

The **NSW Sexual Violence Helpline** is a phone number you can call to talk about **sexual violence** that has happened to you or someone else.

Everyone has the human right to be safe from sexual violence. Reaching out can be a hard step. We are here to listen to you and help you. You are not alone.

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.

What happens when I call the helpline?

A **counsellor** will answer your call.

The counsellor can help you with your feelings and with sexual violence. They can help you understand your rights. They can help you decide if you want to tell the police. They can give you information about other services that can help you.

You do not have to give your name or any other **personal information** to the counsellor. You can choose what you want to share.



 **1800 424 017**

Full Stop Australia 

Our counsellors know how to help people with a disability

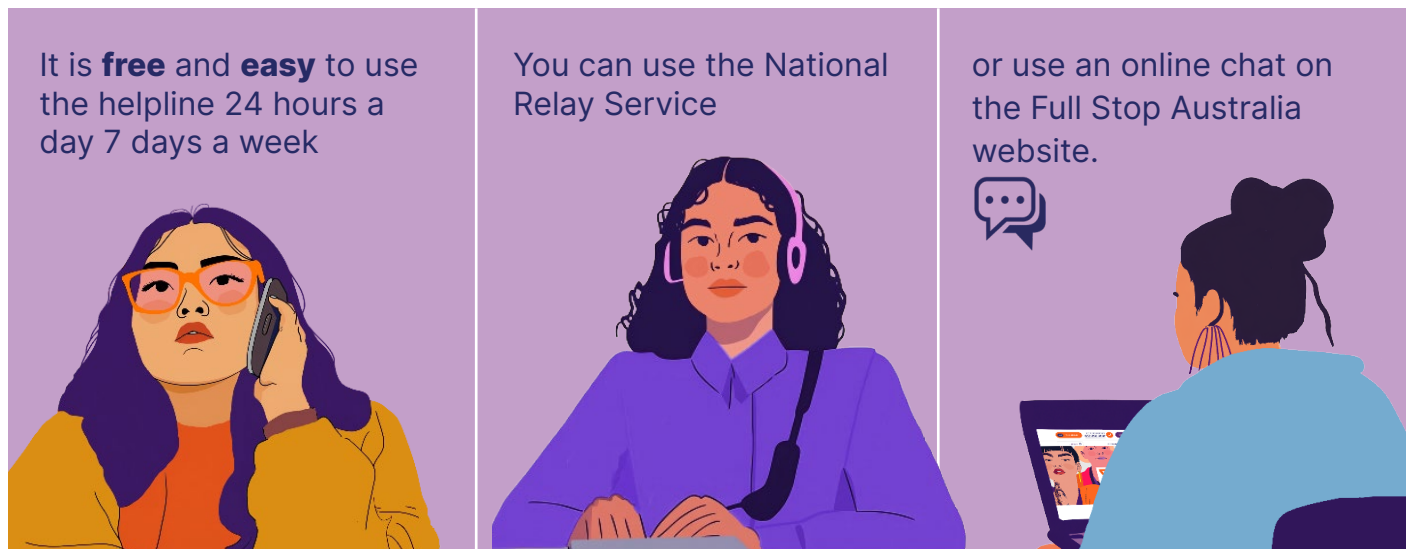
You will be taken seriously.
Our counsellors will take time to listen to you.



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

How can I contact the helpline?

The NSW Sexual Violence Helpline is open 24 hours a day, 7 days a week. Anyone can use the Helpline. Carers and support people can also call.



Glossary

Sexual violence is when someone forces you into sexual activities you don't want to do, 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, takes private pictures or videos of you without permission or controls your body, pregnancy, or birth control.

A **counsellor** is a professional who listens to your worries and problems. They can help you deal with difficult feelings. They can give you ways to handle tough situations.

Personal information means details about you and your life that are private. This includes your full name, where you live or your phone number. It also include things you do in private or details about your life that you don't want everyone to know.

Rights are the rules about what a person is allowed to do. You have the right to be safe and free from sexual violence. No one is allowed to force you into sexual activities - this is against the law. If someone hurts you, you have the right to get help.

Designed in collaboration with the Safer Me Safer You participant advisory group

fullstop.org.au



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

