

The **NSW Sexual Violence Helpline** supports **Migrants and Refugees**

Everyone has the right to be safe from sexual violence.
We support anyone who has been impacted by sexual violence.

Whether you're a victim-survivor, someone close to you has been affected, or a professional, the NSW Sexual Violence Helpline can support you.

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

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:

- respect you and your culture
- believe and support you
- not judge or discriminate

We prioritise your safety and wellbeing above all else

You can access the NSW Sexual Violence Helpline regardless of your visa status.

All our counsellors have been trained in trauma and providing counselling to people of all cultures.

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.



 **1800 424 017**

Full Stop Australia

Everyone has fundamental human rights. We all have the right to be free of sexual violence.



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

The right to safety, dignity, and respect - no matter your cultural background, language or visa status.

Sexual violence is when someone:

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 look at sexual videos or pictures or takes private pictures or videos of you without permission, or controls your body, pregnancy, or birth control.

Everyone's experience and recovery journey is unique

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. Our counsellors are here for you, even if you're unsure about what happened. We'll help you figure out possible next steps.

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

Everyone has fundamental human rights.

You have the right to make your own decisions about:

- Your body and if you want to have sex
- Who you want to be in a relationship with
- When you want to end a relationship
- Having children and using birth control

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.

Designed in collaboration with survivor advocates and frontline workers

fullstop.org.au



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



National Relay Service