

The **NSW Sexual Violence Helpline** supports **Aboriginal and Torres Strait Islander** people

We all have the human right to be safe from sexual violence.

The helpline supports anyone who has been impacted by sexual violence.

You can call to talk about sexual violence that has happened to you or someone else. Whether you're a victim-survivor, someone close to you has been affected, or a professional, we can support you.

No matter your age, gender, sexuality, background, or when the violence happened, we believe you. You are not alone. Counselling support is available whenever you need it.

We will support you whether you choose to report to services like the police or not, and whether you decide to stay in a relationship or leave it. We prioritise your safety and wellbeing above all else.

Feeling confused, scared, or angry is common. Many people don't tell anyone for years. That's okay - there's no time limit on seeking support.

How the NSW Sexual Violence Helpline can support you:

- Free, confidential trauma specialist counselling 24/7
- Someone to listen when you need to talk
- Support for you, your family and community
- Information about medical, housing, legal and other services
- Help to plan for safety and recovery
- Counselling support while you're waiting for other services

We will:

- Believe you
- Respect your privacy
- Respect your culture and identity
- Not judge you
- Support you to make informed decisions



 **1800 424 017**

Full Stop Australia

You have the right to feel safe and respected when getting help

Reaching out can be a hard step. We are here to listen to you and help you. You are not alone.



Scan this QR code with your phone camera for more information.

Sexual violence can happen anywhere

Sexual violence is when someone forces you into sexual activities you don't want, makes you feel scared to say no to sex or keeps pressuring you for sex after you've said no. It also includes when someone says sexual things to you when you don't want them to, forces you to look at sexual videos or pictures or takes private pictures or videos of you without permission, or controls your body, pregnancy, or birth control.

Sexual violence can happen anywhere - at home, work, or in public spaces - and doesn't require physical injury to be harmful. The person who caused harm might be someone you know, trust, or depend on. No matter who has caused you harm or what their standing in your family or community, sexual violence is never okay. What happened was not your fault.

When you call:

- You don't have to give your name or where you live
- You can share as much or as little as you want about what happened to you
- Hang up at any time and no one has to know you called
- Your story stays confidential
- You decide what help you need

Everyone's experience and recovery journey is unique

There is no shame in sharing your story. Silence about sexual violence can affect community, family and self. It can be difficult to talk about - even with those closest to you.

About us:

Full Stop Australia is here to support you - whether you are telling someone for the first time, going through a crisis, or working on healing and recovery. We identify the inter-related layers of trauma experienced by Aboriginal and or Torres Strait Islander people. We are totally committed to addressing the impacts of sexual violence through trauma-informed support that centres the values of community, family, and self in everything we do. All our counsellors have been trained in trauma and providing culturally responsive counselling. If you have any questions about what we do with the information you give us, please ask. If you feel that you did not receive a good service, please tell us.

Full Stop Australia operates on the lands of the Gadigal and Wangal people of the Eora Nation.

fullstop.org.au



Full Stop Australia runs the **NSW Sexual Violence Helpline**. We receive funding from the NSW Government.

