

Counselling and support services directory

Review of Sexual Harassment in Victorian Courts

Hotline

- Hotline: **1300 395 726** open 10am–4pm, Mon–Fri
- Email: courtsreview@veohrc.vic.gov.au
- Interpreter: **1300 152 494**
- Hearing impaired: **1800 555 660** (NRS Helpdesk)
- Online form: courts-review-form.humanrights.vic.gov.au

For immediate support for sexual violence and rape, contact 1800RESPECT

Talking about sexual violence can be hard.

Trained counsellors at 1800RESPECT will listen and support you in what you feel is right for your situation. They will work with you to find the right services or support for you.

Available 24 hours a day, seven days a week, by phone or online chat.

National Sexual Assault, Domestic Family Violence Counselling Service (1800RESPECT)

- Phone: 1800RESPECT (1800 737 7327)
- Web: 1800respect.org.au

Healthcare support

Sexual harassment has real impacts. It is always important to get support for your health and wellbeing.

Within your organisation you could seek referrals for health support from human resources staff, a union delegate or a workplace contact officer. Your organisation may also provide an Employee Assistance Program (EAP) that offers confidential support and counselling.

For external healthcare support, consider the following services.

Emergency healthcare support

Provides services such as post sexual assault forensic evidence gathering, relevant healthcare to prevent pregnancy, and treatment for prevention of sexually transmitted infections (STIs).

- Sexual Assault Crisis Line Phone: 1800 806 292 (24 hours) – diverts to local Centre Against Sexual Assault (CASA) services during standard business hours
- Email: ahcasa@thewomens.org.au
- Web: sacl.com.au

General practitioner

- You can speak to your GP about issues of workplace sexual harassment and ask for a referral to relevant health and counselling services. Contact your regular or a trusted GP.

Multicultural Centre for Women's Health Information Line

Provides a telephone service specifically for women from migrant and refugee backgrounds on health topics including women's health, occupational health and safety (including sexual harassment), and women's safety and wellbeing.

- Phone: 1800 656 421

Victorian Aboriginal Health Service

Provides a dedicated health service to address the specific medical needs of Victorian Indigenous communities. VAHS provide culturally safe, social emotional wellbeing and mental health counselling, cultural healing and recovery programs. VAHS can also provide access to a GP, psychiatrist, mental health nurse, sexual health and BBV nurse.

- Phone: (03) 9403 3300 (for more information on accessing their services).
- For 24-hour free and confidential telephone counselling service, Yarning SafeNStrong, call 1800 959 563.

Psychological/Counselling Support

Beyond Blue

Provides free information and support to help people work through mental health issues and achieve their best possible mental health.

- Phone: 1300 224 636 (24 hours)
- Web: beyondblue.org.au

No To Violence (Men's Referral Service)

Provides confidential men's family violence telephone counselling, information and a referral service. Central point of contact for men taking responsibility for their violent behaviour.

- Phone: 1300 766 491 (for interpreter, call TIS National on 131 450)
Mon–Fri: 8am to 9pm, Weekends: 9am to 5pm
- Live Chat now (National)
Mon–Fri: 8am to 9pm, Weekends and public holidays 10am to 3pm
- Web: ntv.org.au

Mensline

A national phone and online support service for men that includes video counselling.

- Phone: 1300 789 978
- Web: mensline.org.au

WIRE: Women's Support Line

Free support, referral and information for all Victorian women, nonbinary and gender-diverse people. "Any woman. Any issue."

- Phone: 1300 134 130
Mon–Fri: 9am to 5pm
- Email: inforequests@wire.org.au
- Web: wire.org.au