

FemIDEAS: Decolonising Sexual and Gender-Based Violence in
Higher Education

www.femideas.com

Support Information Pack

For study participants in
Nigeria

October 2023



Support Information Pack: Nigeria

Below is a list of organisations that can offer **free, confidential support and information** for people who have experienced sexual or gender-based violence in all its forms. Some organisations can refer you to specialist services in your local area, should you wish to receive ongoing support. This is not an exhaustive list but is designed to provide a starting point for accessing support. If you have any questions or need help accessing support, please speak to Adrija or Jess (femideas@westminster.ac.uk).

If you would like to access FREE counselling from a specialist provider, you can do so by accessing Stand to End Rape Initiative (STER), our official support partner in Nigeria. Information about the support available and how to access it, are detailed on pages 2 – 3.

Organisation	Location(s)	Phone Number	Website
Stand to End Rape Initiative (STER)	Virtual Nationwide	08095967000	www.standtoendrape.org ; https://www.instagram.com/standtoendrape/
Lagos DSVa	Lagos State	08000333333, 08105955881	www.lagosdsva.org ; https://twitter.com/Lagosdsva
Mentally Aware Nigeria	Lagos State	08091116264, 08111680686	www.mentallyaware.org ; https://www.instagram.com/mentallyawareng/
Vivian Centre	Edo State	0800 200 2020, 08052322280	https://www.instagram.com/viviancentre/?hl=en
Mirabel Centre	Lagos State	08176275695	www.mirabelcentre.org ; https://www.instagram.com/mirabelcentreng/
Family Support Program, Enugu Center	Enugu State	09061938380, 08068528819	
Dorothy Njemanze Foundation	Abuja	07013333307	www.dnf.org.ng ; https://www.instagram.com/dorothynjemanzefoundation/
The Spring Centre	Ogun State	08034268616, 08113931752,	
Agape Centre	Akwa Ibom	09077777433; 09090000648, 08023009220	

Stand to End Rape Initiative (STER): Support Options

Short term support

If you would like to access a **one-off free online counselling session** after your interview, you can do so by using one of the following:



08095967000 (please include dialling code +234 if you are calling from outside of Nigeria)



Email: vau@standtoendrape.org and stercounselling@gmail.com with 'UoW Mental Health Services' in the email subject heading.



Reach out confidentially on **X (formerly Twitter)** or **Instagram** via **@standtoendrape** with **UoW Mental Health Services** included in your message.

If you are in **Lagos**, you can also access an **in-person one-off session** using the contact details above.

Longer term support

If you would like to access longer-term trauma-informed counselling of **up to 8 free online sessions** with a STER specialist counsellor or if you would like to access STER's nationwide virtual mental health service, you can do so by:



[Completing this form](#) (please note, this form includes incident reporting)



08095967000 (please include dialling code +234 if you are calling from outside of Nigeria)



Email: vau@standtoendrape.org and stercounselling@gmail.com with **UoW Mental Health Services** in the email subject heading.



Reach out confidentially on **X (formerly Twitter)** or **Instagram** via **@standtoendrape** with **UoW Mental Health Services** included in your message.

Additional Support (Lagos only)

If you are in **Lagos**, you can also access the following services using the contact details above:

- In-person counselling (up to 8 sessions)
 - Legal aid and representation
 - Referral to medical intervention
 - Support filing cases with the Nigeria Police Force
-

To report an incident

If you would like to report an incident, you can do so by [completing this form](#) and a member of the STER team will contact you as soon as possible.

STER services are completely free, private, and confidential. For more information about the STER initiative and their approach to support, please see the next page.



Stand to End Rape Initiative (STER): Mental Health Support Services

Welcome to [Stand to End Rape Initiative \(STER\)](#)

We extend a heartfelt welcome to Stand to End Rape Initiative's (STER) mental health support services. We understand that healing and recovery are deeply personal journeys, and we are honoured to be a part of your path toward strength, resilience, and empowerment. At STER, we provide a safe, compassionate, and supportive environment where you can openly share your experiences and receive non-judgemental, survivor-centred and trauma-informed services from our team of dedicated and caring counsellors as you navigate the healing process at your own pace.

Your courage in seeking support is a powerful step towards reclaiming your life and breaking free from the burden you experience. We believe in your strength and resilience, and we are here to support you on your journey towards renewed hope and well-being.

What defines true strength?

True strength is found in vulnerability, in the willingness to embrace our emotions, allowing them to ebb and flow within us like the tides of the ocean. Feeling the full spectrum of emotions, whether it's stress, overwhelm, or demotivation, does not diminish our strength; rather, it reaffirms our humanity.

It is in our most difficult moments that we often unearth an inherent strength, that enables us to conquer, recover, and surpass adversity. This is the driving force behind the creation of the Stand to End Rape Initiative's psychosocial unit. At Stand to End Rape Initiative, we understand the burdens borne by survivors of sexual violence. Yet, we also hold a steadfast belief in the transformative power of healing and support.

Hope and Resilience: We are with you on this path of healing and empowerment.

We have supported over 1,000 survivors, and some of these survivors have gone on to create an impact either by establishing their own survivor initiatives or by joining our team to pass it on. This is a testament to the courage of survivors, the unwavering commitment of our team, and the resilience that resides in everyone.

We embark on a path towards personal empowerment and transformation side-by-side. You are not alone in your journey. We are here, standing beside you, ready to provide the guidance, understanding, and encouragement you need. You will find not just words but a beacon of hope, a source of inspiration, and a roadmap to recovery. It is our sincere belief that every survivor possesses the inner strength to reclaim their lives, rebuild what may have been broken, and emerge stronger than before.

This is a reminder that healing is possible and that, together, we can forge a brighter, more resilient future. Remember, you are not defined by the past; you are defined by the strength, courage, and resilience you exhibit in the face of adversity. Embrace this journey with an open heart and an unwavering spirit, for within you lies the power to heal, to thrive, and to stand tall once more.

If you have any questions regarding Project FemIDEAS or if you have any questions or concerns, please contact the research team using the following:

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If something goes wrong, or if you would like to make a complaint about Project FemIDEAS please contact:

Professor Dibyesh Anand, Head of School of Social Sciences, University of Westminster

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