

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

[www.femideas.com](http://www.femideas.com)

# Support Information Pack

for study participants in

South Africa

July 2023



## Support Providers

This is a list of organizations that can **offer free, confidential support and information** for people who have experienced sexual or gender-based violence in all of its forms. In some cases, they can refer you to specialist services in your local area, should you wish to receive ongoing support. It is not an exhaustive list but is designed to provide some initial avenues for support.

**If you would like to access a FREE counselling session with a registered specialist provider in South Africa, you can do so by accessing Therapy Now. Information regarding how to do this is shown on pages 2 – 3 of this pack.**

If you have any questions or if you need help accessing support, please speak to Adrija or Jess ([femideas@westminster.ac.uk](mailto:femideas@westminster.ac.uk)).

Organization	Phone number (+27)	Website / online access
<b>iThemba Rape &amp; Trauma support centres</b> (GBV, rape, trauma and victim support services)	011 421 5278	<a href="https://ithembasupport.org.za/">https://ithembasupport.org.za/</a>  <a href="#">Online contact</a>
<b>Gender-based violence command centre</b>	0800 428 428	
<b>GRIP</b> rape and domestic violence intervention	Emergency helpline: 083 310 1321	<a href="#">Online contact</a>
<b>Rape Crisis South Africa</b> (counselling & support, incl. for criminal justice system involvement)	24-hour helpline: 021 447 9762 (English) 021 361 9085 (isiXhosa) 021 633 9229 (Afrikaans)  WhatsApp: <a href="https://www.whatsapp.com/business/profile/0832225164">083 222 5164</a>	<a href="https://rapecrisis.org.za/">https://rapecrisis.org.za/</a>  Email help: <a href="mailto:communications@rapecrisis.org.za">communications@rapecrisis.org.za</a>
<b>RiSE against domestic violence</b> (counselling/therapy, legal advice, victim support, case work)	WhatsApp: 081 589 4308	<a href="https://www.riseagainstdomesticviolence.co.za/">https://www.riseagainstdomesticviolence.co.za/</a>
<b>Tears</b> (crisis intervention, advocacy, counselling, group work for those impacted by domestic abuse, sexual assault)	Free SMS helpline (*134*7355#)  010 590 5920	Email help: <a href="mailto:info@tears.co.za">info@tears.co.za</a>
<b>Triangle project</b> (mental health, medical, and counselling support for LGBTQ+, gender diverse and intersex people)	Counselling helpline: 021 712 6699 (1pm – 9pm)	Email to book counselling: <a href="mailto:health2@triangle.org.za">health2@triangle.org.za</a>



## **TherapyNow Counseling Service**

### **Welcome to TherapyNow!**

Everyone has a time in their lives when they are feeling overwhelmed, stressed, anxious, burnt out, lonely and unsupported. This is when it is time to talk to someone who is not going to judge you, but rather just listen, reflect and hold a space for you. You might not even feel like talking to someone, but the reality is that this is when you need it the most. TherapyNow believes that everyone has the right to have a space where they can freely express themselves, our clients have repeatedly stated that through talk therapy they feel a great sense of relief as well as gained perspective on their situation.


### **Are sessions confidential ?**

Resistance is part of counselling, and it is completely normal to feel fearful of having to be vulnerable or even concerned that your sessions might not be confidential. Know that you are in a supportive, confidential space when you are in a TherapyNow counselling session. TherapyNow promotes and holds to high ethical standards. If you are unsure of the process, please ask your counsellor to guide you.



## How do I book a session ?

The code **GBV#MentalHealth** will allow you to book a session with a counselor of your choice. If you go to <https://www.therapynow.co.za> , Login and then scroll down to MEET OUR COUNSELORS, you will find a detailed description of each counselor. We have a 2 hr notification window ( which means you can book an available counselor from 2 hours ahead and onwards depending on availability ) Please use the code - **GBV#MentalHealth** to access a session when you are checking out. Enter the code as per the screen below when you get to checkout and **Apply Coupon**. You will receive a 100 percent . The price of the session will be showing as - R750. Please make sure that you fill in all your details and complete the checkout process to finalize your booking.

	PRODUCT	PRICE	QUANTITY	SUBTOTAL
x	 ONLINE COUNSELLING BOOKING ONLINE THERAPY SESSION: APPOINTMENT DATE : SEP 8, 2022 APPOINTMENT TIME : 2:00 PM TO 2:45 PM APPOINTMENT TYPE : ONLINE COUNSELLING THERAPIST : ELZA BERK	R750.00		R750.00
COUPON:	<input type="text" value="Coupon code"/>	<input type="button" value="APPLY COUPON"/>		<input type="button" value="UPDATE BASKET"/>

Your counselor will be receiving an email confirming your booking and will be in contact with you. At anytime you can change counselors, guilt free.

**The most important part of counseling is to have a positive rapport and connection.**

If you are experiencing any difficulty during the booking process please don't hesitate to send us a message via the **Green button** on the website.

We are here to support you and look forward to hearing from you.

