

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>AUSTRALIAN CAPITAL TERRITORY</b>			
Nationwide	<p><b>Phone Counselling 1800-737-732</b>  <b>Online Counselling via website</b>                      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><a href="http://www.1800respect.org.au">www.1800respect.org.au</a>                      Contact form on website.</p>
Nationwide	<p><b>Helpline 1300-657-380</b>  <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.</p>	<p>Adults Surviving Child Abuse (ASCA)                      Nationwide                      1300-657-380 Counselling                      02-8920-3611 Office</p>	<p><a href="http://www.blueknot.org.au/">www.blueknot.org.au/</a>  <a href="mailto:admin@asca.org.au">admin@asca.org.au</a></p>
Nationwide	<p><b>Helpline 02-6273-4885</b>                      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><a href="http://www.forgottenaustralians.org.au">www.forgottenaustralians.org.au</a></p>
Nationwide	<p><b>Helpline 1800-272-831</b>  <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 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><a href="http://www.bravehearts.org.au">www.bravehearts.org.au</a>  <a href="mailto:admin@bravehearts.org.au">admin@bravehearts.org.au</a></p>
Nationwide	<p><b>Helpline 1800-008-774</b>  <a href="mailto:support@clan.org.au">support@clan.org.au</a>                      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><a href="http://www.clan.org.au">www.clan.org.au</a>  <a href="mailto:support@clan.org.au">support@clan.org.au</a></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](http://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](http://www.kidshelp.com.au)

**Nationwide**

**Helpline 07-3636-5206 24 hours**

Living Well is an Australian resource which offers a range 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](http://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](http://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](http://www.childabuseroyalcommission.gov.au)  
[registerinterest@childabuseroyalcommission.gov.au](mailto:registerinterest@childabuseroyalcommission.gov.au)  
[www.royalcommissioncounselling.org.au](http://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](http://www.samsn.com.au)  
[support@samsn.com.au](mailto: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

[www.ontheline.org.au/](http://www.ontheline.org.au/)

**Territory Wide**

**Helpline 1800-647-831 Freecall**  
[info@thegateway.org.au](mailto: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](http://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](mailto: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](http://www.legalaidact.org.au)  
[legalaid@legalaidact.org.au](mailto: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.

<b>Barton</b>	<b>Helpline 02-6273-4885</b> 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	<a href="http://www.forgottenaustralians.org.au">www.forgottenaustralians.org.au</a>
<b>Belconnen</b>	<b>Helpline (02) 6278-9999</b> 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	<a href="mailto:dwrwomen@bigpond.net.au">dwrwomen@bigpond.net.au</a>
<b>Canberra</b>	<b>Helpline 02-6256-7777</b> 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	<a href="http://www.police.act.gov.au">www.police.act.gov.au</a> Click on Crime and Safety
<b>Canberra</b> Weston Creek	<b>Helpline (02) 6288-1622</b> 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	<a href="http://www.beryl.org.au">www.beryl.org.au</a> <a href="mailto:beryl_women@bigpond.com">beryl_women@bigpond.com</a>
<b>Canberra</b> Weston Creek	<b>Helpline 02-6247-2525</b> 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 Support through all legal & medical	Canberra Rape Crisis Centre PO Box 3805 Weston Creek ACT 2611 (02)-6287-3618 Office.	<a href="http://www.crcc.org.au">www.crcc.org.au</a> <a href="mailto:crcc@crcc.org.au">crcc@crcc.org.au</a>

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](http://www.legalaidact.org.au)  
[legalaid@legalaidact.org.au](mailto: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/](http://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](http://www.victimsupport.act.gov.au)  
[victimsupport@act.gov.au](mailto: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 Liaisons Officers for  
Aboriginal and Strait Islanders who

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

[www.womenslegalact.org](http://www.womenslegalact.org)  
Contact form on website

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](http://www.crcc.org.au)  
[crcc@crcc.org.au](mailto: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](http://www.samssa.org.au)  
[samssa@samssa.org.au](mailto: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](http://www.actcoss.org.au)  
[actcoss@actcoss.org.au](mailto: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 relation-  
ships. 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](http://www.racr.relationships.org.au)  
Contact form on website

**Dickson**

**Helpline 02-6295-3323**  
We are a community organisation  
providing crisis accommodation and  
support services to people in the

Inanna Inc  
PO Box 102  
Dickson  
ACT 2602

[info@inanna.org.au](mailto:info@inanna.org.au)

	community made homeless. Counselling Outreach Psycho-social support groups	6163-6300 Office	
<b>Fyshwick</b>	<b>Helpline 62-800-900 24 Hours</b> <a href="mailto:cw@dvcs.org.au">cw@dvcs.org.au</a> 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	<a href="http://www.dvcs.org.au">www.dvcs.org.au</a> <a href="mailto:admin@dvcs.org.au">admin@dvcs.org.au</a>
<b>Jamison</b>	<b>Helpline 02-6278-3544</b> <b>Helpline 02-6347-2399 After hours</b> 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	<a href="mailto:heira@toora.org.au">heira@toora.org.au</a>
<b>Kingston</b>	<b>Helpline 02-6295-3323</b> 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	<a href="mailto:info@inanna.org.au">info@inanna.org.au</a>
<b>Mawson</b>	<b>Helpline 02-6286-2173</b> 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 <a href="mailto:Caroline.Chisholm@stvincanb.com.au">Caroline.Chisholm@stvincanb.com.au</a>	
<b>Narrabundah</b>	<b>Helpline 02-6295-9600 24 Hours</b> 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	<a href="http://www.vocalact.webs.com">www.vocalact.webs.com</a> <a href="mailto:vocalact@gmail.com">vocalact@gmail.com</a>
<b>Tuggeranong</b>	<b>Helpline 02-6293-6500</b>	Communities @ Work Inc	<a href="mailto:admin@commsatwork.org">admin@commsatwork.org</a>

Accommodation for women and children escaping domestic violence.  
Accommodation for up to 12 months  
Advocacy and assistance with issues of parenting, finances and housing.

PO Box 1066  
tugggeranong  
ACT 2901  
02-6293-6500 Office / Advice  
[www.facebook.com/communitiesatwork/](http://www.facebook.com/communitiesatwork/)

**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  
[www.facebook.com/toorawomen/](http://www.facebook.com/toorawomen/)  
[toorahouse@toora.org.au](mailto:toorahouse@toora.org.au)