



# Navigating Sexual Misconduct Processes

The Investigations Office (IO) recognizes that investigation and alternative resolution processes (ARP) can be complicated and stressful. Here are some resources to help you through the process.

## Sexualized Violence Support

We encourage all parties to sexual misconduct complaints to access support throughout an investigation or ARP. Support people may attend investigation or ARP meetings or help you navigate other impacts of sexual violence.

### UBC Sexual Violence Prevention and Response Office (SVPRO)

The SVPRO is a confidential support office for anyone who has experienced or been impacted by sexual or gender-based violence. They can provide information, support and referrals in the following areas:

- UBC Investigations
- Medical care
- Mental health
- Legal
- Academic
- Financial
- Housing
- Identity-specific resources
- Community resources

 [svpro.ok.ubc.ca](https://svpro.ok.ubc.ca)

 [svpro.okanagan@ubc.ca](mailto:svpro.okanagan@ubc.ca)

 250.807.9640

## Mental Health Support

While the IO takes steps to avoid re-traumatization in its processes, we know that talking about an experience of sexual violence is always difficult and can have mental health impacts. We encourage you to reach out to mental health supports as needed throughout the IO process.

### UBC Counselling Services

UBC Counselling Services offers same-day, single-session counselling, wellness advising, group counselling, and Indigenous-specific supports.

 [students.ok.ubc.ca/health-wellness/counselling-mental-health](https://students.ok.ubc.ca/health-wellness/counselling-mental-health)

 250.807.9270



[io.ubc.ca](https://io.ubc.ca)

## UBC Student Assistance Program by Aspira

The UBC Student Assistance Program (SAP) is a free, 24/7 wellness resource for students. Services include personal counselling, life coaching, group programs and more. The UBC SAP can help you with a wide range of concerns to support your mental, emotional, physical, and financial health.

🌐 [students.ok.ubc.ca/health-wellness/student-assistance-program](https://students.ok.ubc.ca/health-wellness/student-assistance-program)

📞 1.833.590.1328

## Here2Talk

Here2Talk is a province-wide initiative that connects post-secondary students in BC to free, confidential counselling and community referral services, available 24/7 via app, phone and web.

🌐 [here2talk.ca](https://here2talk.ca)

📞 1.877.857.3397

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## Understand UBC Processes

Participating in an IO process may impact various aspects of your life as a student. UBC has resources available to help decode and navigate any UBC process, including the IO's.

### UBC Office of the Ombudsperson for Students

The UBC Office of the Ombudsperson for Students is an independent, impartial and confidential resource aimed at ensuring that students are treated fairly and can learn, work and live in a fair, equitable and respectful environment. The Ombudsperson can identify and explain relevant UBC policies, make appropriate referrals, and explore options for how to proceed.

🌐 [ombudsoffice.ubc.ca](https://ombudsoffice.ubc.ca)

✉️ [ombuds.office.ok@ubc.ca](mailto:ombuds.office.ok@ubc.ca)

📞 250.807.9818

### When In Doubt – Ask The IO!

If you ever are confused, unsure about your options, or need more information, please reach out to the IO. We are committed to empowering you with all the information you need to make the best decisions for you.

🌐 [io.ubc.ca](https://io.ubc.ca)

✉️ [investigations.office@ubc.ca](mailto:investigations.office@ubc.ca)

📞 604.827.2060

