

The **NSW Sexual Violence Helpline** supports **LGBTQ+** people

**The helpline is for anyone who has been impacted by sexual violence.
We all have the human right to be safe from sexual violence.**

Whether you're a victim-survivor, someone close to you has been affected, or a professional, we can support you. You don't need to hide your sexuality, gender or relationships to receive support. We respect your choice of name, pronouns, and how you prefer to talk about your body and experiences.

We can support you

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

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.

We will:

- respect your sexuality, gender and relationships
- believe and support you
- not judge or discriminate
- respect your privacy

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

Our counsellors are here for you, even if you are unsure about what has happened to you. We can help you make informed decisions about possible next steps.



 **1800 424 017**

Full Stop Australia

No matter your age, gender, sexuality, background, or when the violence happened

We believe you. Our counsellors are here to support you.



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

Sexual violence can happen anywhere

Sexual violence is when someone touches you sexually or makes you do sexual things you don't want to do. It can include unwanted sexual talk, showing you sexual images, or taking private pictures of you without permission. It can be when someone makes you feel scared to say no to sex or when they keep asking after you say no. It can be when someone controls your body or pregnancy.

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, sexual violence is never okay. What happened was not your fault.

When you call:

Your call will be answered by a counsellor. You choose what personal information to share about yourself. You can call from a private number. You do not need to disclose all of the details of what happened for us to support you.

Everyone's experience and recovery journey is unique

Sexual violence can affect your relationships, mental health, work, and daily life. It can be difficult to talk about - even with those closest to you. 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.



Developed in collaboration with The Loud Way Home survivor advocates.

fullstop.org.au



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

