

SUPPORT SERVICES CANBERRA

CANBERRA RAPE CRISIS CENTRE (CRCC)

Provides medical and crisis counselling support including male survivor-specific services and Indigenous Australian-specific services.

Availability: from 7am-11pm 7 days per week.

Phone: 02 6247 2525

CRCC also includes:

- **The Nguru Program:** culturally appropriate counselling for members of the Aboriginal and Torres Strait Islander community who have experienced sexual assault, and their families.
- **Service Assisting Male Survivors of Sexual Assault (SAMSSA):** Service dedicated to men who have experienced sexual assault in Canberra.

ACT FEDERAL POLICE SEXUAL ASSAULT AND CHILD ABUSE TEAM

A specialist team dedicated to investigating sexual assault committed against adults and children in the ACT.

Availability: 24/7.

In person: Visit any of our five police stations in the ACT. An officer will be able to assist you immediately to discuss the incident and your options going forward.

Phone: In an emergency, call Triple Zero (000) or for police assistance call 131 444. These calls are answered by ACT Policing's Operations who will arrange for police to meet with you.

DOMESTIC VIOLENCE CRISIS SERVICE ACT

Services are available to anyone living in the ACT region affected by domestic and family violence.

Availability: Provides emergency crisis intervention 24/7.

Phone: 02 6280 0900

FORENSIC AND MEDICAL SEXUAL ASSAULT CARE

Provides forensic and medical sexual assault care to people who have experienced sexual assault. Located at The Canberra Hospital.

Availability: 24/7. Can be accessed through Canberra Hospital Emergency Department or a CRCC worker.

A GENDER AGENDA

Aims to support the goals and needs of the intersex, transgender and gender diverse communities of Canberra and the surrounding region.

Phone: 02 6162 1924

ADAMUS NEXUS

Provides monthly peer-support group for those who identify as a woman who have been recipients of domestic violence and abuse/sexual abuse. Sessions are held in central / South Canberra.

Phone: 04 2248 2236

SUPPORT SERVICES AUSTRALIA-WIDE

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Emergency services - Police, Fire or Ambulance.

Availability: 24/7.

1800 RESPECT

Supports people impacted by sexual assault, domestic or family violence and abuse.

Availability: 24/7.

Phone: 1800 737 732 / Online chat: <https://www.1800respect.org.au/>

BLUE KNOT

Provides support, education and resources for adult survivors of childhood trauma and the families and communities of adult survivors of complex trauma.

Availability: Monday to Sunday from 9am to 5pm AEST.

Phone: 1300 657 380 / Email: helpline@blueknot.org.au

BEYOND BLUE

Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Phone: 1300 22 4636

MENSLINE

Telephone and online support, information and referral service for men with family and relationship concerns.

Phone: 1300 78 99 78

REACH OUT

Online mental health service for young people and their parents in Australia.

Contact via website: www.au.reachout.com.

RELATIONSHIPS AUSTRALIA

Leading provider of relationship support services for individuals, families and communities. They aim to support all people in Australia to achieve positive and respectful relationships.

Phone: 1300 364 277

LIFELINE

Short-term support for people who are feeling overwhelmed or having difficulty coping or staying safe.

Availability: Crisis support and suicide prevention hotline that operates 24/7.

Phone: 13 11 14

SUPPORT SERVICES AUSTRALIA-WIDE

QLIFE

Provides assessment, counselling and therapy for adults and children.

Availability: 3pm - midnight everyday.

Phone: 1800 184 527 / Online chat: <https://qlife.org.au/>

KIDS HELPLINE

Free phone and online counselling service for young peoples aged 5 to 25.

Availability: 24/7.

Phone: 1800 551 800 Online: www.kidshelpline.com.au

SUICIDE CALL BACK SERVICE

Provides immediate telephone counselling and support in a crisis (for ages 15+)

Availability: 24/7.

Phone: 1300 659 467

END RAPE ON CAMPUS (EROC)

Works to end sexual violence at universities and residential colleges through direct support for survivors and their communities; prevention through education; and policy reform at the campus, state, and federal levels.

Contact via website: www.endrapeoncampusau.org

RESPECT.GOV.AU

Provide resources about recognising disrespect, how to talk about it, and how to prevent it. They have translated resources in 19 other languages.

Contact via website: www.respect.gov.au

BRAVEHEARTS

Child protection organisation to prevent child sexual assault and exploitation.

Phone: 1800 272 831

TRANSLATION AND INTERPRETING SERVICE

Assists in immediate phone interpreting to deliver equity and access to the community.

Phone: 131 450