

WHAT IS COUNSELLING?

Counselling is a safe place for you to explore your feelings about sexual assault, its effects and impact on your life.

We work with you to make sense of what happened so that you can reconnect to life.

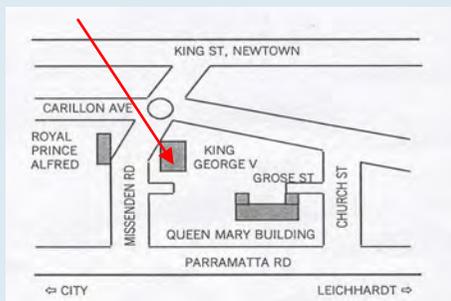
While we support you in gaining clarity about your life, we accept and respect your right to make your own choices, including the right to decline our service.

Our service is free and confidential. No Medicare card is required. Interpreters are available 24 hours a day.

WHERE WE ARE

Eastern & Central Sexual Assault Service

King George V Building
Ground floor Missenden Rd
Camperdown NSW 2050
Web: www.sexualassault.net.au



CONTACT US

If you were sexually assaulted within 7 days

If the sexual assault has occurred in the past 7 days contact the **Sexual Assault Service at Royal Prince Alfred Hospital** on **9515 9040** (business hours) or **9515 6111** (after hours) and ask to speak to the on-call Sexual Assault Counsellor.

Alternatively go to the hospital emergency department and the staff will contact the Sexual Assault Counsellor.

If you plan to report to police or are undecided on whether to do so, it is advisable not to wash, change clothes, eat or brush your teeth until you have been examined. This can assist in gathering evidence.

A police statement can be made at any stage, however forensic evidence can only be gathered within 7 days.

If you were sexually assaulted more than 7 days ago

To make an appointment for counselling or for more information, contact the **Sexual Assault Service** on **9515 9040** and ask to speak to the Sexual Assault Intake Worker (8:30am-5pm).

For urgent after hours telephone counselling call **NSW Rape Crisis hotline** 1800 424 017 or online www.nswrapecrisis.com.au

Have you been sexually assaulted? We can help



WHAT IS SEXUAL ASSAULT?

It is a crime that may cause physical or psychological harm and can happen to anyone. No one deserves to be sexually assaulted.

Sexual assault is an abuse of power, control and trust. It is an abuse of human rights.

If you have been sexually assaulted, remember - you are not to blame. The responsibility for sexual assault lies solely with the offender.

HAVE I BEEN SEXUALLY ASSAULTED?

- If someone makes unwanted sexual advances towards you or forces you to do something that you do not want to - this is Sexual Assault.
- If you are intoxicated or asleep and someone has sex with you - this is Sexual Assault.
- If a person is known to you and you do not consent to have sex, even if you had at some other time - this is Sexual Assault.
- If you are unsure if you have been sexually assaulted, talk to someone who can help you work this out.

COMMON REACTIONS TO SEXUAL ASSAULT

Prior to the sexual assault life may have felt predictable, stable and safe. Sexual Assault can change all this. You may or may not feel:

- Shock - feeling numb
- Disbelief - can't believe it happened
- Denial - not believing it happened, pushing all thoughts away
- Avoidance of reminders of sexual assault
- Fear & anxiety, feeling jumpy, on edge
- Sadness & loss
- Anger
- Self blame – feeling responsible for what happened to you

However, with support and time recovery is possible.

*There is life
after sexual assault.
Healing is possible.*

WHAT DO WE PROVIDE?

- A 24 hour 7 day a week crisis counselling and medical/forensic service for recent Sexual Assault.
- Sexual Assault medical service: Options for emergency contraception and preventative treatment for sexually transmitted infections are provided.
- Ongoing counselling for people who have been sexually assaulted, their family members and friends (available Monday-Friday; 8.30am - 5pm)
- Advocacy
- Court preparation and support
- Therapeutic and support groups
- Community education and prevention
- Consultation for professionals

WHO CAN ATTEND?

- Young people and adults who have been sexually assaulted;
 - Adult Survivors of Childhood Sexual Abuse;
 - Non-offending family and friends of the sexual assault victim.
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