

What to do If You Become a Crime Victim

Any person... even you... can become a victim of crime at any time. A criminal may still target you even if you've take every step possible to prevent and protect yourself. Take a moment and ask yourself a few questions: If you were to be involved in a hit and run accident, what would you do? If you came home and noticed the front door was open or a window was broken, how would you react? If you were assaulted outside of your home, do you know where you would go? In other words- do you know exactly what to do if you become the victim of a crime?

Here are a couple of pointers:

- Medical attention. Following a violent crime, one of the most important things to do in addition to alerting the authorities is getting yourself checked out by appropriate medical personnel. Even if you believe you are fine, it is always a good idea to be looked at by a trained professional. You may still be in shock and not aware enough to fully grasp what has happened to you, and how much damage your body may have sustained. You may want to consider counseling or therapy. People are often affected mentally and emotionally just as much, if not more, than they are physically after being victimized.

- 911. The single most important number for any victim of a crime to use. Whether you have been assaulted, robbed or involved in an accident in which the person who caused the collision has fled the scene, the first number to call is always 911. Remain calm as the emergency operator asks what has happened, and give as many details as possible. Depending on the circumstances, they will immediately dispatch police officers, fire personnel or other emergency services to your location.