

Digital Resources.

Looking to download any of these resources or social media tiles?

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We support and celebrate people of all genders, sexualities and diverse identities.



Full Stop Australia acknowledges the Traditional Custodians of Country throughout Australia, and their continuing connection to land, sea, and community. We pay our respects to them and their cultures, and to Elders both past and present.

Always was always will be Aboriginal land.

NSW Sexual Violence Helpline

social media tiles



Suggested Caption:

We believe you. You are not alone. Help is available.

Anyone in NSW impacted by sexual violence can access free, 24/7 and confidential trauma-specialist counselling via the NSW Sexual Violence Helpline.

Call the NSW Sexual Violence Helpline on 1800 424 017 or webchat at fullstop.org.au

Our service is also available for anyone supporting survivors of sexual violence including family and friends, health professionals and responders, workplaces and colleagues.

1800 FULL STOP (1800 385 578) social media tiles

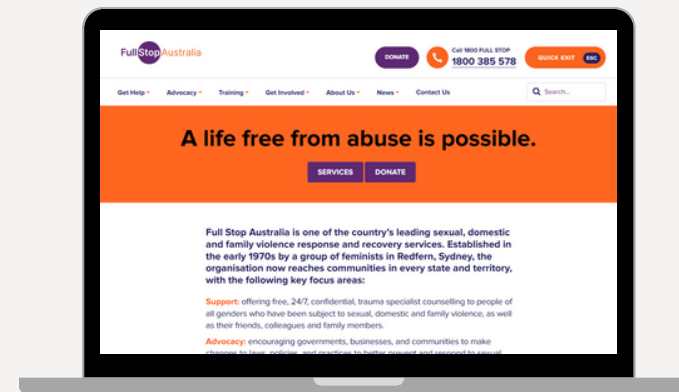


Suggested Caption:

Full Stop Australia provides trauma-specialist counselling for anyone in Australia who is or has experienced sexual, domestic or family violence.

Support is 24/7, free and confidential.
Call 1800 FULL STOP (1800 385 578) or webchat at fullstop.org.au

If you are in immediate danger, please call 000



Find us online:
fullstop.org.au

Rainbow Helpline and Redress Service

social media tiles



Suggested Caption:

Any LGBTQ+ person in Australia who has experienced sexual, domestic and family violence can access 24/7, free and confidential counselling via the **Rainbow Sexual, Domestic and Family Violence Helpline on 1800 497 212.**

Our trauma-specialist counselling services are also for family, friends and support networks of victim-survivors.



Suggested Caption:

Adults who experienced sexual assault in childhood and are involved in, or impacted by, the National Redress Scheme resulting from the Royal Commission into Institutional Responses to Child Sexual Abuse can get free, confidential, 24/7 support from Full Stop Australia's trauma-specialist counsellors.

Contact 1800 FULL STOP (1800 385 578) or the direct **National Sexual Abuse and Redress Support Service line 1800 211 028.**

Our service is also available for any supporters of someone who has been impacted by institutional child sexual abuse, including parents and professionals.

Information Resources

downloadable PDFs

Responding to Disclosures

1 page

RESPONDING TO DISCLOSURE.

When someone discloses sexual, domestic or family violence your response is **critical to their recovery** and decisions about what to do next. It can also be distressing.

- 1. Be compassionate and accept the disclosure:**
 - Always try to speak one-on-one with the person making the disclosure
 - Let them know you believe them and they are not to blame
 - Acknowledge and support their emotional responses
 - Let them know that it is alright to be upset
 - Try to avoid repeated questioning on aspects of their disclosure
- 2. Acknowledge their safety:**
 - Acknowledge the distress the person may be experiencing
 - Ask the person if they are safe. Consider: Is the abuse still happening? Is the person/s harming them in the workplace? Does the perpetrator know where they live, or are there any other threats?
 - Ask the person what they need to feel safe at this point and assess how you may be able to assist, i.e. identify support services
- 3. Demonstrate respect:**
 - Acknowledge the trust it took to make the disclosure
 - Ask them what they want to happen next
 - Explain that you are not a counsellor, you are able to listen and can refer them on while demonstrating respect for their choices



For more advice or support call the National Violence & Abuse Trauma Counselling & Recovery Service on
1800 FULL STOP
📞 1800 385 578



Coercive Control

1 page


Coercive Control.

Coercive control is a **pattern of behaviours** where one person creates a dynamic of power and control over another.

Coercive control is when an abuser **repeatedly hurts, frightens or isolates** another person. It is deliberate, ongoing and cumulative.

Some examples are:


- belittling
- demeaning
- undermining
- threats
- intimidation
- social isolation
- financial abuse
- monitoring or controlling where you go
- tracking or monitoring your online activity



Coercive control of a current or former partner is a crime in NSW. The law came into effect on 1 July 2024.

24/7, free and confidential trauma-specialist counselling for anyone in Australia impacted by sexual, domestic or family violence.

📞 **1800 FULL STOP**
1800 385 578
💬 fullstop.org.au



Supporting a loved one

6 pages

SUPPORTING A LOVED ONE THROUGH DOMESTIC OR FAMILY VIOLENCE. (DFV)

Developed by Full Stop Australia.

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Anyone in Australia impacted by sexual, domestic and family violence can access free, 24/7 trauma-specialist counselling.

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