



How can I help?

## Reach out.

The Office of Victim Assistance (OVA) is a free and confidential advocacy and counseling center for students, grad students, staff and faculty. Get support and guidance on how to help a friend, or for yourself.

[colorado.edu/ova](http://colorado.edu/ova) | 303-492-8855



Victim Assistance  
UNIVERSITY OF COLORADO **B** **E** **D** **E** **R**

**BUFFS**  
SUPPORTING  
**BUFFS**

**When someone expresses they have experienced a traumatic or disruptive experience, how we respond matters. It is important to be supportive.**

*In the moment:*

- Take your friend seriously and believe them.
- Check in about safety.
- Listen and be open; do not minimize, blame or judge.
- Follow their lead; avoid taking control or escalating.
- Respect their need for privacy.
- Support your friend in doing what they decide is best.

*After they've shared:*

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