



## 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, physical violence, and kidnapping.

**Q: Who can access this counselling program?**

A: People of all genders who live in Hamilton and the surroundings area, are ages 16+, and have exited sex-trafficking. The exit from sex-trafficking can be recent or not, survivors of sex-trafficking can access counselling anytime after they have exited.

**Q: What is the cost of counselling?**

A: Our services are free.

**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. This decision is the survivor's to make and we support their decision. There are many reasons survivors choose not to report to the police. We do not encourage or discourage survivors from reporting.

**Q: Where does counselling happen?**

A: Counselling is currently available via phone or video-chat. In the future, we will also provide in-person counselling. 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 or learn about our new Chat Support [here](#).