

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
AUSTRALIAN CAPITAL TERRITORY			
Nationwide	<p>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</p>	<p>1800Respect Nationwide 1800-737-732 Counselling</p>	<p>www.1800respect.org.au Contact form on website.</p>
Nationwide	<p>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.</p>	<p>Adults Surviving Child Abuse (ASCA) Nationwide 1300-657-380 Counselling 02-8920-3611 Office</p>	<p>www.blueknot.org.au/ admin@asca.org.au</p>
Nationwide	<p>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.</p>	<p>Alliance for Forgotten Australians Nationwide 048-846-0646 Office 041-985-4980 Office</p>	<p>www.forgottenaustralians.org.au</p>
Nationwide	<p>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.</p>	<p>Bravehearts Nationwide 1800-272-831 Office / Helpline</p>	<p>www.bravehearts.org.au admin@bravehearts.org.au</p>
Nationwide	<p>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</p>	<p>CLAN Care Leavers Australian Network 263 Chapel Road Banstown NSW 2200 Tel 0297-094-520</p>	<p>www.clan.org.au support@clan.org.au</p>

if you were affected by institutional abuse. Mobile 0425-204-747

Nationwide

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 Reintegration Funds
Retrieving files from governments
Obtaining birth certificates
Family research worldwide
Professional counselling

Child Migrants Trust
Nationwide
1800-040-509 Office / Helpline
0115-982-2811 Office

www.childmigrantstrust.com

Nationwide

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.

Kids Helpline
Nationwide
1800-55-1800 Office / Helpline
www.facebook.com/KidsHelpline/

Nationwide

Helpline 07-3636-5206 24 hours

Living Well is an Australian resource which offers a range of services Specifically designed 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.

Living well
Nationwide
Contact no 07-3636-5206
1300-114-397 Office

www.livingwell.org.au

Nationwide

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

Relationships Australia
Nationwide
1300-364-277 Office / Helpline
1800-161-109 Find & Connect

www.racr.relationships.org.au

Family dispute resolution service

Nationwide	Helpline 1800-211-028 Helpline 8am - 8pm EST 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.	Royal Commission into Institutional Responses to 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 www.royalcommissioncounselling.org.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 www.communityservices.act.gov.au/hcs/policies/fact_sheets/gateway-services	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	Legal Aid - ACT Territory Wide 02-6243-3411 Office www.legalaidact.org.au legalaid@legalaidact.org.au

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.

Barton	Helpline 02-6273-4885 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 Suite 3 7 National Circuit Barton ACT 2600 02-6273-4885 Office/ Helpline	www.forgottenaustralians.org.au
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.	Australian 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	Canberra Rape Crisis Centre PO Box 3805 Weston Creek ACT 2611 (02)-6287-3618 Office.	www.crcc.org.au crcc@crcc.org.au

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 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

Women's Legal Centre
PO Box 1726
Canberra
ACT 2601
02-6257-4377 Office

www.womenslegalact.org
Contact form on website

Aboriginal and Strait Islanders who need legal advice and information call **02 6257 4377** for more details

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 assault and support for their families.	The Nguru Program PO Box 3805 Weston Creek ACT 2611 (02)-6287-3618 Office	www.crcc.org.au crcc@crcc.org.au
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	www.samssa.org.au 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.	ACT-COSS PO Box 195 Civic Square ACT 2608 81-818-839-988 Office	www.actcoss.org.au 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	Inanna Inc PO Box 102 Dickson	info@inanna.org.au

support services to people in the community made homeless.
Counselling
Outreach
Psycho-social support groups

ACT 2602
6163-6300 Office

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 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.

Domestic Violence Crisis Service
PO Box 1922
Fyshwick
ACT 2609
62-806-999 Office
www.dvcs.org.au/
admin@dvcs.org.au

Jamison

Helpline 02-6278-3544
Helpline 02-6347-2399 After hours
Crisis accommodation and related services for women 16 years and over accompanied by children who are escaping a domestic violence situation. Supportive case management 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 accommodation 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

www.vocalact.webs.com
vocalact@gmail.com

Tuggeranong **Helpline 02-6293-6500** Communities @ Work Inc admin@commsatwork.org
Accommodation for women and children escaping domestic violence. PO Box 1066
Accommodation for up to 12 months tugggeranong
Advocacy and assistance with ACT 2901
issues of parenting, finances and 02-6293-6500 Office / Advice
housing. www.facebook.com/communitiesatwork/

Watson **DV Crisis Helpline 02-6247-2399** Toora House www.toora.org.au/
Crisis accommodation, support and PO Box 7075
outreach for single women and Watson
women not accompanied by children ACT 2602
who are homeless. 02-6122-7000 Admin Office
 www.facebook.com/toorawomen/
 TooraAdmin@toora.org.au