



Sexual harassment and assault: where to get help

IN AN EMERGENCY CALL 000				
State	Category	Name	Number	Website
National	Counselling	Ask your GP for a mental health care plan. With a mental health care plan you will get money back from Medicare for up to 10 individual or 10 group appointments with an allied mental health service in a year.		
		Beyond Blue	1300 224 636	www.beyondblue.org.au
		Lifeline	131114	www.lifeline.org.au
		Suicide Call-Back Service	1300 659 467	www.suicidecallbackservice.org.au
		Sexual Assault Counselling Australia	1800 211 028	www.sexualassaultcounselling.org.au
	MensLine Australia	1300789978	mensline.org.au	
	Police	Contact either your local police or the police in the area that the incident occurred.	non-emergency 131 444	

ACT	Counselling	Canberra Rape Crisis Centre	02 6247 2525	www.crc.org.au
		Victim Support ACT	02 6205 5197	www.victimsupport.act.gov.au
		Service Assisting Male Survivors of Sexual Assault (SAMSSA) Canberra	02 6247 2525	www.samssa.org.au
	Police	visit your local station	non-emergency 131 444	www.police.act.gov.au
	Legal Support	Women's Legal Centre (ACT & Region)	1800 634 669 (Outside Canberra) 02 6257 4499 (Canberra)	womenslegalact.org

PO Box, 723 Strawberry Hills NSW 2012

PHONE

1300 656 513

WEB

MEAA.org

BUILT ON INTEGRITY, POWERED BY CREATIVITY

ABN. 84 054 775 598

NSW	Counselling	NSW Rape Crisis Centre	1800 424 017	www.nswrapecrisis.com.au
		Parent Line NSW	1300 130 052	www.parentline.org.au
		NSW Mental Health Line	1800 011 511	
	Legal Support	<u>Women's Legal Services NSW</u>	1800 801 501 or 02 8745 6988	www.wlsnsw.org.au
	Police	visit your local station	non-emergency 131 444	www.police.nsw.gov.au

NT	Counselling	Ruby Gaea (Darwin)	08 8945 0155	www.rubygaea.net.au
		Sexual Assault Referral Centres (SARC) (4 locations)	(Darwin) 8922 6472 (Katherine) 8973 8524 (Tennant Creek) 8962 4361 (Alice Springs) 8955 4500	
	Police	visit your local station	non-emergency 131 444	www.pfes.nt.gov.au/Police

QLD	Counselling	Sexual Assault Helpline Queensland (24/7)	1800 010 120	www.dvconnect.org/sexual-assault-helpline-2
	Police	visit your local station	non-emergency 131 444	www.police.qld.gov.au
	Legal Support	Women's Legal Service Queensland	(07) 3392 0670 or 1800 677 278 (outside Brisbane)	www.wlsq.org.au
		Legal Aid	1300 651 188	www.legalaid.qld.gov.au

SA	Legal Support	Women's Legal Service	1800 816 349	www.wlssa.org.au
	Resources	Women's Information Service of South Australia	1800 188 158	www.wis.sa.gov.au
	Police	visit your local station	non-emergency 131 444	www.police.sa.gov.au
	Counselling	Yarrow Place Rape and Sexual Assault Service	1800 817 421	

Tas	Counselling	Sexual Assault Support Services (24/7, 3 regions)	(Hobart and South) 03 6231 1817. (Laurel House Launceston and North) 03 6334 2740, After hours: 0409 800 394 (Laurel House North West) 03 6431 9711	www.sass.org.au
		Yemaya: Women's Support Service (Launceston)	03 6334 0305	
		SHE (Support, Help & Empowerment) Hobart	(03) 6278 9090	www.she.org.au
	Police	visit your local station	non-emergency 131 444	police.tas.gov.au
	Legal Support	Women's Legal Service	1800 682 468	womenslegaltas.org.au

Vic	Counselling	Sexual Assault Crisis Line	1800 806 292	www.sacl.com.au
	Resources	WIRE	1300 134 130	www.wire.org.au
		Victorian Equal Opportunity and Human Rights Commission	1300 292 153	www.humanrightscommission.vic.gov.au
	Police	visit your local station	non-emergency 131 444	www.police.vic.gov.au

WA	Counselling	Sexual Assault Resource Centre (SARC)	1800 199 888	
	Legal Support	Women's Law Centre (WA) Inc	1800 625 122	www.wlcwa.org.au
	Police	visit your local station	non-emergency 131 444	www.police.wa.gov.au
		Western Australia Police Sex Assault Squad	(08) 9428 1600	