

| 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 counsellors@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.asca.org.au admin@asca.org.au</p> |
| Nationwide | <p>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.</p> | <p>Alliance for Forgotten Australians Nationwide 02-6273-4885</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</p> | <p>CLAN Care Leavers Australian Network 263 Chapel Road Banstown NSW 2200</p> | <p>www.clan.org.au support@clan.org.au</p> |

our website for help and support if you were affected by institutional abuse.

Tel 0297-094-520
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 Resteration Funds
Retrieving files from governments
Obtaining birth certificates
Family research worldwide
Professional counselling

Child Migrants Trust
Nationwide
1800-040-509 Office / Helpline

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.kidshelp.com.au

Nationwide

Helpline 07-3636-5206 24 hours

Living Well is an Australian resource which offers a tange of services Specifically desidned 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

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**.

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

www.racr.relationships.org.au

Counselling family & Individual
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 1300-657-380 (ASCA)
Operates Mon - Sun, 9am - 5pm EST
Survivors & Mates Support Network
(SAMSN) is a non profit organisation
working to increase public aware -
ness 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 relation-
ships. This is NOT a counselling
service.

The Line
Nationwide
1800-695-463 Helpline

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.assistance.act.gov.au/adult/someone_to_talk_to/child-youth-and-family-gateway

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.

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| 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 | Helpline (02) 6288-1622 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 beryl_women@bigpond.com |
| Canberra | Adult Survivors of Child Abuse Group Group will meet once a month on the south side of Canberra to give each other support for where we are in our present lives. | Canberra Adult Survivors of Childhood Abuse Canberra ACT www.meetup.com/topics/abusesurvivors/all/ | |
| Canberra Weston Creek | Helpline 02-6247-2525 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 | Canberra Rape Crisis Centre PO Box 3805 Weston Creek ACT 2611 (02)-6287-3618 Office. | www.crcc.org.au crcc@crcc.org.au |

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 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
02-6247-0655 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

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

www.womenslegalact.org
Contact form on website

and aims to improve women's access to justice by providing:
Legal information and advice
Referrals to sympathetic lawyers
Indigenous Liaisons Officers for 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) 6287-3935 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
02-6202-7200 Office

www.actcoss.org.au
actcoss@actcoss.org.au

Civic Square

Helpline 02-6249-1113
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
02-6249-1113 Office

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

Relationships Australia
Deakin
ACT 2600
02-6122-7100 Office
1800-161-109 Find & Connect

www.racr.relationships.org.au
Contact form on website

Family dispute resolution service

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| Dickson | 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 102 Dickson ACT 2602 6163-6300 Office | www.inanna.org.au info@inanna.org.au |
| Fyshwick | Helpline 62-800-900 24 Hours cw@dvcs.org.au DVCS is committed to providing timely, flexiable, appropriate and accessable 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 accomodation 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 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 | www.inanna.org.au 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 02-6295-9600 24 Hours 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 | Victims of Crime Assistance League, Inc PO Box 2 Narrabundah ACT 2604 02-6295-9600 Office / Helpline | www.vocalact.webs.com vocalact@gmail.com |

Magistrates court to the Supreme court. We will help with paperwork and accompany you throughout. All services are FREE & confidential

Tuggeranong

Helpline 02-6293-6500

Accommodation for women and children escaping domestic violence. Accommodation 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

admin@commsatwork.org

Watson

Helpline 02-6247-2399

Crisis accommodation, support and outreach for single women and women not accompanied by children who are homeless.

Toora House
PO Box 7075
Watson
ACT 2602
02-6247-2399 Office / Helpline

toorahouse@toora.org.au