Specialist External Support

**Sexual Assault, Abuse, Violence and Harassment**

**has this happened to you?**

You may find this detailed guidance difficult to negotiate alone. Our Student Life Advisors and Residential Support Officers (see overleaf for contact details) are trained to talk you through this information in confidence, so that you can make the choices which are right for you.

For full information and guidance see Student Wellbeing pages:

www.sussex.ac.uk/wellbeing/sexualassault

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**Emergency Help**

**are you or others still at risk?**

Do you or others require emergency medical treatment?

**Call Police or Ambulance:** 999

**or through 24hr Security**

01273 87(3333)

**Emergency phones on campus (with blue flashing lights) connect direct to 24hr Security**

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**Full contact details and opening hours**

**The Saturn Centre**  
(Sexual Assault Referral Centre)  
Crawley Hospital, West Green Drive, Crawley, West Sussex RH11 7DH.  
Crisis support and the collection of forensic evidence.  
Mon–Fri, 9am–5pm  
01293 600469 for an appt  
Out of hours phone 0800 0337797 for advice from the on-call team.  
www.saturncentre.org sc-tr.saturncentre@nhs.net

**The Solar Clinic at Shac (East)**  
Royal Sussex County Hospital, Eastern Road, Brighton.  
For support, STI tests/treatment/ emergency contraception  
Mon–Fri, 9am–5pm  
01273 523388 (opt 2) requesting urgent appointment with a Health Advisor.  
www.brightonsexualhealth.com/ advice/sexualassault

**Survivors’ Network**  
6a Pavilion Buildings, Brighton, BN1 1EE  
Support services for all genders (14–18yrs) and self-identifying women survivors of sexual abuse.  
Helpline: 7pm–9pm (Weds)  
01273 720110.  
text 07717 999989 help@survivorsnetwork.org.uk

**INDEPENDENT SEXUAL VIOLENCE ADVISORS (ISVA):**  
01273 203380 x103 referrals@survivorsnetwork.org.uk

**Mankind**  
1 Brunswick Road, Hove, BN3 1DG.  
Support for self-identifying men (18+) survivors of sexual abuse and their partners, families and friends through 1:1 counselling, therapeutic groups and couples  
01273 911680 admin@mankindcounselling.org.uk  
www.mankindcounselling.org.uk

**Respect**  
Runs support services and programmes for men and women who inflict violence in relationships  
Open: Monday–Friday, 10am–1pm and 2pm–5pm  
0808 802 4040 info@respectphoneline.org.uk  
www.respect.uk.net

**The Portal**  
Advocacy and advice for recent or historical sexual violence can be sourced here  
www.theportal.org.uk

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**FOR MORE INFORMATION AND GUIDANCE SEE**  
www.sussex.ac.uk/wellbeing/sexualconsent
What are we talking about?

By sexual violence, we mean any kind of unwanted, non-consensual sexual touching or harassment. This could include rape, sexual assault or any kind of verbal, emotional or physical abuse.

If anything like this has happened to you, we understand how scared and confused you might be, but you do not have to cope alone.

You can talk in confidence to one of our fully-trained staff or go direct to an external service if you prefer (see overleaf).

What you decide to do next is completely up to you.

FINDING IMMEDIATE HELP AND SUPPORT FOR RECENT VIOLENCE

1. If you’re on campus or in university accommodation at night and the weekend
   - Campus & residential support team
     - This team is on 24hr alert and can be contacted out-of-hours through your residential advisor, porter or security
     - Security – available 24 hrs in York House 01273 873333 or 3333 on an internal phone.
   - The Saturn Centre (Sexual Assault Referral Centre) 0800 0337797 for advice from the 24hr on-call-team.
   - Police 999 (emergency) 101 (non-emergency)
     - You can phone The Saturn Centre for advice without having to report any incident further. If you do report to the police, they may take you to The Saturn Centre for crisis support, medical care & forensics.
   - 2. If you’re off campus at night and the weekend
     - The Saturn Centre (Sexual Assault Referral Centre) 0800 0337797 for advice from the 24hr on-call-team.
     - Police 999 (emergency) 101 (non-emergency)

3. During weekdays 9am–5pm
   - The Student Life Centre
     - Ground floor Bramber House
     - Phone for a priority appointment 01273 876767 or email studentlifecentre@sussex.ac.uk
   - Campus & Residential Support Team
     - Ground floor York House 01273 877250 campus-support@sussex.ac.uk
     - These teams will talk to you about the different options available to you including attending our nearest sexual assault referral centre – The Saturn Centre; attending the Solar Clinic at our local hospital; reporting direct to the police, making an appointment with an ISVA (Independent Sexual Violence Advisor)
     - You can ask the Student Life Centre for a taxi voucher.
   - The Saturn Centre (Sexual Assault Referral Centre). Self-referrals can be made. Call 01293 600469 for an appt.
   - The Solar Clinic at SHAC (East) phone 01273 523388 (opt 2) for an appt with a Health Advisor.
     - Police 999 (emergency) 101 (non-emergency)
     - Independent Sexual Violence Advisor (ISVA) for advice and advocacy, (contact details overleaf)

RECORDING AN ACCUSATION

For advice and advocacy on this, you can contact an Independent Sexual Violence Advisor (ISVA)

Alternatively, you can make a 3rd party anonymous report to the police (101 non-emergency)

FOR FURTHER UNIVERSITY SUPPORT

Study advice
You may need time off from your studies or cannot meet existing deadlines, for advice:

- The Student Life Centre, Ground floor, Bramber House. 01273 876767 or email studentlifecentre@sussex.ac.uk for an appointment.
- www.sussex.ac.uk/studentlifecentre

Reporting to the Police

Police 999 (emergency) 101 (non-emergency)

Police through Security on campus 01273 873333

You can report an assault to the police even years after it happened. You are entitled to withdraw your report from the police at any time.

Delaying your report

You can delay your report, but still preserve evidence by self-referring to The Saturn Centre (SARC)

Not reporting to the police

If you don’t want to report to the police, you can access STI testing, emergency contraception and support at The Solar Clinic at SHAC (East) in Brighton.