



How can I  
get help?

Reach out.

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



Victim Assistance  
UNIVERSITY OF COLORADO **B&E** **DER**

**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:*

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*After they've shared:*

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