

National Association of Adult Survivors of Child Abuse www.NAASCA.org

Note: Please send corrections, additions and updates to: maudnmildred@hotmail.com

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
AUSTRALIAN CAPITAL TERRITORY			
Nationwide	Phone Counselling 1800-737-732 Online Counselling via website 24 Hour counselling service National sexual assault, domestic and family violence counselling service 24 hours a day 7 days a week	1800Respect Nationwide 1800-737-732 Counselling	www.1800respect.org.au Contact form on website.
Nationwide	Helpline 1300-657-380 helpline@asca.org.au Helpline Mon - Sun 9am - 5pm EST ASCA is an Australian body which advances the health and wellbeing of people and communities affected by childhood trauma, for this and for future generations. Professional support line Professional short term counselling Referrals for ongoing support.	Adults Surviving Child Abuse (ASCA) Nationwide 1300-657-380 Counselling 02-8920-3611 Office	www.blueknot.org.au/ admin@asca.org.au
Nationwide	We are an alliance of existing groups and individuals supporting people raised in institutional / out-of-home care in Australia in the 20th Century. Join us and find support.	Alliance for Forgotten Australians Nationwide 048-846-0646 Office 041-985-4980 Office	www.forgottenaustralians.org.au
Nationwide	Helpline 1800-272-831 rc@bravehearts.org.au On Monday 12 November 2012 the Prime Minister Julia Gillard announced a Royal Commission into Child Sexual Assault. Our organisation can provide general advice on how to share your story. We can assist you with drafting a written statement. Attend private sessions as your support person. Provide support and advice if you are involved in a public enquiry. ON our website we have a dedicated Royal Commission page with info and new updated as it happens.	Bravehearts Nationwide 1800-272-831 Office / Helpline	www.bravehearts.org.au admin@bravehearts.org.au
Nationwide	Helpline 1800-008-774 support@clan.org.au CLAN supports anyone who grew up in a home or institutionalised "Care" foster home. Please visit our website for help and support if you were affected by institutional abuse.	CLAN Care Leavers Australian Network 263 Chapel Road Banstown NSW 2200 Tel 0297-094-520 Mobile 0425-204-747	www.clan.org.au support@clan.org.au

Nationwide	<p>Helpline 1800-040-509 Freephone We were established in 1987 to address the issues surrounding the deportation of children from Britain. In the post war period children as young as three years old were shipped to Canada, New Zealand, the former Rhodesia and Australia, in a practice that continued as late as 1970. today we can help with Family Resteration Funds Retrieving files from governments Obtaining birth certificates Family research worldwide Professional counselling</p>	<p>Child Migrants Trust Nationwide 1800-040-509 Office / Helpline 0115-982-2811 Office</p>	<p>www.childmigrantstrust.com</p>
Nationwide	<p>Helpline 1800-55-1800 24 Hour helpline 7 days a week FREE 24 hour counselling service for young people aged 5 to 25 years. Counselling is offered by phone, email or over the web. Web counselling times for A.C.T. are Mon to Fri 1pm - 11pm Sat & Sun 11am to 11pm Children and teens have separate email sections on the website.</p>	<p>Kids Helpline Nationwide 1800-55-1800 Office / Helpline www.facebook.com/KidsHelpline/</p>	
Nationwide	<p>Helpline 07-3636-5206 24 hours Living Well is an Australian resource which offers a range of services Specifically desinded to assist MEN who have experienced sexual abuse or sexual assault. Telephone counselling, FREE online counselling, email & text counselling. Online groups soon to be available. Please see website for more details.</p>	<p>Living well Nationwide Contact no 07-3636-5206 1300-114-397 Office</p>	<p>www.livingwell.org.au</p>
Nationwide	<p>Helpline 1300-364-277 We are a non profit community organisation assisting Australians to build strong and positive relationships. FREE and comprehensive support for survivors of child sexual abuse who take part in or are affected by The Royal Commission Into Institutional Responses to Child Sexual Abuse, see website for more details on this. Find and Connect service - will help Australians and Former Child Migrants to trace their history and understand the reasons why they were placed into care. For more details call 1800-161-109. Counselling family & Individual Family dispute resolution service</p>	<p>Relationships Australia Nationwide 1300-364-277 Office / Helpline 1800-161-109 Find & Connect</p>	<p>www.racr.relationships.org.au</p>
Nationwide	<p>Helpline 1800-211-028 Helpline 8am - 8pm EST</p>	<p>Royal Commission into Institutional Responses to</p>	

