

National Association of Adult Survivors of Child Abuse www.NAASCA.org

Note: Please send corrections, additions and updates to: maudnmildred@hotmail.com

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
VICTORIA			
Nationwide	Phone Counselling 1800-737-732 Online Counselling via website 24 Hour counselling service by qualified professional counsellors National sexual assault, domestic and family violence counselling service 24 hours a day 7 days a week.	1800Respect Nationwide 1800-737-732 Counselling	www.1800respect.org.au Contact form on website.
Nationwide	Helpline 1300-657-380 counsellors@asca.org.au Helpline Mon - Sun 9am - 5pm EST ASCA is an Australian body which advances the health and wellbeing of people and communities affected by childhood trauma, for this and for future generations. Professional support line Professional short term counselling Referrals for ongoing support.	Adults Surviving Child Abuse (ASCA) Nationwide 1300-657-380 Counselling 02-8920-3611 Office	www.asca.org.au admin@asca.org.au www.blueknot.org.au/
Nationwide	Helpline 02-6273-4885 We are an alliance of existing groups and individuals supporting people raised in institutional / out-of-home care in Australia in the 20th Century. Join us and find support.	Alliance for Forgotten Australians Nationwide 02-6273-4885	www.forgottenaustralians.org.au
Nationwide	Helpline 1800-272-831 rc@bravehearts.org.au On Monday 12 November 2012 the Prime Minister Julia Gillard announced a Royal Commission into Child Sexual Assault. Our organisation can provide general advice on how to share your story. We can assist you with drafting a written statement. Attend private sessions as your support person. Provide support and advice if you are involved in a public enquiry. ON our website we have a dedicated Royal Commission page with info and new updated as it happens.	Bravehearts Nationwide 1800-272-831 Office / Helpline	www.bravehearts.org.au admin@bravehearts.org.au
Nationwide	Helpline 1800-008-774 support@clan.org.au CLAN supports anyone who grew up in a home or institutionalised "Care" foster home. Please visit our website for help and support if you were affected by institutional abuse.	Care Leavers Australian Network Nationwide 1800-008-774 Office / Helpline	www.clan.org.au support@clan.org.au

Nationwide	<p>Helpline 1800-040-509 Freephone We were established in 1987 to address the issues surrounding the deportation of children from Britain. In the post war period children as young as three years old were shipped to Canada, New Zealand, the former Rhodesia and Australia, in a practice that continued as late as 1970. today we can help with Family Resteration Funds Retrieving files from governments Obtaining birth certificates Family research worldwide Professional counselling</p>	<p>Child Migrants Trust Nationwide 1800-040-509 Office / Helpline</p>	<p>www.childmigrantstrust.com</p>
Nationwide	<p>Helpline 1800-55-1800 24 Hour helpline 7 days a week FREE 24 hour counselling service for young people aged 5 to 25 years. Counselling is offered by phone, email or over the web. Web counselling times for A.C.T. are Mon to Fri 1pm - 11pm Sat & Sun 11am to 11pm Children and teens have separate email sections on the website.</p>	<p>Kids Helpline Nationwide 1800-55-1800 Office / Helpline www.facebook.com/KidsHelpline/</p>	
Nationwide	<p>Helpline 07-3636-5206 24 hours Living Well is an Australian resource which offers a tange of services Specifically desidned to assist MEN who have experienced sexual abuse or sexual assault. Telephone counselling, FREE online counselling, email & text counselling. Online groups soon to be available. Please see website for more details.</p>	<p>Living well Nationwide Contact no 07-3636-5206</p>	<p>www.livingwell.org.au</p>
Nationwide	<p>Helpline 1300-364-277 We are a non profit community organisation assisting Australians to build strong and positive relationships. FREE and comprehensive support for survivors of child sexual abuse who take part in or are affected by The Royal Commission Into Institutional Responses to Child Sexual Abuse, see website for more details on this. Find and Connect service - will help Australians and Former Child Migrants to trace their history and understand the reasons why they were placed into care. For more details call 1800-161-109. Counselling family & Individual Family dispute resolution service</p>	<p>Relationships Australia Nationwide 1300-364-277 Office / Helpline 1800-161-109 Find & Connect</p>	<p>www.racr.relationships.org.au</p>
Nationwide	<p>Helpline 1800-211-028 Helpline 8am - 8pm EST</p>	<p>Royal Commission into Institutional Responses to</p>	

Royal Commission Counselling Australia is a national telephone counselling, information and referral service for anyone who is considering, or making a statement to the Royal Commission into Institutionalised Responses to Child Sexual Abuse. Those who are impacted by the work of the Royal Commission or who have family or friends participating in the Royal Commission are also welcome to ring.

