Report + Support: What support is available if I have experienced sexual misconduct?

If you think that you or someone you know has experienced sexual misconduct, there is a variety of support available.

Internal Support

Counselling at College: This is a free and confidential service available to all students. The service is staffed by experienced and qualified Counsellors and abides by the British Association for Counselling and Psychotherapy Code of Ethics. Counselling offers students an opportunity to talk in a safe confidential environment about problems of any kind that students may be facing in their lives, either at college or at home.

- **Email**: counselling@birdcollege.co.uk
- **Self-Referral**: Counselling Self-Referral Form

Sexual Violence Liaison Officers: The Sexual Violence Liaison Officer (SVLO) provides a proactive support and advice service to any student or staff member who has experienced sexual violence. This may include recent and non-recent cases of sexual violence.

- **Email**: ·Reportandsupport@birdcollege.co.uk

External Support

SARCs: A Sexual Assault Referral Centre (SARC) can offer confidential medical and practical support to people who have recently been raped or sexually assaulted. SARCs are usually provided by the NHS. You can research your nearest SARC using a postcode search facility, or the NHS non-emergency helpline 111 will be able to give you details of your nearest SARC.

At a SARC, you can get medical and practical support. You can:

- Get a forensic medical examination to collect forensic evidence. You can do this whether or not you report to the police.
- Get medical help for any injuries.
- Get free pregnancy and STI tests.

You don't have to report to the police to visit a SARC. They can also store any evidence they collect, in case you might want to report in the future.

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- **The Havens (SARC)**: Sexual Assault Referral Centres (Women, Men, LGBT) are based in Camberwell, Whitechapel, and Paddington in London. If you would like advice about support following sexual assault that took place over seven days ago please call on 020 3299 1599 Monday to Friday, 9am to 5pm (not public/bank holidays). If you are looking for therapeutic support, you can also contact your GP or London Survivors Gateway who will be able to help. For help and counselling, please go to the London Survivors Gateway website. Haven's self-help guide provides information about common psychological and emotional reactions to sexual assault that you might find useful.
- **Beech House**: Offers free, confidential healthcare and compassionate support to people of all ages in Kent and Medway that have experienced sexual assault or rape in their lifetime. The telephone 033 0223 0099 is open 24 hours a day, every day of the year. Call to speak with a nurse for support and to discuss your options for making an in-person appointment and/or referrals.

Sexual Violence

- Rape Crisis: provides specialist support and services to women and girls who have been subject to rape, sexual violence, or sexual abuse at any time. They also offer information about sexual violence for survivors, people supporting survivors (including men and boys), and information about their work.
- Survivor's network: Survivors' Network provides specialist support services to people affected by sexual violence and abuse. The range of services are safe, confidential and non-judgmental. They offer support to self-identified women aged 14+ who have experienced any form of sexual abuse, sexual violence, sexual harassment or violation. They also have specific targeted services for women aged 14-25. Their ISVA service works with survivors of all genders and ages.

Other external support options

- National Domestic Abuse Helpline: Offers support to women experiencing domestic violence, their families, friends, colleagues and others calling on their behalf.
- Mankind UK: Offers help for men who have suffered from unwanted sexual experience and offers counselling, therapy groups and self-help resources.
- Revenge Porn Helpline: Supports those aged 18 and over in the UK who are experiencing image-based abuse, also known as revenge porn. They can provide confidential advice on reporting to social media platforms or the police, help with the reporting and removal of content, and signposting towards legal advice.

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Other external support options (cont)

- The National Stalking Helpline: Practical advice and information to anyone who is currently or has been previously been affected by harassment or stalking.
- Galop: Provides advocacy, advice and emotional support for those who identify as gay, lesbian, bisexual or trans, and have been affected by hate crime, sexual violence, domestic abuse, or issues with the police.
- Respond: Provides support for people with learning differences and autism who are affected by abuse and trauma. This can include specialist sexual violence advocacy and psychological support.