

Frequently Asked Questions (FAQs) about SACHA's Sex-Trafficking Survivor Counselling Program

Q: What is sex-trafficking?

A: Sex-trafficking is a type of human trafficking that involves people being sexually exploited. Exploitation can include sexual assaults, non-consensual participation in sexualised activities (like dancing or massage), and photos or videos of sexual assaults being taken, sold, and shared. Sex-trafficking can involve manipulation, coercion, threats, isolation, blackmail, violence, and kidnapping.

Q: Who can access counselling?

A: People who live in Hamilton, who are ages 16+, and who are no longer experiencing sex-trafficking.

Q: What is the cost of counselling?

A: Our services are free. You don't need to provide your OHIP number.

Q: Are counselling sessions limited?

A: We offer survivors sixteen sessions. Each session is 50 minutes.

Q: What happens in a counselling session?

A: SACHA counselling is trauma-informed and directed by the survivor. You can tell us as much or as little as you want about your experience of sex-trafficking. You can talk about the ways your current life is impacted (even if you don't want to talk about the violence itself).

Q: Do survivors need to report to police?

A: No. Sex-trafficking is a crime, but we recognise there are many reasons survivors choose not to talk to police. We do not encourage (or discourage) survivors from talking to police.

Q: Where does counselling happen?

A: Counselling is available in person (in our office), via phone, and via video-chat. Our office is located in downtown Hamilton.

Q: How can I be referred for counselling?

A: We accept self-referrals. Call 905-525-4573, extension 224, or complete our Contact Form [here](#).

Q: How can I access support right now?

A: SACHA's 24 hour Support Line is available to support you. Call 905-525-4162.