

SUPPORT AND RESOURCES FOR VICTIMS AND SURVIVORS



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2023-24

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COLLEGE



Porters Lodge - available 24 hrs.

College Nurse or Counsellor - this will vary by college but you should be able to access information via your tutor, Welfare Officers or on the college website.

Tutors & Senior Tutors - tutors are there to act as a source of support for students and you should not hesitate to email them. Most college's will also have a tutor 'on call' at all moments in case of an emergency.

UNIVERSITY



Harassment and Violence Support Service - provides trauma-aware emotional & practical support for students subjected to any form of sexual harassment, violence or intimate partner abuse at any point: during University or previously. Self-referral. Finished recruitment for a Racial Harassment Adviser. Online: [HVSS](#)

Cambridge University Counselling Service (UCS) - access to the University Sexual Assault & Harassment Adviser and general mental health support. Website: <https://www.counselling.cam.ac.uk/contact-us>

Student Advice Service - can advise students on the options available to them and provide support in their decision making. Open Monday - Friday, 9am - 5pm. Phone: 01223 746999, Online: [Cambridge SU Student Advice Service](#)
Email: advice@cambridgesu.co.uk

Nightline - a nighttime support service for students during term-time via live chat, email, phone or Skype. Phone: 01223 0744444, Email: email@cambridge.nightline.ac.uk Online Services: <https://cambridge.nightline.ac.uk>

UNIVERSITY STUDENT SUPPORT SERVICES

CN: MENTIONS OF SEXUAL VIOLENCE

The Sexual Harassment and Violence Support Service provides emotional and practical support to anyone who has been raped, sexually assaulted, or sexually harassed, recently or in the past. **They can support you whether this happened at university or not**, and can help you to access other available support services. The SHVSS can support you to explore your options for reporting what has happened and can support you through any reporting process if you do choose to go ahead. This service is not counseling or therapy, but can offer you focused, short term, emotional support to look at managing the impact of what has happened. **You do not have to report your experience to access support from the SHVSS.**

The University's Counselling Service provides individual and group counselling for students on a range of matters. They will only use or pass on your information with your express consent, unless required by law or where there are serious concerns about your safeguarding or wellbeing. If your information is to be shared, they will contact you to inform you of what will be shared, with whom and the reason for doing so.

SU STUDENT ADVICE SERVICE



The Student Advice Service is a free student support service provided by Cambridge Students' Union. This means they are **independent** of the University and colleges. The service treats all students, regardless of gender, ethnicity, age, race or disability, with respect; they are a **confidential, non-judgemental, non-directive** and **inclusive** service. As a team of professional and friendly Advisors, they provide a listening ear in a **safe and confidential space** where you can share your experiences without judgment. They can help you explore reporting options and identify support available from your College, University and external. Ultimately they are happy to tailor the support they offer to your needs and to the extent you feel comfortable.

This service is also available to students who are taking time out of their studies, you are able to continue accessing the service during a period of intermission.

To book an appointment to speak with an Advisor please follow [this link](#) where you can fill in the appointment request form or submit an enquiry.

We're also aware that 55% of students sex workers are disabled students. If you are a disabled student sex worker you can also receive support from the [University's Accessibility and Disability Resource Centre](#).

CAMBRIDGE-BASED



Cambridge and Peterborough Rape Crisis Partnership
CAPRCP (previously CRCC - Cambridge Rape Crisis Centre) provides a helpline, Counselling Service and Independent Sexual violence advocacy (ISVA) for women, girls and AFAB non-binary individuals.

Helpline (Open Wednesday 7-9.30pm and Sunday 10am, -12.30pm)

: 01223 245 888, Online: <https://caprcp.org.uk/>

National 24/7 hotline: 0808 500 2222

For male survivors CAPRCP recommends [Survivors UK](#), [Safeline](#) and [Male Survivor Consortium](#).

Cambridge Women's Aid - Supporting women affected by domestic abuse. Online: <https://cambridgewa.org.uk/>

NATIONAL



Paladin - National stalking advocacy service - supporting anyone who has been subjected to harassment and stalking. Website: <https://www.paladinservice.co.uk/>

Revenge Porn Helpline - supporting adults (aged 18+) who are or have experienced intimate image abuse. Helpline: 0345 6000 459. Email: help@revengepornhelpline.org.uk

Mankind - national organisation providing support to self-identifying male survivors who have been subjected to intimate partner violence, including a confidential hotline.. Online: <https://mankind.org.uk/>

Survivors UK - 'We challenge the silence to support sexually abused men' - national organisation providing support to men and boys. Online: [Survivors UK](#)

Disabled Survivors Unite - Currently unable to offer a hotline however provides a directory of alternative support services. Website: <https://disabledsurvivorsunite.org.uk/index.php/support-services/>

NATIONAL CONT.



Galop - an LGBT+ anti-violence charity providing support services for hate crime, domestic abuse, conversion therapy and/or sexual violence victims/survivors. Services can be accessed via telephone, email, text and Whatsapp. Helpline (Mon- Thurs 10-8.30pm. Fri - 10-4.30pm): 0800 999 5428. Online chatbot: available 24/7. Support forums and Support services available on their website. Email: help@galop.org.uk Website: <http://www.galop.org.uk/>.

Lesbian and Gay Switchboard - an LGBT+ helpline offering a safe space to discuss any issues impacting LGBT+ individuals, including but not limited to support for victims of sexual assault & harassment. They offer a phone service (open 10am - 10pm everyday) and live chat service. Phone Number: 0800 0119 100. Chat: Available from 14:00. Email: hello@switchboard.lgbt. (5-day max response time). Website: <https://switchboard.lgbt/>

Bi Survivors Network - a specific mutual-support network for bisexual survivors that is open to people of all gender identities. A space to find solidarity and support amongst individuals with common experiences of sexual violence. Fortnightly moderated group support chats.
Email: bisurvivorsnetwork@gmail.com , Website <http://bisurvivorsnetwork.org/about-us/>