Student Resources and Reporting Options:

- Sexual Assault
- Sexual Misconduct
- Relationship Violence
- Stalking
- Sexual Harassment
- Retaliation
- Gender Discrimination

LISTEN. If someone chooses to disclose a traumatic experience to you, trust that they chose you for a reason. The most immediately helpful thing you can do is listen to what they have to say. Listening can be as simple as being there as they process on their own. Don’t worry if you don’t feel like you know exactly what to say. It’s more important to make sure they feel heard.

BELIEVE. The most important thing you can do to assist in your friend’s healing process is to tell them that you believe them. All too often they are not believed by friends, family, and systems, which increases harm.

SUPPORT. Empowerment-based support is critical too. Your friend should be given the space to make their own choices about what they want to do, including what resources they want to access. It can be helpful to present options and then to support them in reaching out.

REFER & CONNECT. It can be difficult to know about all the available resources on campus. Use this brochure and notalone.stanford.edu as a reference. Students are often able to have a support person during their meetings/appointments. Find out if that is helpful for your friend, and make sure that feels right for you as well.

TAKE CARE OF YOURSELF. You may be experiencing many of your own emotions and thoughts, and it’s critical that you take care of yourself. This means knowing and expressing your own boundaries and limits in supporting a friend and being aware of your own experiences of trauma. It can feel strange to tell a friend when you’re not willing or able to support them in specific ways. Remember that you need to care for yourself first and foremost in order to be your best in supporting another.

WHERE DO I START? 50 FIRST WORDS

I’m sorry that someone hurt you. How can I help? Stanford has resources to support you and help you decide what you want to do next. Would you like to speak to a confidential counselor or a staff person about your resources or reporting options? We are here to help.

For more information, visit notalone.stanford.edu.

Individuals who report Title IX concerns or who cooperate with investigations of such reports are protected from retaliation and intimidation under the University’s Title IX policy. Those individuals also have amnesty under Stanford’s alcohol and substance abuse policy.
You have the power to choose what’s best for you

If you feel unsafe: call 911 (9-911 from a campus phone)

SUPPORT OPTIONS
Both confidential and non-confidential resources can provide you with support, information, and options while allowing you time & space to process what has happened.

Confidential Support Team (CST)
Confidential support and help accessing resources, short-term emotional support, and ongoing individual counseling; free to Stanford students
• Business line: 650-736-6933
• 24 Hour Hotline: 650-725-9955
• vaden.stanford.edu/sexual-assault

YWCA Silicon Valley
Confidential and anonymous crisis support, counseling services, information, and advocacy for all Silicon Valley community members
• 24 Hour Hotline: 1-800-572-2782
• ywca-sv.org

Counseling and Psychological Services
Confidential assessment, therapy, & referrals for survivors of sexual assault and relationship abuse
• 24 Hour Hotline: 650-723-3785
• vaden.stanford.edu/caps-and-wellness

Office of the Ombuds
Confidential, independent resource for hearing concerns and providing referrals
• 650-723-3682
• web.stanford.edu/dept/ombuds

Sexual Assault & Relationship Abuse Education & Response Office (SARA)
Provides education, advocacy, support, and response coordination
• 650-725-1056
• sara.stanford.edu

Residential Education Deans
Provides a support network to undergraduate students navigating processes and options
• 650-725-2800
• 650-723-2300 (to contact campus operator & request residence dean on call after hours)

Graduate Life Office Deans
Provides assessment, identifies appropriate campus resources, and works with graduate students to understand processes and options
• 650-736-7078
• 650-723-8222, pager ID 25085 (to page the graduate life office dean on call after hours)

HEALING OPTIONS
The University believes in all forms of healing and is committed to facilitating alternative modalities of healing for survivors. The SARA Office provides trauma-informed programs that explore reconnection to the self through mind, body, and spirit, including yoga, art, & writing programs.

