

Spartan Wellness Journey

Healthy Relationships



No relationship is perfect 100% of the time. But we should strive for all our relationships to have these signs.

My Relationships

I would rate my relationships:



What are my boundaries in a relationship?

1

2

3

4

5

In my relationships, I'm great at (hint: use the signs above)...

In my relationships, I need to do better at (hint: use the signs above)...

Notes/Journaling:

Resources

Counseling Services

Individual, couples, and group counseling as well as crisis intervention, medication management, and off-campus referrals if indicated.

John M. Rampey Jr. Center, 490 Hodge Drive, Spartanburg, SC 29303

To schedule an appointment, call: 864-503-5195 option #1 or go to [MyHealth](#).

USC Upstate Office of Title IX

Investigates claims of on-campus discrimination, harassment, sexual misconduct, and retaliation. Provides supportive measures and options for resolution.

864-503-7193

titleix@uscupstate.edu

Health Services

Medical care, birth control, Plan B and STI testing and treatment.

490 Hodge Drive or 995 University Way

To schedule an appointment, call: 864-503-5191 or go to [MyHealth](#).

Project R.E.S.T. (Restore, Empower, Support, & Transform)

Free and confidential dating/domestic violence and sexual assault victim advocacy services: legal assistance, emergency housing, free therapy, support groups, advocacy.

To speak to an advocate 24/7 call: 864-583-9803

projectrest.org

Spartanburg Regional Health System SANE Program: Medical & Forensic Care

24/7 access to nurses specially trained to collect evidence of sexual assault or physical domestic violence and provide medical care, and STI, HIV, and pregnancy prevention to victims.

Anonymous evidence collection options available to those over 18.

Available at all Spartanburg Regional Health System ERs.

In the event of a sexual assault or an incident of physical relationship violence, there are several steps you should take:

- Get to a safe place. Call 911 if you need help or are injured.
- Go to your nearest emergency room. At any Spartanburg Regional emergency department, a Forensic Nurse Examiner will meet you.
- Do not avoid seeking medical care because of cost. All patients are seen at Spartanburg Regional regardless of their ability to pay.*Sexual assault examinations are paid for by the Department of Crime Victim Compensation, and no insurance claims will be filed for services directly related to the sexual assault exam.
- Do not shower, bathe or change your clothing.
- Do not eat, drink, smoke, brush your teeth or use the bathroom, if possible.
- Do not clean your home or the area where the assault occurred.



Looking for something that's not on this list? Scan here to find more resources for students!