

SUPPORT OPTIONS

There are many different types of services and support options available to people who have experienced sexual assault or domestic violence.

Phone counselling and support

1. Sexual assault

Free and confidential counselling is available over the phone if you or a family member have experienced sexual assault.

NSW Rape Crisis Centre - 1800 424 017

The NSW Rape Crisis Centre provides 24 hour phone counselling and support for anyone in NSW who has experienced sexual assault.

Contact your local hospital on 000 and ask for details of your local sexual assault service who provide counselling.

2. Domestic violence

Free and confidential support is available over the phone if you or a family member have experienced domestic violence.

Domestic Violence Line - 1800 65 64 63

Domestic Violence Line is a 24 hour phone crisis and counselling service for anyone escaping domestic violence, family violence or other abuse.

3. General advice

Kids Helpline - 1800 551 800

The Kids Helpline provides a free, confidential and anonymous, telephone counselling service specifically for young people aged between 5 and 25

The Gay and Lesbian Counselling Service of NSW - 1800 184 52

The Gay and Lesbian Counselling Service is a volunteer organisation that provides free anonymous telephone and face-to-face counselling to members of the GLBT communities - (7 days from 5:30pm to 10:30pm)



Seeing a counsellor

1. Sexual Assault

If you or a family member has experienced sexual assault and you would like to see a counsellor, counselling services are available in your area. To find your local sexual assault service contact any of the services below:

NSW Rape Crisis Centre - 1800 424 017 or
contact your local hospital and ask for details of your local sexual assault service.

2. Domestic Violence

Counselling services are available for people who have experienced domestic violence and their non-offending family members. For more information about counselling services available in your area call:

The Domestic Violence Line - 1800 656 463 or

The Victims Support Line - 1800 633 063 (24 hour)

Online counselling

The **NSW Rape Crisis Centre** provides a new and innovative online counselling program via their website for anyone who has experienced sexual violence or their non-offending family members. **www.nswrapecrisis.com.au**