Royal Commission Counselling Australia is a national telephone counselling, information and referral service for anyone who is considering, or making a statement to the Royal Commission into Institutionalised Responses to Child Sexual Abuse. Those who are impacted by the work of the Royal Commission or who have family or friends participating in the Royal Commission are also welcome to ring.

Child Abuse
GPO Box 5283
Sydney
NSW 2001
1800-211-028 Office / Helpline
61-2-8815-2319 for Overseas
www.childabuseroyalcommission.gov.au
registerinterest@childabuseroyalcommission.gov.au

Nationwide

Helpline 1800-472-676
Operates Mon - Sun, 9am - 5pm EST
Survivors & Mates Support Network (SAMSN) is a non profit organisation working to increase public awareness of the effects that childhood sexual abuse can have on men in their adult lives. Support groups and Workshops are available but only in Sydney NSW at this present time.

Survivors and Mates Support Network
Nationwide
0439-838-787 Office

www.samsn.com.au
support@samsn.com.au

Nationwide

Helpline 1800-695-463 24 Hours
In any relationship there are things that are black and white and there are grey areas. The Line helps you navigate those grey areas, so you can enjoy healthy and respectful relationships and recognise the behaviour that "Crosses the Line". Weekly online forum, 2 hours closed online forum to discuss some of the edgier issues to do with relationships. This is NOT a counselling service.

The Line
Nationwide
1800-695-463 Helpline

www.ontheline.org.au/

Territory Wide

Helpline 1800-647-831 Freecall
info@thegateway.org.au
We are a service for Children, young people and families who are looking for help with the tough stuff, but not sure where to go. We have links to all kinds of programs and services.
www.children.act.gov.au/services-for-children.-young-people-and-families

Child, Youth and Family Gateway
Territory Wide
1800-647-831 Office / Helpline

info@thegateway.org.au

Territory Wide

Helpline 1300-654-314
Helpline Mon - Fri, 8.30am - 5pm
We help people with their legal problems especially people who are socially or economically disadvantaged. We run a Family Dispute Resolution Program and a duty lawyer will be available to help you FREE of charge with NO means testing required. We can also offer legal advice over the phone or face to face.

Legal Aid - ACT
Territory Wide
02-6243-3411 Office

www.legalaidact.org.au
legalaid@legalaidact.org.au

Barton

Helpline 02-6273-4885

Alliance for Forgotten Australians www.forgottenaustralians.org.au

We are an alliance of existing groups and individuals supporting people raised in institutional / out-of-home care in Australia in the 20th Century. Join us and find support.

Suite 3
7 National Circuit
Barton
ACT 2600
02-6273-4885 Office/ Helpline

Belconnen

Helpline (02) 6278-9999

We provide support and safe housing to women and children who are escaping domestic / family violence.
Safe emergency accomodation
Please call for more details.

Doris Refuge
Belconnen
ACT
6278-9999 Office / refuge

dwrwomen@bigpond.net.au

Canberra

Helpline 02-6256-7777

Please call the helpline if you have a concern about a child you suspect is being abused.

Austrailian Federal Police -
Sexual Assault Team
PO Box 401
Canberra City
ACT 2601
(02) 6256-7777 Helpline / Office

www.police.act.gov.au
Click on Crime and Safety

Canberra

Weston Creek

DV Crisis Hotline 6280-0900

We provide support and safe housing to women and children escaping domestic / family violence. We were the first refuge in ACT established in 1975. We employ a skilled team of women including child support staff and Aboriginal and Torres Strait Islander staff. Emergency safe accomodation
Help and emotional support

