal information, information on rights and recourses, technical assistance, referral to specialized resources

450 569-0332 | Toll-free: 1 800 492-2822

### Le Phare des AffranchiEs – Beacon of the Freed

Help for victims of sexual exploitation

450 990-9595

## TELEPHONE HOTLINES FOR HELP AND LISTENING

### Sexual Violence Helpline (24/7)

Listening, support and referral for victims of sexual violence and their loved ones

514 933-9007 | Toll-free: 1 888 933-9007

### Le Faubourg suicide prevention centre (24/7)

1 866 APPELLE (277-3553)

### Kids Help Phone

Mental health support services for young people

1 800 668-6868

or text: Text CONNECT to 686868

### Rebâtir

Free legal consultations for victims of sexual or domestic violence

1 833 REBATIR (732-2847)

### SOS violence conjugale (24/7)

Listening, support and referral for victims of domestic violence

1 800 363-9010

### Marie-Vincent Foundation

Services providing help to families

Monday to Friday, from 8:00 am to 6:00 pm

514 285-0505

### Director of Criminal and Penal Prosecutions (DPCP) (French only)

Information for victims of sexual violence who plan to file a complaint with the police

Monday to Friday, from 8:30 am to noon and 1:00 to 4:30 pm | 1 877 547-DPCP (3727)

## DIRECTORY OF CLINICAL PROFESSIONALS

### Ordre des travailleurs sociaux et thérapeutes conjugaux et familiaux du Québec (OTSTCFQ)

**(French only)** | Social workers and family and couples therapists

### Ordre des psychologues du Québec (OPQ)

Psychologists

### Ordre des infirmières et infirmiers du Québec (OIIQ)

**(French only)** | Nurses

### Ordre professionnel des sexologues du Québec (OPSQ)

**(French only)** | Sexologists

### Ordre des psychoéducateurs et psychoéducatrices du Québec (OPPO)

**(French only)** | Psychoeducators

### Collège des médecins du Québec (CMQ)

Doctors

Centre intégré  
de santé  
et de services sociaux  
des Laurentides

Québec 

This document is adapted from *Mon aide-mémoire et outil de bien-être* produced by the Montreal Sexual Assault Centre <https://www.cvasm.org>.