Resources for Victims of Sexual Misconduct

If you have been sexually assaulted, you did not deserve this.

- You do not have to cope on your own.
- There are many support services which can help you; they will respect and believe you.

Remember, there are no excuses for rape or sexual assault:

- The victim is never to blame, whatever they were wearing.
- The victim is never to blame, even if they have said ‘yes’ to other sexual activities.
- The victim is never to blame, however much they have had to drink.
- The victim is never to blame; no-one has a “right” to sex.

Comprehensive information - including how rape and sexual assault might affect you, how to look after yourself, how the legal system works in Scotland and where to get help and more information – is available from the Scottish government:

Information and Help after a Rape and Sexual Assault

There is no right or wrong way to react to a sexual assault – each person affected will react differently. Whatever you are feeling, it is important to keep your choices open as to what you might want to do.

Some people who have experienced a sexual assault will not tell anyone about it for a long time. However, distress may still surface a considerable time after the event. There is no time limit on seeking the help and advice of counsellors, your GP, the local Police and other support services.

University Resources

Student Services

The Enquiry Centre
Campus Green
Main Campus
Tel. Daytime 01382 389100 (9am – 5pm Monday – Friday - 10am Wednesdays)
Email enquiry@dundee.ac.uk

Counselling Service
Old Technical Institute (OTI Building)
Small’s Wynd
Main Campus
Tel. Daytime 01382 384164 (Monday – Friday 9am- 1.30pm and 2pm- 5pm)
Email counselling@dundee.ac.uk
Emergency counselling drop-in service available at 10.30am Monday – Friday (Main campus)
A counsellor is available 2 evenings per week on the **Kirkcaldy Campus** to see students and staff. To make an appointment, contact our office administrator at the above telephone number or email. A counsellor is available to see current students at **Ninewells Medical School Campus** on Wednesday afternoons. Appointments must be booked in advance by emailing counselling@dundee.ac.uk

**University Security Centre based in the Main Library** (24hrs) 9am-5pm Monday – Friday Tel. 01382 385050 or dial 85050 from internal university phone (main campus). Out of Hours Security Service (in evenings and at weekends) Emergency number Tel. 01382 384141 or dial 4141 from internal university phone (main campus).

Contact your doctor at your local GP Clinic if you are registered with one locally

**Local Medical Practices near to University in Dundee, Main Campus.**

- Hawkhill Medical Centre Tel. 01382 669589
- Ryehill Health Centre Tel. 01382 644466
- Taycourt Surgery Tel 01382 228228
- Nethergate Medical Centre Tel. 01382 221527

**University Health Service** based in Old Technical Institute (OTI Building)
The University Health Service is open during semester times: Monday - Friday - 09:00 to 14:00 hrs, Doctor (Mon-Fri) - By Appointment. Call 01382 384168 or email Healthservice@dundee.ac.uk
Drop in, email or call to book an appointment

**Police**
All Students: Tel: 101 and, of course, 999 if there is an urgency or emergency situation

**Dundee based students**
- **Dundee Police Station**
University Police Liaison Officer in Dundee
Contactable through the Police Station (Tel: 101, ask for the University Police Liaison Officer in Dundee) or by contacting **Student Services**

**Fife based students**
Contact your local police stations details of where these are here:
http://www.scotland.police.uk/your-community/fife/

**Angus based students**
http://www.scotland.police.uk/your-community/tayside/angus/

**Perth and Kinross based students**

**Getting support or help from external agencies**
Abuse, whether a one-off or persistent, is difficult to talk about. Telling someone can be an important step towards support, protection and recovery.

**Scotland Wide resources:**
• **Rape Crisis Scotland** Helpline - 08088 010302 (6pm-12am)
• **Victim Support Scotland** Helpline 0345 603 9213

**Dundee and Angus resources**

• **Women's Rape and Sexual Assault Centre** 2 Dudhope Street, Dundee. Tel. 01382 201291

**Fife resources**

• **Fife Rape and Sexual Assault Centre** Tel. 01592 642336
• **Kingdom Abuse Survivors Project** Tel. 01592 644217
• **Safe Space** Tel. 01383 739084

**Perth and Kinross resources**

• **Rape and Sexual Abuse Centre Perth and Kinross** Tel. 01738 630965

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