<table>
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<tr>
<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
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<tr>
<td><strong>VICTORIA</strong></td>
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<tr>
<td>Nationwide</td>
<td>Phone Counselling 1800-737-732 Online Counselling via website 24 Hour counselling service by qualified professional counsellors National sexual assault, domestic and family violence counselling service 24 hours a day 7 days a week.</td>
<td>1800Respect Nationwide 1800-737-732 Counselling</td>
<td><a href="http://www.1800respect.org.au">www.1800respect.org.au</a> Contact form on website.</td>
</tr>
<tr>
<td>Nationwide</td>
<td>Helpline 1300-657-380 <a href="mailto:counsellors@asca.org.au">counsellors@asca.org.au</a> 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.</td>
<td>Adults Surviving Child Abuse (ASCA) Nationwide 1300-657-380 Counselling 02-8920-3611 Office</td>
<td><a href="http://www.asca.org.au">www.asca.org.au</a> <a href="mailto:admin@asca.org.au">admin@asca.org.au</a> <a href="http://www.blueknot.org.au/">www.blueknot.org.au/</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td>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.</td>
<td>Alliance for Forgotten Australians Nationwide 02-6273-4885</td>
<td><a href="http://www.forgottenaustralians.org.au">www.forgottenaustralians.org.au</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td>Helpline 1800-272-831 <a href="mailto:rc@bravehearts.org.au">rc@bravehearts.org.au</a> 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 assit you with drafting a writer 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.</td>
<td>Bravehearts Nationwide 1800-272-831 Office / Helpline</td>
<td><a href="http://www.bravehearts.org.au">www.bravehearts.org.au</a> <a href="mailto:admin@bravehearts.org.au">admin@bravehearts.org.au</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td>Helpline 1800-008-774 <a href="mailto:support@clan.org.au">support@clan.org.au</a> CLAN supports anyone who grew up in a home or institutionalised &quot;Care&quot; foster home. Please visit our website for help and support if you were affected by institutional abuse.</td>
<td>Care Leavers Australian Network Nationwide 1800-008-774 Office / Helpline</td>
<td><a href="http://www.clan.org.au">www.clan.org.au</a> <a href="mailto:support@clan.org.au">support@clan.org.au</a></td>
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<td>We were established in 1987 to</td>
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<td>address the issues surrounding</td>
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<td>the deportation of children</td>
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<td>from Britain.</td>
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<td>In the post war period children</td>
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<td>as young as three years old</td>
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<td>were shipped to Canada, New</td>
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<td>Rhodesia and Australia, in</td>
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<td>a practice that continued as</td>
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<td>late as 1970. today we can help</td>
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<td>with Family Restoration Funds</td>
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<td>Retrieving files from</td>
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<td>governments Obtaining birth</td>
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<td>certificates Family research</td>
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<td>worldwide Professional</td>
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<td>counselling</td>
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<td></td>
<td>24 Hour helpline 7 days a week</td>
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<td>FREE 24 hour counselling service</td>
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<td>for young people aged 5 to 25 years.</td>
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<td></td>
<td>Counselling is offered by phone, email or over the web.</td>
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<td>Web counselling times for A.C.T. are Mon to Fri 1pm - 11pm</td>
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<td>Sat &amp; Sun 11am to 11pm</td>
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<td></td>
<td>Children and teens have separate email sections on the website.</td>
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<table>
<thead>
<tr>
<th>Nationwide</th>
<th>Helpline 07-3636-5206 24 hours</th>
<th>Living well</th>
<th><a href="http://www.livingwell.org.au">www.livingwell.org.au</a></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Living Well is an Australian resource which offers a tange of services Specifically desined to assist MEN who have experienced sexual abuse or sexual assault.</td>
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<td></td>
<td>Telephone counselling, FREE online counselling, email &amp; text counselling.</td>
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<td>Online groups soon to be available. Please see website for more details.</td>
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<tr>
<th>Nationwide</th>
<th>Helpline 1300-364-277</th>
<th>Relationships Australia</th>
<th><a href="http://www.racr.relationships.org.au">www.racr.relationships.org.au</a></th>
</tr>
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<tbody>
<tr>
<td></td>
<td>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 &amp; Individual Family dispute resolution service</td>
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| Nationwide | Helpline 1800-211-028 | Royal Commission into Institutional Responses to | |
|------------|-----------------------|-----------------------------------------------|
Royal Commission Counselling
Australia id 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
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 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.

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.

