

Links to support services

The following services may also be useful if you are looking for support options for friends or family members, or it might be a service you're contemplating accessing yourself.

Anyone experiencing violence can call the 24 hour confidential helpline **1800 RESPECT (National Sexual Assault, Domestic Family Violence Counselling Service) on 1800 737 732.**

If you, or another person (adult or child) are in immediate danger call 000.

Sexual Assault and Domestic Family Violence Support Services

There are services situated around Australia that provide specialist counselling support and other assistance to victims of sexual assault and/or family violence, their non-offending partners, and/or family and friends. Contact the service in your state/territory to access counselling support, to obtain information in relation to legal options, physical health concerns, or referrals to other services. The services listed below are free and confidential. You don't have to identify who you are or what you do.

National Services

1800 RESPECT

The national sexual assault, domestic and family violence information and support line, 24 hours.
1800 737 732

Lifeline

Crisis support and suicide prevention, 24 hours.
13 11 14

Kids Helpline

Will listen to kids, teens and young adults for any reason, 24 hours.
1800 551 800

Bravehearts

Provides specialist therapeutic services and support to children and young people, adults and non-offending family members affected by child sexual assault. 8.30 am – 4.30 pm AEST, Monday - Friday.
1800 272 831

Blue Knot Foundation (formerly Adults Surviving Child Abuse)

Professional phone counselling, information and support for adult survivors of child abuse with referral database of experienced professionals and agencies, 9am-5pm AEST, 7 days.

1300 657 380

Better To Know AMS

Local Aboriginal medical and other health service details.

bettertoknow.org.au/AMS.html

Relationships Australia

Online counselling with a professional counsellor using a confidential, text-based chat service.

onlinecounselling.relationshipsvictoria.com.au/

Australian Capital Territory**Canberra Rape Crisis Centre**

Crisis Support and Advocacy, 7 am -11 pm, 7 days.

(02) 6247 2525

Domestic Violence Crisis Service A.C.T

Domestic and family violence information, support and referrals, 24 hours.

(02) 6280 0900; TTY: (02) 6228 1852

Care and protection services

For children and young people considered 'at risk' of serious harm, 24 hours.

1300 556 729

Women's Legal Centre ACT

Domestic violence legal aid for ACT and region, 9.30 am – 12.00 noon, Monday – Friday.

From Canberra: (02) 6257 4377; Outside Canberra: 1800 634 669; TTY: 133 677 and ask for (02) 6257 4377.

New South Wales**NSW Rape Crisis Centre**

Telephone and online crisis counselling for anyone who has experienced, or is at risk of, sexual, family or domestic violence, 24 hours.

1800 424 017

Domestic Violence Line

Domestic and family violence information, support and referrals, 24 hours.

1800 656 463; TTY: 1800 67 14 42

Child Protection Helpline

To report suspected child abuse or neglect, 24 hours.

132 111

Legal Aid NSW

Specialist domestic violence legal aid for south-west Sydney and the Central Coast regions.
1300 888 529

Western NSW Community Legal Centre

Specialist domestic violence legal aid for the Dubbo region.
1800 655 927

Northern Territory**Sexual Assault Referral Centred**

Crisis support for women who have experienced sexual assault. You can call Darwin and Alice Springs 24 hours a day to get help for recent incidents of sexual assault.

Darwin: (08) 8922 6472

Alice Springs: (08) 8955 4500

Alice Springs after hours: 0401 114 181

Katherine: (08) 8973 8524

Tennant Creek: (08) 8962 4361

Women's Information Service (Alice Springs)

(08) 8951 5174 or 1800 508 051

Dawn House (Darwin)

Provides services to women and children escaping domestic and family violence in the Top End.
08 8945 1388

NPY (Ngaanyatjarra Pitijantjatjara Yankunytjatjara) Women's Council Domestic Violence Service

1800 180 840

East Arnhem Domestic and Family Violence Counsellor

(08) 8987 0403

Katherine Domestic and Family Violence Counsellor

(08) 8971 0777

Darwin Aboriginal and Islander Women's Shelter

Provides safe and culturally appropriate services for Aboriginal and Torres Strait Islander women who are homeless or escaping family violence.

Business hours: (08) 8945 2284; afterhours 24/7: (08) 8945 1852

Child Abuse / Child Protection Hotline

To report child abuse and / or neglect, 24 hours.

