HOW TO CONNECT WITH CST

For more information or to schedule an appointment

1. Walk into the CST Office:
   Kingscote Gardens
   419 Lagunita Drive, Suite 340
   Monday-Friday, 8:30 am–5:00 pm

2. Call the CST Business Line: 650-736-6933

3. Schedule through the VadenPatient portal:
   vaden.stanford.edu/sexual-assault

For urgent same-day support from a counselor

1. Call the CST 24/7 Hotline: 650-725-9955
   After hours, ProtoCall phone-based licensed counselors provide immediate assistance to callers and share information with CST for follow up the next business day.

2. Walk into the CST Office:
   Find out when an on-call counselor is available that day.
   We have a waiting area with chairs, reading materials, and water and tea.

FOR EMERGENCY ASSISTANCE
Call 911 or 9-911 from a campus phone.

CST honors diversity, inclusion, and intersectionality in all aspects of our programming and services. All students are welcome.

CST is jointly sponsored by the Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine and Vaden Health Center.

vaden.stanford.edu/sexual-assault

Confidential Support Team (CST)
A free, confidential resource for Stanford students impacted by sexual, intimate partner, or gender-based violence

Does this sound like you or someone you know?

- Unsure if the experience was sexual assault, sexual harassment, or gender-based discrimination?
- Distressed by a sexual or relationship experience and don’t know who to talk to?
- Want to know more about how to make a report or what reporting means?
- Unsure about the next steps?
- Need guidance in how to support someone else?

CST can help with these uncertainties.
### WHAT CAN CST PROVIDE?

- Short-term emotional support
- Ongoing individual therapy for distress related to trauma
- Information about rights and reporting options
- Ongoing individual therapy for distress related to trauma
- Support and guidance in navigating systems and processes such as obtaining medical care, reporting to the police or the Title IX Office, and seeking academic or residential accommodations
- Assistance connecting to other on- and off-campus support resources.

### WHAT IS UNIQUE ABOUT CST?

**Confidentiality**

- CST counselors do not have an obligation to report a student’s experience to the Title IX Office or law enforcement.
- There are some limits to confidentiality, including the obligation to report abuse of a minor.

**Empowerment**

- Students receive information about reporting, resources, and treatment options.
- Students maintain control over the situation without feeling pressure to make an immediate decision about what to do.

**Ongoing Specialized Support**

- CST collaborates with students to determine individual needs and next steps.
- CST offers specialized trauma-informed counseling and psychotherapy.

### WHAT HAPPENS AT A FIRST VISIT TO CST?

- The CST Counselor will offer a 30-60 minute consultation.
- The CST counselor will explain the limits of confidentiality and their role as a licensed confidential counselor.
- The CST counselor will provide information, referrals and support and will work with the student to determine needs and next steps.
- The CST counselor will assess for safety and inquire about other immediate needs.
- Students do not have to provide any information they are not comfortable sharing and may end the visit at any time.

### ADDITIONAL CST SERVICES FOR FRIENDS, FAMILY, FACULTY, STAFF AND OTHER ALLIES

- Consultation to student leaders and organizers on creating trauma-informed, survivor-friendly events and programs;
- Confidential consultation to faculty, staff, and student staff about reporting obligations or resource coordination for students;
- Support for student allies who have questions about how to help a survivor of sexual or relationship violence.