State-Wide Crisis Helpline 1800-806-292
The Victoria CASA forum is a peak body of 15 centres against sexual assault. Together we work to ensure that women, children and men who are victims/survivors of sexual assault have access to comprehensive and timely support. Emergency or crisis care
Information and advocacy
Counselling and support
Group work & telephone counselling

State-Wide TOLL FREE 1800-015-188
State-Wide 03-9928-9600
Email wdvcs@wdvcs.org.au
We are a state wide not for profit service for women and children experiencing violence and abuse from a partner or ex partner, another family member or someone close to them. We provide a FREE crisis line 24 hours a day. Emergency

Survivors and Mates Support Network
www.samsn.com.au
support@samsn.com.au

The Line
Nationwide 1800-695-463 Helpline

CASA
www.casa.org.au
ahcasa@thewomens.org.au

Women’s Domestic Violence Crisis Service of Victoria
State-Wide
Victoria
03-9928-9600 Office / Helpline
Domestic Violence Resource Centre Victoria | (dvrcv.org.au)
accommodation. Outreach services and advocacy plus support services to allow women and children to become and stay free from violence.

**State-Wide**

<table>
<thead>
<tr>
<th>Helpline</th>
<th>WIRE Women's Information and Referral Exchange Inc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1300-134-130</td>
<td><a href="http://www.wire.org.au">www.wire.org.au</a></td>
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<tr>
<td><a href="mailto:inforequests@wire.org.au">inforequests@wire.org.au</a></td>
<td><a href="mailto:wire@wire.org.au">wire@wire.org.au</a></td>
</tr>
<tr>
<td>372 Spencer Street</td>
<td>West Melbourne</td>
</tr>
<tr>
<td>Victoria 3003</td>
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</table>

WIRE stands for Women's Information and Referral Exchange. We are a Victoria wide FREE generalist information, support and referral services run by women for women. When you contact us we will take the time to listen to your story, to understand your unique situation as a women and help you to explore your best options.

Information Centre West Melbourne
Live Call support
Advocacy and research

**State-Wide**

<table>
<thead>
<tr>
<th>FREECALL 1800-755-988</th>
<th>In Touch Multicultural Centre Against Family Violence</th>
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</thead>
<tbody>
<tr>
<td>We provide services and responses to issues of family violence in culturally and linguistically diverse communities.</td>
<td><a href="mailto:admin@intouch.asn.au">admin@intouch.asn.au</a></td>
</tr>
<tr>
<td>Family violence support</td>
<td>State-Wide</td>
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<tr>
<td>Culturally appropriate support</td>
<td>03-9413-5600 Office</td>
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<td>Family relationship support</td>
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<td>Prevention and early intervention</td>
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<td>Crisis intervention</td>
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<td>Advice and information</td>
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<td>Assistance with accommodation</td>
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<td>Help obtaining financial support</td>
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<td>Assistance with legal issues</td>
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<td>Help with immigration issues</td>
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<td>Court support</td>
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<td>Therapeutic group work</td>
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<td>We speak over 20 languages</td>
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**Ballarat**

<table>
<thead>
<tr>
<th>Local helpline 03-5337-9222</th>
<th>Relationship Australia - Victoria</th>
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</thead>
<tbody>
<tr>
<td>RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.</td>
<td><a href="mailto:reception@rav.org.au">reception@rav.org.au</a></td>
</tr>
<tr>
<td>1025 Sturt Street</td>
<td>Ballarat</td>
</tr>
<tr>
<td>Victoria 3350</td>
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</tr>
<tr>
<td>03-5337-9222 Office / Helpline</td>
<td><a href="http://www.relationshipsvictoria.com.au">www.relationshipsvictoria.com.au</a></td>
</tr>
</tbody>
</table>

