

Northern Beaches 24 hour Support Guide for Sexual Assault

Sexual assault can happen to anyone



Scan for more information and details
of local services who can offer support,
or visit northernbeaches.nsw.gov.au



northern
beaches
council

These free telephone services can also support you 24 hours/7 days a week

NSW Sexual Violence Helpline

1800 424 017

For anyone impacted by sexual assault including friends, families, supporters and professionals.

Full Stop Australia (1800 FULL STOP)

1800 385 578

For anyone who has experienced or been impacted by violence or abuse.

Sexual, Domestic and Family Violence Helpline

1800 943 539

For anyone whose life has been impacted by domestic or family violence.

1800 RESPECT

1800 737 732

Information, counselling and support service for anyone experiencing domestic family and/or sexual violence.

KIDS Helpline

1800 55 1800

For anyone aged 5 to 25 to speak to a counsellor.

MensLine Australia

1300 789 978

For men who have experienced or been impacted by violence or abuse.

Rainbow Sexual, Domestic and Family Violence Helpline

1800 497 212

For anyone from the LGBTQIA+ community whose life has been impacted by sexual, domestic and/or family violence.

National Sexual Abuse and Redress Support Service

1800 211 028

For adult survivors of childhood institutional sexual abuse.

Link2home

1800 152 152

For 24/7 information, assessment or referral to homelessness services and support.

Child Protection Helpline

13 21 11

If you think a child or young person is at risk of harm from abuse or neglect.

Lifeline

13 11 44

For crisis support.

Translating and Interpreting Service

131 450

To be connected to a free interpreter service.

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If you (or someone you know) have been sexually assaulted it's important to get support.

It's up to you to decide what sort of support you want.

Call Northern Sydney Sexual Assault Service

8797 7174

8.30am to 5pm Monday to Friday

Royal North Shore Hospital, St Leonards

The Northern Sydney Sexual Assault Service is a specialist 24 hour service for victims/survivors of sexual assault across the Northern Beaches.

They can provide the support you need after a sexual assault - whether it happened today, last week or in the past. You can choose from services such as:

- information and support
- crisis and ongoing counselling
- specialised medical service to look after your health and wellbeing
- forensic medical service
- support for non-offending family members, significant others and carers
- help to get to Royal North Shore Hospital
- help to contact other services if you want to, including Police.

It's best to call and speak with a sexual assault counsellor who can discuss your options and coordinate your care.

If you are calling about a sexual assault that happened in the last 7 days and it is after hours call 9926 7111 and the hospital switchboard will connect you with the on-call Sexual Assault Counsellor.

**If you are in immediate danger
call Triple Zero (000) or 112 (mobile)**
Emergency services will come to you

We will:

- Hear you
- Respect your rights
- Connect you with specialist services
- Provide information
- Support you



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