



University Counselling Service

**Sexual Assault and Harassment Advisor:
General Information for Students**

Introduction

Many personal decisions are made and problems solved through discussions with friends or family, a College Tutor or Director of Studies, a Nurse, Chaplain, colleague, line manager or a GP. However, at times it is right to seek help away from one's familiar daily environment. The University Counselling Service exists to meet such a need. Seeking counselling is about making a positive choice to get help by talking confidentially with a professionally trained listener who has no other role in your life.

Who are the Counsellors?

The Service is staffed by a team of trained and accredited counsellors and therapists. The counsellors are all experienced in helping people from many different backgrounds and cultures, and with a wide range of personal and work issues.

Some of the counsellors who work in the Service are Associates, in the late stages of their counselling training. Their work is carefully supervised within the Service. Please let us know if you would prefer not to be seen by an Associate.

Contact us

University Counselling Service
Student Services Centre
Bene't Street
Cambridge
CB2 3PT

Tel: 01223 332865

Email: counsellingreception@admin.cam.ac.uk

Web: www.counselling.cam.ac.uk

University Sexual Assault and Harassment Advisor: General Information for Students

What is the University Sexual Assault and Harassment Advisor (SAHA)?

The SAHA is a specialist advisor based within the University Counselling Service (UCS) who provides emotional and practical support to anyone who has been raped, sexually assaulted, or harassed, recently or in the past. We can support you whether this happened at University or not, and can help you to access other available support services. If you are unsure about something that has happened and think it might be sexual assault or harassment then you are welcome to access the service and explore this with the SAHA. The SAHA can support you to explore your options for reporting what has happened and can support you through this process if you do choose to go ahead. You do not have to report your experience to access support from the SAHA.

Below is a summary of the SAHA service:

Emotional support, includes:

- Supporting you to understand and manage the impact of sexual violence.
- Enabling you to develop positive coping strategies.
- Helping you to re-build your self-esteem and trust in yourself and others.

Practical support, includes:

- Providing you with impartial information and support around your options for reporting both within the University and externally.
- Supporting you through any reporting process you may choose to engage with.
- Signposting and referring you to appropriate support services both within the University and externally.

What will happen in a session?

Talking about experiences of sexual assault and harassment can be very difficult and we understand that it may feel daunting to access the service. The SAHA has a lot of experience in dealing with issues around sexual assault and harassment and will be able to provide a safe and sensitive space for you to discuss your feelings and thoughts. The SAHA is not a counselling service, but does provide emotional support around what has happened, and you are able to access the counselling service as well as the SAHA service.

Will it be confidential?

The SAHA support is confidential, which means your situation will not be discussed with anyone outside the Service, unless we have your explicit consent to do so. Exceptions to this would include when there are serious grounds for concern about your safety or the wellbeing of others, or when we are required to do so for legal reasons.

For more information about this please see our Confidentiality Policy available on our website.

Can I still access counselling while I'm using the SAHA service?

Yes, you are able to access both services at the same time.

How do I make an appointment?

Visit our website www.counselling.cam.ac.uk/sexual-assault-and-harassment-advisor and fill in a pre-SAHA form (at the bottom of the page). You will receive an acknowledgement when we receive your form and will be offered an appointment, if appropriate, as soon as possible subject to your availability.

What to do in an emergency

The SAHA service and the Counselling Service are not emergency services. If you feel you

are in immediate physical danger then call 999, if you feel you are in a mental health crisis, then call the NHS First Response line on 111. Otherwise, you might want to contact your GP, Samaritans (Tel: 116 123), or the A&E Department at Addenbrooke's (Tel: 01223 217118). Furthermore, many Colleges operate a tutorial system with a tutor on call or have Porters' Lodges that are staffed 24 hours a day.

Breaking the Silence

The University is dedicated to creating and maintaining a safe, welcoming, inclusive and diverse community that nurtures a culture of mutual respect and consideration. Any incident of sexual violence or misconduct will be taken seriously by the University. For more information on Breaking the Silence and reporting processes you can visit www.breakingthesilence.cam.ac.uk.

UCS opening information:

The Counselling Service is open throughout the year except for closures at Christmas and the Easter weekend.

Available Self Help Leaflets 2021-2022

Anger Management
Anxiety and Panic
Asserting Yourself
Bereavement COVID 19
Concentration - a CBT guide
Coping with Exams
Depression
Eating Disorders
Effective Communication and Managing Conflict General
Information for Students
General Information for Tutors
Grief and Bereavement
Homesickness
How to be Mindful
Insomnia
Intermittent
Loneliness
Managing Alcohol Consumption
Parental Separation and Divorce
Perfectionism - a CBT approach
Phobias - a CBT approach
Post-Traumatic Stress
Procrastination
Self-Esteem
Self-Harm
Sexual Assault and Harassment Advisor
Sexual Assault and Rape
Simple Relaxation
Transition to University
What Is Mindfulness
Worry - a CBT Approach

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