**Bendigo**

<table>
<thead>
<tr>
<th>Local helpline 03-5441-0430</th>
<th>Loddon Campaspe Centre Against Sexual Assault</th>
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<tr>
<td>FREECALL 1800-806-292</td>
<td><a href="http://www.casalc.com.au">www.casalc.com.au</a></td>
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<tr>
<td>We respond to the needs of both recent and past survivors of sexual assault. Providing counselling at our offices in Bendigo, Maryborough, Kyabram, Kyneton and Echuca. Telephone crisis counselling Mon - Fri 9am to 4:30 pm</td>
<td><a href="mailto:casa@casalc.com.au">casa@casalc.com.au</a></td>
</tr>
<tr>
<td>03-5441-0430 Office / Helpline.</td>
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<td>Victoria 3552</td>
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<tr>
<td>Location</td>
<td>Local helpline</td>
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<td>Berwick</td>
<td>Local helpline 03-8768-4111</td>
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<td>Boronia</td>
<td>Local helpline 03-9725-9964</td>
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<tr>
<td>Camberwell</td>
<td>Local helpline 03-8573-2222</td>
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<tr>
<td>Cranbourne</td>
<td>Local helpline 03-5990-1900</td>
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<tr>
<td>East Bentleigh</td>
<td>FREECALL 1800-806-292</td>
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<tr>
<td>Footscray</td>
<td>SA Helpline 1800-806-292</td>
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</table>
listen, believe and support you.
Strength to Strength support group
for women who have experienced
family or sexual abuse in their lives.
these 8 week groups are run by two
experienced counsellors FREE of
charge.
Trauma therapies available such as
shiatsu or yoga.

Geelong West  Helpline 1800-806-292
We provide FREE and confidential
specialist counselling for women,
men, young people and children
who have experienced sexual
assault and or family violence either
recently or in the past.
Childrens program (0 - 12 years)
Youth program (13 - 21 years)
Adult program 22 years plus

Greensborough  Local helpline 03-9431-7777
RAV is a community-based not for
profit organisation with no religious
affiliations. Our services are for all
members of the community as
family violence affects people from
all walks of life. We offer counelling
at our RAV centres. Counselling
sessions are totally confidential and
non judgemental.

Heidelberg West  Hotline 1800-319-355
Helpline 03-9450-0900
Our mission at the Kids First
Australia is to break the
cycle of abuse and neglect in
families and to improve the live
chances and choices for all children.
Our services include: Sexual abuse
counselling and prevention program.
Support and counselling to families
who have been affected by child
sexual abuse.

Heidelberg West  Helpline 03-9496-2240
The Northern Centre Against Sexual
Assault (NCASA) is 1 of 15 centres in Victoria
funded by the Department of Human
Services. Offering services in the
northern metropolitan region of
Melbourne covering Banyule,
Darebin, Nillumbik and Whittlesea.
FREE therapeutic services for men,
women and young people over 12
years who have experienced assault
recently or in the past.
24 hour crisis care for recent victims
over the age of 17. We also offer
counselling, group work and
advocacy.

www.casa.org.au/contact-us/find-your-nearest-casa/?Postcode=3081
Kew  
Local helpline 03-9261-8700  
RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.

Melbourne  
Helpline 03-9635 3610  
CASA House is attached to the Royal Women's Hospital in Parkville. It is a government funded organisation which provides services on a 24 hour basis. We are committed to ensuring that the silence which surrounds sexual assault continues to be broken. Our services are FREE & confidential to adult survivors and victims of recent or past sexual assault regardless of gender. Support also for non offending family and friends.

Melbourne  
Advice line 03-9345-6391  
At the Gate house Centre we provide family therapy for those affected by sibling sexual abuse. Please contact us for a full range of services and therapies.

Melbourne  
Local helpline 03-8625-3666  
RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.

Melbourne  
FREECALL 1800-755-988  
Local helpline 03-9413-5600  
We provide services and responses to issues of family violence in culturally and linguistically diverse communities. Family violence support Culturally appropriate support Family relationship support Prevention and early intervention Crisis intervention Advice and information Assistance with accommodation Help obtaining financial support Assistance with legal issues

Relationship Australia - Victoria  
46 Princess Street  
Kew  
Victoria 3101  
03-9261-8700 Office / Helpline  
www.relationshipsvictoria.com.au  

CASA House  
Queen Victoria Women's Centre  
Level 3  
210 Lonsdale Street  
Melbourne  
Victoria 3000  
03-9635-3600 Office

Gatehouse Centre  
The Royal Children's Hospital  
50 Flemington Road  
Parkville  
Melbourne Victoria 3052  
03-9345-6391 Advice / Office  
03-9345-6453 FAX  
www.rch.org.au/gatehouse/

In Touch Multicultural Centre  
Against Family Violence  
GPO Box 2905  
Melbourne  
Victoria 3001  
03-9413-5600 Office / Helpline.
Help with immigration issues
Court support
Therapeutic group work
We speak over 20 languages

Mildura
A resource website for those who require information regarding services rape, sexual assault, child abuse, family violence and domestic violence.
Mallee Sexual Assault Unit
144-146 Lime Avenue
Mildura
Victoria 3500
03-5025-5400 Office
www.msaau-mdvs.org.au
info@msau-mdvs.org.au