Beryl Women Inc
Weston Creek
ACT 2602
02-6230-6900 Office / Refuge

www.beryl.org.au
admin@beryl.org.au

Canberra

Weston Creek

Helpline 02-6247-2525

TEXT Helpline 0488-586-518
Helpline 7am - 11pm 7days a week
We are a non government, faminist organisation working to eliminate sexual violence against women, young people, children and men. Confidential counselling & support for women and children who have experienced any form of sexual assault recently or in the past. This may included childhood sexual abuse, ritual abuse, rape & sexual assault. Counselling & support for children
24 Hour crisis call out service available through the Forensic and Medical Sexual Assault Care. (FAMSAC) or Sexual Assault and Child Abuse Team (SACAT). Advocacy and information
Support through all legal & medical processes including court prep. Info on medical & legal processes
Referrals to relevant agencies
Support for family and friends
Art therapy support group for clients who have survived child sexual abuse & sexual assault in the past.
Discoveries support group for

Canberra Rape Crisis Centre
PO Box 3805
Weston Creek
ACT 2611
(02)-6287-3618 Office.

www.crcc.org.au
crcc@crcc.org.au

women who have been sexually abused in childhood. Call helpline for further details

Canberra	Helpline 1300-654-314 Helpline Mon - Fri, 8.30am - 5pm We help people with their legal problems especially people who are socially or economically disadvantaged. We run a Family Dispute Resolution Program and a duty lawyer will be available to help you FREE of charge with NO means testing required. We can also offer legal advice over the phone or face to face.	Legal Aid - ACT PO Box 512 Canberra ACT 2601 02-6243-3411 Office	www.legalaidact.org.au legalaid@legalaidact.org.au
Canberra	24 Hour Crisis Support 13-11-14 Lifeline is a national charity with offices across the country. Our Canberra office provides crisis telephone support to all people in Canberra and the surrounding area. Crisis support on line chat service Mon - Sun, 8pm to midnight.	Lifeline PO Box 583 Canberra ACT 2601 02-6171-6300 Office www.act.lifeline.org.au/Lifeline-Canberra/	
Canberra	Advice Line 1800-822-272 We are a service that can help victims of crime to cope with the impact of what has happened and can help them access their rights and entitlements. We have two main services the Victim Service Scheme (VSS) which provides support and counselling and other services. And the Justice Advocacy Unit (JAU) which helps with information, advocacy and assistance with the criminal justice system, your rights and entitlements.	Victim Support - ACT GPO Box 158 Canberra ACT 2601 1800-822-272 Office / Advice	www.victimsupport.act.gov.au victimsupport@act.gov.au
Canberra	Advice Canberra 02-6257-4499 Outside Canberra 1800-634-669 Advice line Mon - Fri, 9.30 - Noon We are a community centre for women in Canberra and surrounding areas. The centre is run by women and aims to improve women's access to justice by providing: Legal information and advice Referrals to sympathetic lawyers Indigenous Liasons Officers for Aboriginal and Strait Islanders who need legal advice and information call 02 6257 4377 for more details	Women's Legal Centre PO Box 1726 Canberra ACT 2601 02-6257-4377 Office	www.womenslegalact.org Contact form on website
Canberra Weston Creek	Helpline 02-6247-2525 Helpline 7am - 11pm 7days a week The Nguru Program provides culturally appropriate counselling for members of the Aboriginal and Torres Strait Islander communities, who have experienced sexual	The Nguru Program PO Box 3805 Weston Creek ACT 2611 (02)-6287-3618 Office	www.crcc.org.au crcc@crcc.org.au

assault and support for their families.

