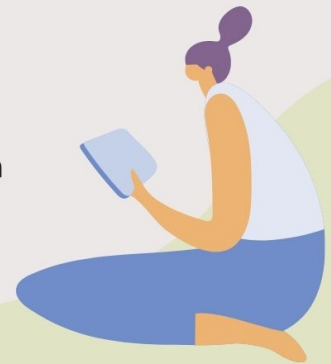


A stylized illustration of a person with dark, curly hair sleeping peacefully on a large, light green circular cushion. The person is wearing a light yellow long-sleeved shirt with blue decorative lines. They are holding a white smartphone in their right hand. The background is a light blue-grey gradient, with a dark blue curved shape at the bottom.



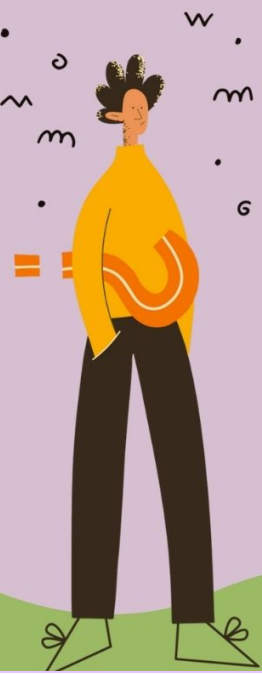
If you have experienced sexual violence at any point in your life and you would like to talk to someone, we can offer you specialist support.



Sexual violence is any kind of sexual contact that happens without consent. An event doesn't have to be physically violent in order to be sexually violent – the key thing is whether you were able to agree the sexual contact freely, without fear, pressure or coercion.

Some examples of sexual violence include rape, sexual assault, sharing intimate images without consent, grooming, childhood sexual abuse and forced marriage.

If something has happened that you feel uncomfortable or unsure about, you're welcome to reach out to us to discuss it.



WHO CAN USE THE SERVICE?

Any student who has experienced sexual violence at any point in their lives can access support. The service is open to students of all ages and genders.



HOW DO I ACCESS THE SERVICE?

You can refer yourself for support by emailing studentsurvivors@ercc.scot. You can also be referred with your permission through your university's or Edinburgh College's well-being and counselling services.



WHAT KIND OF SUPPORT IS AVAILABLE?

We offer counselling support sessions, where you can use the time any way you choose. We can work with whatever you want to discuss during these sessions. There will never be any pressure to go into detail about what has happened to you unless you want to.

We offer:

- An initial standalone introductory meeting to let us get to know each other, find out about your support needs.

then:

- Up to 18 further sessions, delivered in three blocks of six, as soon as a counselling support worker becomes available.



WHAT KIND OF SUPPORT IS AVAILABLE?

Some other things we can offer help with are:

- psychoeducation of the impacts of trauma
- identifying and managing triggers
- advocating on your behalf, within the university and outwith
- resources for maintaining wellbeing
- putting you in touch with additional support



IS THE SERVICE CONFIDENTIAL?

The service is confidential to Edinburgh Rape Crisis Centre. We will not give any details or discuss your sessions with anyone outside our organisation (unless you give us permission) unless we are concerned that you are at risk of harm, or a child or vulnerable adult is at risk of harm. If this happens, we will discuss our concerns with you and may need to share information with your university, college or services such as social work or the police.



FURTHER INFORMATION ABOUT SUPPORT

Please note that there may be a waiting list for these services.

Support may be offered in person, by video, phone or email. Our team of support workers can discuss the best option for you.

You can also call **Rape Crisis Scotland's** helpline on 08088 01 03 02 (freephone, 5pm – midnight every day) for short-term, initial and crisis support for anyone affected by sexual violence aged 13+.