Morwell
Advice and Help 03-5134-3922
Gippsland Centre Against Sexual Assault assists past and recent victims / survivors of sexual assault with ongoing support, counselling and group work. We also offer an eight week family violence support group, please see website for more details. Our offices are in Morwell and Bairnsdale with outreach to the whole of the Gippsland region.
Gippsland Centre Against Sexual Assault
PO Box 1124
Morwell
Victoria 3840
03-5134-3922 Office / Advice
www.gcasa.org.au
mail@gippscasa.org

Ringwood East
Help and Advice 03-9870-7330
ECASA provides counselling and advocacy services to men, women, children and young people who are victims/survivors of recent or past sexual assault.
Eastern Centre Against Sexual Assault (ECASA)
17 Ware Crescent
Ringwood East
Victoria 3135
03-9870-7330 Advice / Office
03-9870 7310 Office
www.easternhealth.org.au
ecasa@easternhealth.org.au

Sebastopol
Helpline 03-5320-3933
FREECALL 1800-806-292
We provide FREE and confidential counselling and support for victims/survivors of past or recent sexual assault. As well as for those affected by or participating in the Royal Commission. Our services are available to men, women, girls and boys.
Ballarat Centre Against Sexual Assault.
Ballarat Health Services
Sebastopol Complex
Sebastopol
Victoria 3353
03-5320-3933 Office / Helpline
casa@bhs.org.au

Shepparton
Helpline 03-5831-2343
Toll Free 1800-112-343 24 hours support@gvcasa.com.au
We are one of 15 centres throughout Victoria that provides services to victims / survivors of sexual assault to the local government area’s of Greater Shepparton, Mitchell, Strathbogie, Murrindindi and Moira
Goulburn Valley Centre Against Sexual Assault
130 Nixon Street
Shepparton
Victoria 3630
03-5831-2343 Office /Helpline.
www.gvcasa.com.au
www.gvcasa@bigpond.com

Shepparton
Local helpline 03-5820-7444
RAV is a community-based not for profit organisation providing a range of health, legal and advocacy services to women and girls of all ages in Shepparton and surrounds.
Relationship Australia - Victoria
634 Wyndham Street
reception@rav.org.au
profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non-judgemental.

Sunshine  
**Local helpline 03-8311-9222**
RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non-judgemental.

Relationship Australia - Victoria
1st Floor Harvester Centre
4 Devonshire Road
Sunshine
Victoria 3020
03-8311-9222 Office / Helpline
www.relationshipsvictoria.com.au

Thomastown  
**After Hours Emergency 13-12-78 Helpline 03-9450-0900**
Our mission at the Kids First Australia is to break the cycle of abuse and neglect in families and to improve the live chances and choices for all children. Our services include: Sexual abuse counselling and prevention program. Support and counselling to families who have been affected by child sexual abuse.

Kids First Australia
Suite 1/62 Keon Parade
Thomastown
Victoria 3074
03-9450-0900 Office / Helpline

Traralgon  
**Local helpline 03-5175-9500**
RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non-judgemental.

Relationship Australia - Victoria
1/42 Kay Street
Traralgon
Victoria 3844
03-5175-9500 Office / Helpline
www.relationshipsvictoria.com.au

Wangaratta  
**Freecall 1800-806-292 24 hours**
Free from most landlines
Umcaasa provides FREE and confidential counselling for people affect by sexual assault recently or in the past. Our services are for male and female adults, young people, children and their parents or caregivers. Duty Crisis counselling
Counselling, advocacy, information Groups for victims / survivors Support for family and friends Outposted services in Benalla and Wodonga.

Upper Murray Centre Against Sexual Assault (UMCASA)
50 Docker Street
PO Box 438
Wangaratta
Victoria 3676
03-5722-2203 Office
www.centreagainstviolence.org.au/

Warrnambool  
**Freecall 1800-806-292 24 hours**
South Western Centre Against
Free from most landlines
The South Western Centre Against Sexual Assault is funded by the state government and is a department of South West Healthcare. Counselling and support for children men and women who have been sexually assaulted recently or in the past. Counselling and support for women and children who are or have been victims of family violence. 24 Hour crisis response for assaults that have occurred within the past 14 days. Group work, information & advocacy. Regular Services from Camperdown Portland and Hamilton.

Sexual Assault (SWCASA)
South West Healthcare
Ryot Street
Warrnambool
Victoria 3280
03-5564-4144 Office
casa@swh.net.au