Office of Religious Life
Attentive, thoughtful, & confidential pastoral presence and care for students of all religious backgrounds
• 650-723-1762
• web.stanford.edu/groups/religiouslife

Bridge Peer Counselors
Anonymous & confidential counseling by trained undergraduate and graduate students (summer hours limited)
• 24 Hour Hotline: 650-723-3392
• stanfordbridge.wordpress.com

MEDICAL OPTIONS
Medical resources provide diagnosis, treatment, follow-up, & referrals for medical complications of sexual and/or relationship violence-related issues. In addition, they care for physical injuries and can test for STIs, pregnancy, & unintended drug ingestion. Some medical resources (e.g., Santa Clara Valley Medical Center) are able to perform forensic evidence collection processes (“rape kits”). Medical options are confidential, although medical personnel are required by California law to report to the police instances where they observe physical injury caused by assault.

Vaden Health Center
• Appointments: 650-498-2336, ext. 1
• Urgent advice: 650-617-2576
• vaden.stanford.edu

Emergency Department, Stanford Health Care
• 650-723-5111

Santa Clara Valley Medical Center
A victim advocate from the YWCA can support a victim advocate from the YWCA can support a victim
• Appointments: 650-885-8000
• 408-885-5000
• Urgent advice: 408-885-6466
• vaden.stanford.edu

REPORTING OPTIONS
These resources offer the option to file a complaint. In most cases, the decision to proceed is yours. However, in rare circumstances (e.g., where your and/or University community safety is a concern), the University may be obligated to investigate, even if you may not be ready. This would be discussed with you in advance, & the University would ensure that you have support throughout the process.

Confidential Assessment
Provides assessment, identifies appropriate campus resources, and works with graduate students to understand processes and options
• 650-736-7078
• 650-723-8222, pager ID 25085 (to page the graduate life office dean on call after hours)

Confidential Support
Confidential support and help accessing resources, short-term emotional support, and ongoing individual counseling; free to Stanford students
• Business line: 650-736-6933
• 24 Hour Hotline: 650-725-9955
• vaden.stanford.edu/sexual-assault

Non-Confidential Support
Provides assessment, identifies appropriate campus resources, and works with graduate students to understand processes and options
• 650-736-7078
• 650-723-8222, pager ID 25085 (to page the graduate life office dean on call after hours)

YWCA Silicon Valley
Confidential and anonymous crisis support, counseling services, information, and advocacy for all Silicon Valley community members
• 24 Hour Hotline: 1-800-572-2782
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• 408-885-8000
• 408-885-5000
• Urgent advice: 408-885-6466
• vaden.stanford.edu

What if I don’t want to do anything now?
These resources are available for you throughout your time at Stanford. There’s no right or wrong way to access support, reporting, or healing options. This includes when you choose to do so.

These resources, by law, will keep your identity & information private.

CONFIDENTIAL COUNSELING RESOURCES
(GREY BOX)

NON-CONFIDENTIAL / PRIVATE OPTIONS
(RED BOX)

Your privacy will be protected to the greatest extent possible; however, they are unable to guarantee confidentiality as they must notify the Title IX Coordinator.

Title IX
The Title IX Coordinator oversees education & response efforts across campus regarding Prohibited Sexual Conduct (see Admin Guide 1.7.3). The Title IX Office will reach out to those impacted to offer resources and the option to file a complaint. This office investigates complaints involving students and administers the formal disciplinary process. The Title IX Office provides interim accommodations (e.g., no contact orders, housing & academic accommodation, counseling, & campus escort service) to affected students and implements final administrative remedies for students having gone through the Student Title IX process.
• 650-497-4955
• titleix.stanford.edu

Stanford University Department of Public Safety (SUDPS)
Sexual assault, stalking, & relationship violence are crimes. SUDPS can initiate a criminal investigation that is separate from Stanford’s Title IX process. A criminal investigation does not relieve the University of its obligation to respond under Title IX. Both a criminal & a University investigation may proceed simultaneously, and neither process is instigated by the initiation of the other process. The University will assist you in contacting SUDPS or the jurisdiction where an incident took place, at your request.
• Emergency line: 911 (9-911 from a campus phone)
• Business line: 650-723-9633
• web.stanford.edu/group/SUDPS