

## GETTING HELP

There are a number of excellent services available if you would like help dealing with an issue related to sexual assault or domestic violence. These services are FREE and they are CONFIDENTIAL. You do not have to provide your name or any other details if you are not ready to.

### *NSW Rape Crisis Centre*

**1800 424 017 • [www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au)**

Provides 24 hour phone counselling and support for anyone in NSW who has experienced sexual assault.

### *Domestic Violence Line*

**1800 65 64 63**

A 24 hour phone service for anyone escaping domestic violence, family violence or other abuse.

### *Your local hospital*

**000**

Can provide details of your local sexual assault service.

### *The Gay and Lesbian Counselling Service of NSW*

**1800 184 527 • [www.glcsnsw.org.au](http://www.glcsnsw.org.au)**

Provides telephone and face-to-face counselling to members of the GLBT communities (7 days from 5:30pm to 10:30pm).

### *The Victim Support Line*

**1800 633 063**

Provides a provides 24 hour information, referral and support to victims of crime.

The Victims Support Line staff can provide confidential emotional support, in addition to practical information on how to access counseling and information on your rights as a victim of crime.

### *Kids Helpline*

**1800 551 800 • [www.kidshelpline.com.au](http://www.kidshelpline.com.au)**

Provides a free, confidential and anonymous, telephone counselling service specifically for young people aged between 5 and 25.