1800 700 250

Alice Springs Women's Shelter

24 hour support for women and children at risk of domestic and family violence
(08) 8952 6075

Central Australian Women's Legal Service – Alice Springs and Tennant Creek

Specialist domestic violence legal aid for the Alice Springs and Tennant Creek regions.
1800 684 055

Queensland**The Queensland Sexual Assault Helpline**

Telephone support and counselling to any Queenslanders who has, or thinks they may have been sexually assaulted or abused, 7.30 am – 11.30 pm, 7 days.
1800 010 120

DVConnect Women's Line

Free crisis counselling and support for women experiencing domestic and family violence, 24 hours.
1800 811 811

DVConnect Men's Line

Specialist assistance for men who would like to address their own use of violence and men who have been victims of violence in their own relationships, 9 am – midnight, 7 days.
1800 600 636

Women's Legal Service Queensland

Free domestic violence legal aid assistance for women in Queensland.
State-wide: 1800 957 957
Regional and remote: 1800 457 117

North Queensland Women's Legal Service

Free domestic violence legal aid assistance for women in north Queensland – covering Sarina to the Torres Strait, and west out to the Northern Territory border, 9.00 am - 5.00 pm, Monday - Friday.
1800 244 504

Child Safety Services

To report that a child in Queensland is experiencing harm, or is at risk of experiencing harm, 24 hours.
1800 177 135

South Australia**Yarrow Place Rape & Sexual Assault Service**

For people who have been raped or sexually assaulted, 24 hours.
(08) 8226 8777 or 1800 817 421

Victim Support Service

Free and confidential services for people affected by crime and abuse.
1800 842 846

Domestic Violence Crisis Service

For people experiencing domestic and family violence, 24 hours.
1800 800 098

Domestic Violence and Aboriginal Family Violence Gateway Service

To help anyone affected by domestic or family violence, 24 hours.
1800 800 098 or free call 1300 782 200

Child Abuse Report Line

To report all child protection concerns, 24 hours.
131 478

Legal Services Commission of South Australia

Free legal advice, 24 hours
1300 366 424

Women's Legal Service South Australia

Free domestic violence legal assistance.
(08) 8221 5553

Tasmania

The Sexual Assault Support Service

For victims of recent rape or sexual assault and their families, 24 hours.
1800 697 877

Laurel House

For victims/survivors of sexual violence and their families, in the North and North-West of Tasmania
North: (03) 6334 2740
North West: (03) 6431 9711
After-hours state-wide support: 1800 697 877

Family Violence Counselling and Support Service (FVCSS)

Offers professional and specialised services to assist children, young people and adults affected by family violence. Monday – Friday: 9.00 am – midnight; Weekends/public holidays: 4.00pm – midnight.
1800 608 122

Family Violence Response Referral line

For people experiencing domestic and family violence, 24 hours.
1800 633 937

Child Safety Service

For urgent notifications about child abuse or neglect, 24 hours.
1800 000 123.

Women's Legal Service Tasmania

Free domestic violence legal advice.
(03) 6419 7050 – Burnie Office; (03) 6349 1943 – Launceston Office

Victoria**Sexual Assault Crisis Line**

After-hours, telephone crisis counselling service for victim/survivors of both past and recent sexual assault.
Operates 5pm – 9 am on weeknights, weekends and public holidays.
1800 806 292

Safe Steps Family Violence Response Centre

For confidential support and information please call the safe steps 24/7 family violence response line.
(03) 9322 3555 or 1800 015 188

Child Protection Crisis Line

For concerns about the immediate safety of a child within their family unit, 24 hours.
131 278

Eastern Community Legal Centre

Free family violence legal advice.
Box Hill: (03) 9285 4822; Boronia: (03) 9762 6235; Healesville, Metro: (03) 5962 1665 ; Healesville, Regional:1300 79 70 88.

Women's Legal Service Victoria

Free domestic and family violence legal assistance, with helpful online information.
Metro: (03) 8622 0600; Regional: 1800 133 302

Inner Melbourne Community Legal Drop in service

Domestic and family violence legal assistance for the Melbourne City District, Docklands West Melbourne, North Melbourne, Carlton, Parkville areas.
03 9328 1885

Better Place Australia

Counselling, dispute resolution and mediation services, Moorabbin
1800 639 523 or family@betterplaceaustralia.com.au

The Orange Door

Free service for people who are experiencing or have experienced family violence and families who need extra support with the care of children. Open from 9am-5pm Monday to Friday.

North Eastern Melbourne: 1800 319 355; Bayside Peninsula: 1800 319 353; Mallee: 1800 290 943; Inner Gippsland: 1800 319 354; Barwon: 1800 312 820.

Western Australia

The Sexual Assault Resource Centre

24 hour emergency line.

(08) 9340 1828 or 1800 199 888

Women's Domestic Violence Helpline

For crisis support, 24 hours.

(08) 9223 1188 or 1800 007 339

Western Australia Police: Child Abuse

To report child abuse, 24 hours.

131 444

Marninwarntikura Family Violence Prevention Legal Service

Free domestic violence legal assistance and crisis accommodation.

(08) 9191 5284

Southern Communities Advocacy Legal Education Service

Free domestic violence legal advice.

Kwinana and Rockingham: 08 95500 40

Northern Suburbs Community Legal Centre

Legal advice for family and domestic violence and restraining orders.

Mirrabooka Office: (08) 9440 1663; Joondalup Office: (08) 9301 4413