Child Abuse
GPO Box 5283
Sydney
NSW 2001
1800-211-028 Office / Helpline
61-2-8815-2319 for Overseas
www.childabuseroyalcommission.gov.au
registerinterest@childabuseroyalcommission.gov.au
www.royalcommissioncounselling.org.au

Nationwide

Helpline 1300-657-380 (ASCA)
Operates Mon - Sun, 9am - 5pm EST
Survivors & Mates Support Network (SAMSUN) is a non profit organisation working to increase public awareness of the effects that childhood sexual abuse can have on men in their adult lives. Support groups and Workshops are available but only in Sydney NSW at this present time.

Survivors and Mates Support Network
Nationwide
0439-838-787 Office

www.samsn.com.au
support@samsn.com.au

Nationwide

Helpline 1800-695-463 24 Hours
In any relationship there are things that are black and white and there are grey areas. The Line helps you navigate those grey areas, so you can enjoy healthy and respectful relationships and recognise the behaviour that "Crosses the Line". Weekly online forum, 2 hours closed online forum to discuss some of the edgier issues to do with relationships. This is NOT a counselling service.

The Line
Nationwide
1800-695-463 Helpline

State-Wide

Crisis Helpline 1800-806-292
The Victoria CASA forum is a peak body of 15 centres against sexual assault. Together we work to ensure that women, children and men who are victims/survivors of sexual assault have access to comprehensive and timely support. Emergency or crisis care
Information and advocacy
Counselling and support
Group work & telephone counselling

CASA
State-Wide
Victoria
1800-806-292 Office/ Helpline

www.casa.org.au
ahcasa@thewomens.org.au

State-Wide

TOLL FREE 1800-015-188
State-Wide 03-9928-9600
Email wdvcs@wdvcs.org.au
We are a state wide not for profit service for women and children experiencing violence and abuse from a partner or ex partner, another family member or someone close to them. We provide a FREE crisis line 24 hours a day. Emergency

Women's Domestic Violence Crisis Service of Victoria
State-Wide
Victoria
03-9928-9600 Office / Helpline
[Domestic Violence Resource Centre Victoria | \(dvrcv.org.au\)](http://DomesticViolenceResourceCentreVictoria.org.au)

accommodation. Outreach services and advocacy plus support services to allow women and children to become and stay free from violence.

State-Wide

Helpline 1300-134-130
inforequests@wire.org.au

WIRE stands for Women's Information and Referral Exchange. We are a Victoria wide FREE generalist information, support and referral services run by women for women. When you contact us we will take the time to listen to your story, to understand your unique situation as a women and help you to explore your best options.
Information Centre West Melbourne
Live Caht support
Advocacy and research

WIRE Women's Information and Referral Exchange Inc.
372 Spencer Street
West Melbourne
Victoria 3003

www.wire.org.au
wire@wire.org.au

State-Wide

FREECALL 1800-755-988

We provide services and responses to issues of family violence in culturally and linguistically diverse communities.
Family violence support
Culturally appropriate support
Family relationship support
Prevention and early intervention
Crisis intervention
Advice and information
Assistance with accommodation
Help obtaining finacial support
Assistance with legal issues
Help with immigration issues
Court support
Therapeutic group work
We speak over 20 languages

In Touch Multicultural Centre
Against Family Violence
State-Wide
03-9413-5600 Office

admin@intouch.asn.au

Ballarat

Local helpline 03-5337-9222

RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confiendital and non judgemental.

Relationship Australia - Victoria
1025 Sturt Street
Ballarat
Victoria 3350
03-5337-9222 Office / Helpline

reception@rav.org.au

www.relationshipsvictoria.com.au
www.relationshipsvictoria.com.au/view-location/location/6

Bendigo

Local helpline 03-5441-0430

FREECALL 1800-806-292

We respond to the needs of both recent and past survivors of sexual assault. Providing counselling at our offices in **Bendigo, Maryborough, Kyabram, Kyneton and Echuca.** Telephone crisis counselling Mon - Fri 9am to 4,30 pm
Support groups are available

