

# Student Health & Support

can help if you have experienced sexual harm



**LINCOLN UNIVERSITY**  
TE WHARE WĀNAKA O AORAKI

## What to expect from Student Health & Support

### YOU

If you call or come to SHS with a **ASAP\* card**, you will be given a choice to see a nurse, doctor or counsellor without being asked to share any other information

You are welcome to bring a support person with you to any consultation (friend, family, cultural, etc)

All our consultations are confidential – what you share does not get shared with anyone else outside of Student Health

You will receive an appointment to see one of our Student Health team members as soon as possible

**If you are in crisis you will be seen on the day**

### NURSE OR DOCTOR

Unless you specify that you would like to see a counsellor first, you will initially be booked with a nurse or doctor

This gives you the opportunity to discuss the incident in a supportive, non-judgmental and confidential atmosphere and to see “where to from here”

**Any issues of safety are always addressed first**

- A doctor or nurse can help with any injuries or related medical concerns
- They will **NOT** do a forensic or internal examination
- You can discuss next steps in terms of support/reporting pathways and forensic testing
- A doctor can open an ACC Sensitive Claim for you if you wish to pursue counselling/therapy free of charge, off campus
- You can discuss contraception and STI testing if you want to

You can explore support pathways on and off campus

You can discuss the option to involve Police Sexual Assault Services

You can be referred to Cambridge Clinic for a forensic examination

### SOMEONE ELSE

If you contact us about someone you're concerned about (i.e. friend, family member or other student)

A Student Health team member will listen and advise you on ways to offer support/link the person involved to their preferred support service

Support is also available to you if you want it

### COUNSELLOR

You will only be booked with a counsellor if you specifically ask for this

Counselling is confidential and you decide on the focus

Recovery, safety and reclaiming your power are some ways that therapy can help and outlined briefly below are some aspects that can be explored in counselling

**Any issues of safety are always addressed first**

- Counselling is focused on helping you process your feelings
- You can discuss treatment options that suit you and are culturally appropriate
- You can explore your concerns and needs and together we can set goals to address these
- You can be linked to other supports on/off campus
- You can get support if you choose to report the incident



\*An **ASAP card** is designed for students who've experienced sexual harm. It allows a student to get an appointment with Student Health & Support as soon as possible without explaining why. If you don't have a card but want to speak to someone at Student Health & Support about sexual harm, please request an **ASAP** appointment.