



Survivors Support Group

What is a support group?

The support group is a safe place for victims/survivors of sexual and/or relationship violence to meet face-to-face with other victims/survivors. Approximately 2 to 8 individuals meet with a group facilitator to share, discuss, and learn from each other. Members of the group are at various stages along their path of healing.

What is the difference between a support group and a therapy group?

Support groups are fundamentally different from therapy groups in that they offer support and an opportunity to share feelings, thoughts, and experiences, but are not a place to resolve deep personal issues. Support group members are responsible for their own progress by talking about what is troubling them. Support group members are encouraged to express themselves if something is happening in the group, which does not feel good or helpful. Support groups are often facilitated by victim advocates, whereas therapy groups are directed by mental health clinicians.

Is the information I share confidential?

Maintaining group confidentiality is imperative. Every group member must sign a confidentiality agreement. Group members must not share other group members' names, identifying information, personal disclosures, events, or interactions occurring within the group. What people talk about during group must remain among group members. It is not appropriate to discuss or disclose events of the group to any outside person. Confidentiality is legally limited when information about life-threatening circumstances (planned suicides, homicides, or crimes) and/or child abuse of a minor is revealed to group leaders.

How are support groups helpful?

1. The first few sessions of a group usually focus on establishing trust. During this time, members work to build a level of trust that allows them to talk personally and honestly.
2. This climate of trust permits group members to care about and help each other. Group trust is enhanced when all members make a commitment to the group.
3. When someone brings a difficulty to group, the group can give support, offer alternatives, or gently confront the person in such a way that new behaviors are learned, and the difficulty becomes resolved.
4. The support group allows people to develop new social techniques or ways of relating to people as part of their path to healing.
5. During the support group, people begin to see that they are not alone, and others understand. Many times, people feel that their problems are unique. It is encouraging to hear that other people have experienced a similar difficulty or have already worked through a problem that deeply bothers another group member.

What do I talk about when I am in the group?

Talk about what brought you to group in the first place. Let the group members know what is bothering you. If you need support, let the group know. If you think you need confrontation, let them know this also. It is important to tell people what you expect from them. In addition, you will probably be most helped and satisfied if you talk about your feelings.

How do I join or learn more about the Survivors' Support Group?

The Survivors' Support Group is available to University of Arkansas students. Meetings will be held on campus weekly during the fall and spring semesters. Only individuals who have experienced sexual and/or relationship violence will be permitted to be part of the group. Participants may join the group at any point during the fall and spring semesters. The group is not open to anyone for observation or media interest.

If interested in joining the group, please contact SRVC to learn if the group is appropriate for you. The weekly time and location of the current group will be confirmed at the time of acceptance to the group.

To learn more or to join the group, please email survivor@uark.edu and a SRVC staff will respond. Please include your name and a brief message regarding the nature of your inquiry. You may also call SRVC at (479) 575-4000.

What if I need to talk with someone now?

The Survivors' Support Group is not an emergency crisis response group. If you need to speak with someone immediately for support or need counseling from a licensed mental health clinician, the Pat Walker Health Center Counseling and Psychological Services (CAPS) provides a 24-hour crisis line. CAPS can be reached at (479) 575-5276. University of Arkansas students may also access CAPS by way of the CAPS Walk-in Hours. For details about walk-in hours or other CAPS services, please visit the Pat Walker Health Center webpage at <https://health.uark.edu>

For more information, email or call the SRVC:
survivor@uark.edu
(479) 575-4000

Campus Resources

SRVC	479-575-4000
Advocacy email	survivor@uark.edu
Education programs email	respect@uark.edu
CAPS 24 HR Crisis Line	479-575-5276
(Counseling & Psychological Services)	
Pat Walker Health Center	479-575-4451
(University Health Services)	
U of A Cares	479-575-5004
University Police	479-575-2222
Title IX	479-575-7111
	titleIX@uark.edu
Student Accountability	479-575-5170
	judicial@uark.edu
Reports for Any Concern	report.uark.edu

In the event of an emergency, call 911

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Campus Resource Options

If you want to speak on campus with someone **confidentially** about sexual or relationship violence, you may do so with a victim advocate at the SRVC or a mental health counselor. Faculty and staff are required by university policy to report incidents of sexual or relationship violence to the Title IX coordinator for the University to investigate. An advocate is available through the SRVC and may be reached by emailing survivor@uark.edu or calling 479-575-4000.

For more information, visit srvc.uark.edu

Forensic Evidence Collection ("a Rape Kit") is available by appointment at the NWA Center for Sexual Assault, 1670 W. Sunset, Suite B, Springdale, AR 72762. Call 1-800-794-4175 to arrange for an appointment or contact the campus SRVC for assistance with this.