Loddon Campaspe Centre
Against Sexual Assault
PO Box 764
Bendigo
Victoria 3552
03-5441-0430 Office / Helpline.

www.casalc.com.au
casa@casalc.com.au

Berwick	<p>Local helpline 03-8768-4111 RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.</p>	<p>Relationship Australia - Victoria 1-2, 38 Clyde Road Berwick Victoria 3806 03-8768-4111 Office / Helpline www.relationshipsvictoria.com.au www.relationshipsvictoria.com.au/view-location/location/9</p>	<p>reception@rav.org.au</p>
Boronia	<p>Local helpline 03-9725-9964 RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.</p>	<p>Relationship Australia - Victoria 83 Boronia Road Boronia Victoria 3155 03-9725-9964 Office / Helpline www.relationshipsvictoria.com.au www.relationshipsvictoria.com.au/view-location/location/1</p>	<p>reception@rav.org.au</p>
Camberwell	<p>Local helpline 03-8573-2222 RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.</p>	<p>Relationship Australia - Victoria 450 Burke Road Camberwell Victoria 3124 03-8573-2222 Office / Helpline www.relationshipsvictoria.com.au www.relationshipsvictoria.com.au/view-location/location/14</p>	<p>reception@rav.org.au</p>
Cranbourne	<p>Local helpline 03-5990-1900 RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.</p>	<p>Relationship Australia - Victoria Unit 2/199 High Street Cranbourne Victoria 3977 03-5990-1900 Office / Helpline www.relationshipsvictoria.com.au www.relationshipsvictoria.com.au/view-location/location/2</p>	<p>reception@rav.org.au</p>
East Bentleigh	<p>FREECALL 1800-806-292 At SECASA we provide services within the Mornington peninsula: City of Frankston, Bayside, Port Philip, Stonnington Glen Eira and Kingston. We also work in the cities of Greater Dandenong, Casey and Cardinia growth Corridor. We offer a range of services such as counselling for victims / survivors of sexual assault for children & adults, male or female whether the assault took place recently or in the past. Art Groups, support groups and a male weekend retreat.</p>	<p>South Eastern Centre Against Sexual Assault (SECASA) 11 Chester Street East Bentleigh Victoria 3165 03-9928-8741 Office.</p>	<p>secasa@southernhealth.org.au</p>
Footscray	<p>SA Helpline 1800-806-292 WestCASA has counsellors who</p>	<p>West Centre Against Sexual Assault.</p>	<p>info@westcasa.org.au</p>

listen, believe and support you.
Strength to Strength support group
for women who have experienced
family or sexual abuse in their lives.
these 8 week groups are run by two
experienced counsellors FREE of
charge.
Trauma therapies available such as
shiatsu or yoga.

53 Ballarat Road
Footscray
Victoria 3011
03-9216-0444 Office

Geelong West

Helpline 1800-806-292

We provide FREE and confidential
specialist counselling for women,
men, young people and children
who have experienced sexual
assault and or family violence either
recently or in the past.
Childrens program (0 - 12 years)
Youth program (13 - 21 years)
Adult program 22 years plus

Barwon Centre Against Sexual
Assault
Level 1
59-63 Spring Street
Geelong West
Victoria 3218
03-5222-4318 Office

www.safvcentre.org.au/
admin@barwoncasa.org

Greensborough

Local helpline 03-9431-7777

RAV is a community-based not for
profit organisation with no religious
affiliations. Our services are for all
members of the community as
family violence affects people from
all walks of life. We offer counselling
at our RAV centres. Counselling
sessions are totally confidential and
non judgemental.

Relationship Australia - Victoria
3/25-33 Grimshaw Street
Greensborough
Victoria 3088
03-9431-7777 Office / Helpline

reception@rav.org.au

www.relationshipsvictoria.com.au
www.relationshipsvictoria.com.au/view-location/location/3

Heidelberg West

Hotline 1800-319-355

Helpline 03-9450-0900

Our mission at the Kids First
Australia is to break the
cycle of abuse and neglect in
families and to improve the live
chances and choices for all children.
Our services include: Sexual abuse
counselling and prevention program.
Support and counselling to families
who have been affected by child
sexual abuse.

