Confidential Support Team (CST)

Does this sound like you?

- I don’t know if my experience was sexual assault.
- I am distressed by a sexual or relationship experience and don’t know whom to talk to.
- I’m not sure if I want to make a report or what reporting means.
- I’m unsure about what next steps I can take.

The Confidential Support Team—a free, confidential resource for Stanford students impacted by sexual assault and relationship violence—can help with these uncertainties.
WHAT CAN THE CST PROVIDE IN THE AFTERMATH OF SEXUAL ASSAULT?

- Information about rights and reporting options
- Short-term emotional support
- 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 ARE THE BENEFITS OF TALKING TO A CST COUNSELOR?

Confidentiality
- CST counselors do not have an obligation to report a student’s experience to the Title IX Office.
- 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
- The CST collaborates with students to determine individual needs and next steps.
- The CST offers specialized trauma-informed counseling.

WHAT HAPPENS AT A FIRST VISIT TO CST?

- 30-60 minute consultation
- The CST counselor will explain the limits of confidentiality and her/his 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 may 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 STANFORD COMMUNITY 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

EMERGENCY/URGENT ASSISTANCE

Call 911 or 9-911 from a campus phone.