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# Finding care and support

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Having a conversation about child sexual abuse, watching a documentary or reading a news story can bring up strong emotions for anyone, especially if you have been sexually abused as a child or are supporting someone who has been abused.

Explore any of the links, or phone numbers, at your own pace.

Looking at information does not mean you have to take action or make a report.

## Tips for Accessing Care

- Start with a confidential helpline to seek initial support, talk through your needs and access relevant referrals
- Ask a GP for a trauma-informed mental health referral for ongoing counselling/therapy under Medicare
- Seek specialist sexual assault counselling services in your state or territory
- Explore peer support and survivor-led groups as part of longer-term healing, if that feels right for you

## Need help now?

**If you or the person you are supporting are in immediate danger, call 000.**



## Other Resources can be found below

### [Blue Knot Foundation – Helpline & Redress Support Service](#)

**1300 657 380 | 9am–5pm, 7 days (AEST/AEDT)**

Free, confidential, trauma-specialist counselling, support, referral and Redress support service for **adult survivors of childhood trauma**, including child sexual abuse.

Provides short-term counselling and access to a national database of trauma-informed practitioners and services.

### [Bravehearts – Information & Support Line](#)

**1800 272 831 | 8.30am–4.30pm, Monday–Friday (AEST)**

Free, confidential information, guidance and emotional support for people impacted by **child sexual abuse**, including adults, families, carers and supporters.

Supports safe first conversations, service navigation, and access to Redress support (no obligation to report).

### [1800RESPECT](#)

**1800 737 732 | 24/7 phone & online chat**

Free, confidential national counselling and support service for people impacted by **sexual assault, family and domestic violence**. Available at any time.

### [Full Stop Australia \(1800 FULL STOP\)](#)

**1800 211 028 | 24/7 phone & online chat**

Free, confidential trauma-specialist counselling, support, referral and Redress support services for people impacted by sexual violence, including **childhood sexual abuse**. Face-to-face support available in some locations in NSW.

### [Lifeline](#)

**13 11 14 | 24/7**

Crisis support for anyone feeling overwhelmed, distressed or unsafe.

### 13YARN

**13 92 76 | 24/7**

Crisis support for Aboriginal and Torres Strait Islander peoples, delivered by Aboriginal and Torres Strait Islander counsellors.

### Kids Helpline

**1800 55 1800 | 24/7**

Free, confidential support for children and young people aged 5–25.

### SAMSN – Survivors & Mates Support Network

**1800 472 676 | Monday–Friday, 9am–5pm (AEDT)**

Survivor-led organisation supporting male survivors of child sexual abuse. Provides peer support (telehealth and workshops), information, resources, and pathways to ongoing therapeutic care.

### Police Link

**131 444 | 24/7**

(not a support or counselling service) is a non-emergency police contact for information about reporting options

### Crime Stoppers

**1800 333 000 24/7**

(not a support or counselling service) is a non-emergency police contact for information about reporting options

### National Office of Child Safety

How to report past or historical child sexual abuse

<https://www.childsafety.gov.au/make-report/report-historical-or-past-abuse>

*(Includes contact details for all states and territories)*

## Child protection (current safety concerns)

### How to report child abuse or neglect – Australian Government

<https://www.childsafety.gov.au/make-report>

*(Includes state and territory child protection contacts and information.)*

## Institutional abuse and the National Redress Scheme

### National Redress Scheme – Australian Government

<https://www.nationalredress.gov.au>

### Apply to the National Redress Scheme

<https://www.nationalredress.gov.au/apply>

### Knowmore – free legal support for Redress

<https://knowmore.org.au>

*(Independent, confidential legal advice to help understand Redress options.)*

## Specialist & Longer-Term Therapy Options

### Specialist Sexual Assault Services (State & Territory)

Across Australia, state-based specialist services offer ongoing counselling and support for people who have experienced sexual abuse, including adult survivors of historical child sexual abuse.

Most provide free or low-cost counselling, referrals, and/or support groups. Helplines listed above can help you find services near you.

### Clinical & Local Therapy Pathways

Through Your GP

#### A GP can help you access:

- Medicare-rebated psychological therapy (Mental Health Treatment Plan)
- referrals to psychologists or psychiatrists with trauma-informed expertise
- local community health services

You can ask for a counsellor or therapist who is experienced in childhood sexual abuse, complex trauma and/or dissociation

## Private Trauma-Informed Therapists

Many psychologists, counsellors, and clinical social workers specialise in trauma, complex trauma, and abuse recovery. You may wish to seek practitioners with experience supporting adult survivors of childhood sexual abuse.

The trauma support directory provides a database of practitioners who nominate through a self-assessment process.

### **Peer & Community Support** (*Often used alongside therapy*)

Some people also find support through peer support groups, survivor-led workshops and education and recovery programs

Organisations such as SAMSN, Blue Knot and state sexual assault services may offer some of these options.

## Legal & Broader Support

### **National Redress Scheme**

If the abuse occurred in an institutional setting (such as a school, church, care or detention setting), the National Redress Scheme may provide access to counselling and psychological services and other forms of redress, including a monetary component and apology if desired.

Services like Blue Knot, Bravehearts and Full Stop Australia can help you understand your options