Kids First Australia
70 Altona Street
Heidelberg West
Victoria 3081
03-9450-0900 Office / Helpline.
info@kidsfirstaustralia.org.au

www.kidsfirstaustralia.org.au/
cps@cps.org.au

Heidelberg West

Helpline 03-9496-2240

The Northern Centre Against Sexual
Assault is 1 of 15 centres in Victoria
funded by the Department of Human
Services. Offering services in the
northern metropolitan region of
Melbourne covering **Banyule,**
Darebin, Nillumbik and Whittlesea.
FREE therapeutic services for men,
women and young people over 12
years who have experienced assault
recently or in the past.
24 hour crisis care for recent victims
over the age of 17. We also offer
counselling, group work and
advocacy.

Northern Centre Against Sexual
Assault (NCASA)
Building 26
Repatriation Hospital
300 Waterdale Road
Heidelberg West
Victoria 3081
03-9496-2240 Helpline / Office

[www.austin.org.au/northerncasa](http://www.austin.org.au/northerncasancasa@austin.org.au)
ncasa@austin.org.au

www.casa.org.au/contact-us/find-your-nearest-casa/?Postcode=3081

Kew	<p>Local helpline 03-9261-8700 RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.</p>	<p>Relationship Australia - Victoria 46 Princess Street reception@rav.org.au Kew Victoria 3101 03-9261-8700 Office / Helpline www.relationshipsvictoria.com.au www.relationshipsvictoria.com.au/view-location/location/4</p>
Melbourne	<p>Helpline 03-9635 3610 CASA House is attached to the Royal Women's Hospital in Parkville. It is a government funded organisation which provides services on a 24 hour basis. We are committed to ensuring that the silence which surrounds sexual assault continues to be broken. Our services are FREE & confidential to adult survivors and victims of recent or past sexual assault regardless of gender. Support also for non offending family and friends.</p>	<p>CASA House www.casahouse.com.au Queen Victoria Women's Centre casa@thewomens.org.au Level 3 210 Lonsdale Street Melbourne Victoria 3000 03-9635-3600 Office</p>
Melbourne	<p>Advice line 03-9345-6391 At the Gate house Centre we provide family therapy for those affected by sibling sexual abuse. Please contact us for a full range of services and therapies.</p>	<p>Gatehouse Centre www.rch.org.au The Royal Children's Hospital gatehouse.centre@rch.org.au 50 Flemington Road Parkville Melbourne Victoria 3052 03-9345-6391 Advice / Office 03-9345-6453 FAX www.rch.org.au/gatehouse/</p>
Melbourne	<p>Local helpline 03-8625-3666 RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.</p>	<p>Relationship Australia - Victoria 379 Collins Street reception@rav.org.au Melbourne Victoria 3000 03-8625-3666 Office / Helpline www.relationshipsvictoria.com.au www.relationshipsvictoria.com.au/view-location/location/11</p>
Melbourne	<p>FREECALL 1800-755-988 Local helpline 03-9413-5600 We provide services and responses to issues of family violence in culturally and linguistically diverse communities. Family violence support Culturally appropriate support Family relationship support Prevention and early intervention Crisis intervention Advice and information Assistance with accommodation Help obtaining financial support Assistance with legal issues</p>	<p>In Touch Multicultural Centre Against Family Violence admin@intouch.asn.au GPO Box 2905 Melbourne Victoria 3001 03-9413-5600 Office / Helpline.</p>

Help with immigration issues
Court support
Therapeutic group work
We speak over 20 languages

