

Rape Crisis Support Service

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

This one-to-one confidential support will be regularly available to students and staff and operate on an appointment basis.

Simply ask for Nadia at reception, or the student centre, and they will direct you to a secure, confidential space or offer you a referral form.

For further information, please see reverse.



Who can use the service?

Students and staff of all genders who have experienced any form of sexual violence at any point in their lives can freely access the service. This includes questions about consent or other related matters that require clarification. The service is also available to family, friends and staff who are supporting someone affected by sexual violence. In addition Forth Valley Rape Crisis can help in reporting to the police.

How do I access support?

- Ask a Learner Adviser, Learning Development Facilitator or Learner Development Worker to refer you.
- Email: support@forthvalleyrapecrisis.org.uk
- Phone: 01786439244
- Support will be available on Wednesdays but appointments can be made any day of the week.

What kind of support is available?

Support is available whether you require a one-off appointment or longer-term one-to-one sessions.

The approach is non-directive which means that we work with whatever you want to discuss during your sessions. You choose the pace and how much you want to share. There are absolutely no requirements to disclose details; we won't give you advice or ask a lot of questions.

Advocacy service is also available. If you think you this would be a good option, this can be discussed in more detail at your appointment. For more information on what Rape Crisis offers please visit the website at: <https://www.forthvalleyrapecrisis.org.uk>

Is support confidential?

Yes. At no point will detailed information be shared. If you engage with structured support sessions, appointment documentation will be handled by Forth Valley Rape Crisis and an anonymous tally of college referrals will be recorded by referees. However be aware that there are exceptions when there is a disclosure of danger to life, or there is a risk of causing harm to themselves or someone else. Advisers and support staff will, whenever possible, discuss this with you before any action is taken.

If you prefer to speak to someone on the phone, you can call the Rape Crisis Scotland Helpline on: **08088 01 03 02** everyday 6pm until midnight.

You can also access the Forth Valley Rape Crisis Centre directly by phone at: **01786 439244** or email: support@forthvalleyrapecrisis.org.uk.

You can also visit the Forth Valley Rape Crisis Centre at:

**22 Millar Place,
Stirling FK8 1XD**