

# Post-Screening Support

If the We Are Jeni documentary has brought up strong feelings, memories, or concerns, you're not alone.

Many people experience delayed or unexpected reactions after watching content about child sexual abuse. Support is available.

**Content warning:** This page contains information about childhood sexual abuse and may be distressing.

## If you are in immediate danger

Call **000** (Australia) or go to your nearest emergency department.

## First: take a moment to ground

Strong reactions are common after screenings like this.

### You might find it helpful to:

- take slow breaths e.g. box breathing: in for 4, hold for 4, out for 4, hold for 4 and gently orient to where you are (for example, name 5 things you can see)
- drink some water, step outside, or sit near someone you trust

You don't have to work out next steps right now. You can return to this page when you're ready.

## 1 Thinking about disclosing (as an adult)?

You may be considering telling someone about your experience or already have started sharing.

### Disclosure is always your choice.

It is important to always go at your own pace and share only what feels manageable.

### Read more:

[\*Disclosing childhood sexual abuse as an adult\*](#)

*What disclosure is, how to choose who to tell and when, and how to ask for what you need.*

## 2 Supporting an adult who discloses to you

You may be here because someone you care about has disclosed or may do so after the screening.

What matters most is being there, listening, hearing and validating the person's experience. It is most important to support the person to feel as safe as possible and provide them with as many choices as possible so they feel and are in control.

### Read more:

[Supporting an adult who has disclosed Child Sexual Abuse](#)

*What helps, what to avoid, and how to support someone without trying to fix or digging into it.*

## 3 What to do next

Some people want to explore the possibility of reporting and how to go about it. Others don't or this may not be the time for it. It is up to each person to decide what is write for them.

### You can:

- access counselling and support without reporting
- ask questions about reporting without committing to anything
- take time to decide what feels right for you

If the abuse occurred in an institutional setting, you may also have the option of exploring the National Redress Scheme and other avenues.

### Read more:

[Reporting and Redress options](#)

*What reporting involves, alternatives to police reporting, and what Redress can offer.*

## 4 Finding ongoing care and support

If you feel overwhelmed or unsafe, you can reach out for immediate support.

There are also options for ongoing support. These include:

- confidential helplines
- trauma-informed counselling
- peer and survivor-led supports
- specialist services for complex trauma

**Read more:** [Finding care and support](#)

*Helplines, counselling pathways, peer support, and how to access care at your pace*

## Need more information

**If you want to find out more by exploring links and websites go to:**

### **Blue Knot Foundation**

Evidence-based information and resources on complex trauma, dissociation, and recovery

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

### **International Society for the Study of Trauma and Dissociation (ISSTD)**

Information for professionals, survivors, and supporters about dissociation and DID

[www.isst-d.org](http://www.isst-d.org)

### **Mind UK**

Clear, accessible information about dissociation and dissociative disorders

[www.mind.org.uk](http://www.mind.org.uk)

### **Beauty after Bruises (US)**

Professional and Public Resources for Complex PTSD and Dissociative Disorders

<https://www.beautyafterbruises.org/>