Mildura	A resource website for those who require information regarding services rape, sexual assault, child abuse, family violence and domestic violence.	Mallee Sexual Assault Unit 144-146 Lime Avenue Mildura Victoria 3500 03-5025-5400 Office	www.msau-mdvs.org.au info@msau-mdvs.org.au
Morwell	Advice and Help 03-5134-3922 Gippsland Centre Against Sexual Assault assists past and recent victims / survivors of sexual assault with ongoing support, counselling and group work. We also offer an eight week family violence support group, please see website for more details. Our offices are in Morwell and Bairnsdale with outreach to the whole of the Gippsland region.	Gippsland Centre Against Sexual Assault PO Box 1124 Morwell Victoria 3840 03-5134-3922 Office / Advice	www.gcasa.org.au mail@gippscasa.org
Ringwood East	Help and Advice 03-9870-7330 ECASA provides counselling and advocacy services to men, women, children and young people who are victims/survivors of recent or past sexual assault. Short - medium term counselling short - medium term advocacy Therapeutic group work for young women, women adult survivors and male adult survivors. Outreach locations at Healesville, Yarra Junction, Doncaster, Ferntree Gully and Hawthorn. www.casa.org.au/contact-us/find-your-nearest-casa/?Postcode=3135	Eastern Centre Against Sexual Assault (ECASA) 17 Ware Crescent Ringwood East Victoria 3135 03-9870-7330 Advice / Office 03-9870 7310 Office	www.easternhealth.org.au ecasa@easternhealth.org.au
Sebastopol	Helpline 03-5320-3933 FREECALL 1800-806-292 We provide FREE and confidential counselling and support for victims/survivors of past or recent sexual assault. As well as for those affected by or participating in the Royal Commission. Our services are available to men, women, girls and boys.	Ballarat Centre Against Sexual Assault. Ballarat Health Services Sebastopol Complex Sebastopol Victoria 3353 03-5320-3933 Office / Helpline	casa@bhs.org.au
Shepparton	Helpline 03-5831-2343 Toll Free 1800-112-343 24 hours support@gvcasa.com.au We are one of 15 centres throughout Victoria that provides services to victims / survivors of sexual assault to the local government area's of Greater Shepparton, Mitchell, Strathbogrie, Murrindindi and Moira	Goulburn Valley Centre Against Sexual Assault 130 Nixon Street Shepparton Victoria 3630 03-5831-2343 Office /Helpline.	www.gvcasa.com.au gvcasa@bigpond.com
Shepparton	Local helpline 03-5820-7444 RAV is a community-based not for	Relationship Australia - Victoria 634 Wyndham Street	reception@rav.org.au

profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.

Shepparton
Victoria 3632
03-5820-7444 Office / Helpline
www.relationshipsvictoria.com.au
www.relationshipsvictoria.com.au/view-location/location/7

Sunshine

Local helpline 03-8311-9222
RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.

Relationship Australia - Victoria
1st Floor Harvester Centre
4 Devonshire Road
Sunshine
Victoria 3020
03-8311-9222 Office / Helpline
www.relationshipsvictoria.com.au
www.relationshipsvictoria.com.au/view-location/location/5
reception@rav.org.au

Thomastown

After Hours Emergency 13-12-78 Helpline 03-9450-0900
Our mission at the Kids First Australia is to break the cycle of abuse and neglect in families and to improve the live chances and choices for all children. Our services include: Sexual abuse counselling and prevention program. Support and counselling to families who have been affected by child sexual abuse.

Kids First Australia
Suite 1/62 Keon Parade
Thomastown
Victoria 3074
03-9450-0900 Office / Helpline
www.kidsfirstaustralia.org.au/
cps@cps.org.au

Traralgon

Local helpline 03-5175-9500
RAV is a community-based not for profit organisation with no religious affiliations. Our services are for all members of the community as family violence affects people from all walks of life. We offer counselling at our RAV centres. Counselling sessions are totally confidential and non judgemental.

Relationship Australia - Victoria
1/42 Kay Street
Traralgon
Victoria 3844
03-5175-9500 Office / Helpline
www.relationshipsvictoria.com.au
www.relationshipsvictoria.com.au/view-location/location/8
reception@rav.org.au

Wangaratta

Freecall 1800-806-292 24 hours
Free from most landlines
Umcasa provides FREE and confidential counselling for people affect by sexual assault recently or in the past. Our services are for male and female adults, young people, children and their parents or caregivers.
Duty Crisis counselling
Counselling, advocacy, information
Groups for victims / survivors
Support for family and friends
Outposted services in **Benalla** and **Wodonga**.
www.casa.org.au/contact-us/find-your-nearest-casa/?Postcode=3676

Upper Murray Centre Against Sexual Assault (UMCASA)
50 Docker Street
PO Box 438
Wangaratta
Victoria 3676
03-5722-2203 Office
www.benallaservices.com.au/home/service/339
www.centreatgainstviolence.org.au/

Warrnambool

Freecall 1800-806-292 24 hours South Western Centre Against

Free from most landlines
The South Western Centre Against Sexual Assault is funded by the state government and is a department of South West Healthcare.

Counselling and support for children men and women who have been sexually assaulted recently or in the past.

Counselling and support for women and children who are or have been victims of family violence.

24 Hour crisis response for assaults that have occurred within the past 14 days.

Group work, information & advocacy.
Regular Services from **Camperdown
Portland and Hamilton.**

Sexual Assault (SWCASA)
South West Healthcare
Ryot Street
Warrnambool
Victoria 3280
03-5564-4144 Office

casa@swh.net.au