# 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.

# **Mental Health Support**

While the IO takes steps to ensure a trauma-informed process, we know that facing an allegation 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 Employee & Family Assistance Program (EFAP)**

The Employee and Family Assistance Program (EFAP) is a 24/7 confidential and voluntary counselling support service that provides you and your family with the help you need to resolve a wide range of personal, work, health or life issues.

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**1.800.387.4765** 

### **Understand UBC Processes**

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

### **Union and Association Representation**

If you are a member of a union or professional association, a union or association representative can act as your support person throughout an investigation or ARP.

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# 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.

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