

Specialist External Support

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](http://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

Drop-ins: 7pm–9pm
(Monday & Thursday)
01273 203380

dropin@survivorsnetwork.org.uk
Counselling:
01273 203380 or email
counselling@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

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

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

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

Sexual Assault, Abuse, Violence and Harrassment

HAS THIS HAPPENED TO YOU?

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.

FOR FULL INFORMATION INCLUDING LEGAL DEFINITIONS SEE:

www.sussex.ac.uk/wellbeing/sexualassault

University Support

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 or 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)

FINDING HELP AND SUPPORT FOR HISTORICAL ABUSE

If you have experienced sexual abuse in the past, you can seek support from either the University (Student Life Centre/Counselling Service) or from external services. You may want to consider reporting this to the police.

For advice and advocacy on this, you can contact an **Independent Sexual Violence Advisor (ISVA)** (contact details overleaf) or go to www.theportal.org.uk

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.

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

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

Moving rooms

Campus & Residential Support:
01273 877250

University counselling service

Counselling is not advised immediately after an incident, but do make an appointment for an initial assessment
01273 678156 or counsellingreception@sussex.ac.uk
www.sussex.ac.uk/counselling

Making a complaint

To complain about harassment or abuse, see details of the University disciplinary process:
www.sussex.ac.uk/ogs/policies/studentguidance/studentdiscipline