
After disclosure: What to do next – support, safety and choices

After you disclose, you may experience many different emotions, and they may cycle rapidly. These can include feelings such as relief, vulnerability, exhaustion, uncertainty – or sometimes no feelings at all. All of these responses make sense in this situation. There is no right way to feel, and nothing you have to do next.

You are in control. You do not have to report your abuse unless you choose to. What matters is that you are seeking and receiving the support you need.

If you are in immediate danger, call 000.

Some people find it helpful to:

- Create a simple safety or self-care plan
- Reduce or end contact with the person who harmed them
- Ask someone they trust to check in with them
- Write things down just for themselves

You don't need to do any of these. What matters is what supports your wellbeing.

Reporting and Redress options (only if and when you choose)

Deciding whether to report sexual abuse that happened when you were a child is a significant and personal decision. Some people choose to find out more before deciding. Others choose not to pursue reporting at all.

You may wish to explore one or more of the following options.

Police (non-emergency reporting and enquiries)

Police Assistance Line: 131 444

Available 24 hours, 7 days a week for non-urgent matters

Crime Stoppers 1800 333 000

Available 24 hours, 7 days a week for non-urgent matters

You can ask questions and seek information without committing to making a report. Speaking with police does not mean you must proceed unless you choose to.

Reporting past or historical child sexual abuse

The National Office of Child Safety Website includes information about how to report historical or past child sexual abuse, including contact details for each state and territory.

Child protection

Child protection agencies operate in each state and territory and respond to concerns about **current risk to children**.

In some situations, people may be concerned that the person who caused harm could still pose a risk to children. You can ask for information about child protection processes before sharing details. Some professionals have mandatory reporting obligations where there is current risk to a child, and you can ask what this means in your situation. Details can be found [HERE](#)

Institutional abuse and the National Redress Scheme

If the abuse occurred in an institutional setting (such as a school, religious organisation, care or detention setting), you may be eligible to apply to the National Redress Scheme.

Redress can include:

- A redress payment
- Access to counselling and psychological care
- A direct personal response (if you choose)

Helpful resources:

- *National Redress Scheme – Australian Government*
- *Apply to the National Redress Scheme*
- *Knowmore – free, confidential legal support for Redress*

You can receive support from a Redress Support Service to understand your options and apply, if you choose.

You can speak with a helpline or support service to understand these options without pressure or obligation.