Canberra Weston Creek	Helpline 02-6247-2525 Helpline 7am - 11pm 7days a week 1 in 6 Men are sexually assaulted by the age of 16 years. We provide support to men recovering from sexual assault and child sexual abuse. Information and referral service.	Service Assisting Male Survivors of Sexual Assault. PO Box 3805 Weston Creek ACT 2611 (02) 6287-3618 Office	samssa@samssa.org.au
Civic Square	We provide up to date resources and information for those looking for help and support services in the Australian Capital Territory. Our resources include those for victims and survivors of sexual and domestic violence. ACTCOSS - ACT Council of Social Service Inc. - Home Facebook	ACT-COSS PO Box 195 Civic Square ACT 2608 81-818-839-988 Office	actcoss@actcoss.org.au
Civic Square	Helpline 02-6171-8000 Medium and transitional housing for women and their children who are escaping domestic violence. Case management Accommodation up to 12 months	Northside Community Service PO Box 859 Civic Square ACT 2608 02-6171-8000 Office	www.northside.asn.au/
Deakin	Helpline 1300-364-277 We are a non profit community organisation assisting Australians to build strong and positive relationships. FREE and comprehensive support for survivors of child sexual abuse who take part in or are affected by The Royal Commission Into Institutional Responses to Child Sexual Abuse, see website for more details on this. Find and Connect service - will help Australians and Former Child Migrants to trace their history and understand the reasons why they were placed into care. For more details call 1800-161-109 . Counselling family & Individual Family dispute resolution service	Relationships Australia Deakin ACT 2600 02-6122-7100 Office 1800-161-109 Find & Connect	www.racr.relationships.org.au Contact form on website
Dickson	Helpline 02-6295-3323 We are a community organisation providing crisis accommodation and support services to people in the community made homeless. Counselling Outreach Psycho-social support groups	Inanna Inc PO Box 102 Dickson ACT 2602 6163-6300 Office	info@inanna.org.au
Fyshwick	Helpline 62-800-900 24 Hours cw@dvcs.org.au DVCS is committed to providing timely, flexible, appropriate and accessible services to the A.C.T. community who are experiencing	Domestic Violence Crisis Service PO Box 1922 Fyshwick ACT 2609 62-806-999 Office Domestic Violence Crisis Service ACT - Home Facebook	admin@dvcs.org.au

any form of domestic abuse.
Crisis intervention & safety planning
Referrals to refuges
Referrals to counselling services
Advocacy at police stations, ACT
housing, Centrelink, immigration
and child protection agencies.
Court support and accompaniment.

Jamison	Helpline 02-6278-3544 Helpline 02-6347-2399 After hours Crisis accomodation and related services for women 16 years and over accompanied by children who are escaping a domestic violence situation. Supportive case manage- ment and referrals to other services.	Heira House PO Box 454 Jamison ACT 2614 02-6278-3544 Office	heira@toora.org.au
Kingston	Helpline 02-6295-3323 We are a community organisation providing crisis accomodation and support services to people in the community made homeless. Counselling Outreach Psycho-social support groups	Inanna Inc PO Box 4093 Kingston ACT 2604 6163-6300 Office	info@inanna.org.au
Mawson	Helpline 02-6286-2173 Helpline Mon - Fri, 9am - 5pm For women escaping domestic violence. Medium term supported housing Case management for adults and children, information and referrals	Caroline Chisholm Refuge PO Box 642 Mawson ACT 2607 02-6286-2173 Office / advice Caroline.Chisholm@stvincanb.com.au	
Narrabundah	Helpline 0439-959-410 24hrs We are a non profit organisation which provides assistance to victims of crim in Canberra and Queanbeyan and region. 24 Hour helpline Advocacy and support through all the courts as necessary from the Magistrates court to the Supreme court. We will help with paperwork and accompany you throughout. All services are FREE & confidential	Victims of Crime Assistance League, Inc PO Box 2 Narrabundah ACT 2604 02-6295-9600 Office / Helpline	vocalact@gmail.com
Tuggeranong	Helpline 02-6293-6500 Accomodation for women and children escaping domestic violence. Accomodation for up to 12 months Advocacy and assistance with issues of parenting, finances and housing.	Communities @ Work Inc PO Box 1066 tuggeranong ACT 2901 02-6293-6500 Office / Advice www.facebook.com/communitiesatwork/	admin@commsatwork.org
Watson	DV Crisis Helpline 02-6247-2399 Crisis accomodation, support and outreach for single women and women not accompanied by children who are homeless.	Toora House PO Box 7075 Watson ACT 2602 02-6122-7000 Admin Office www.facebook.com/toorawomen/	www.toora.org.au/

TooraAdmin@toora.org.au