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APPENDIX A

WHO GLOBAL CAMPAIGN FOR VIOLENCE PREVENTION

"EXPLAINING AWAY VIOLENCE" POSTER SERIES

2 Available online at:
CHILD ABUSE AND NEGLECT. Millions of children are abused and neglected by their parents or other caregivers. In some studies, 25–50% of children report severe and frequent physical abuse, including being beaten, kicked or tied up by parents. It is estimated that there were 57,000 homicides among children under 15 years of age worldwide in 2000. Very young children are at greatest risk; homicide rates among children aged 0–4 years are more than twice those among children aged 5–14 years.

Child abuse can be prevented. For more information, visit: www.who.int/violence_injury_prevention

GLOBAL CAMPANY FOR VIOLENCE PREVENTION
CONSEIL MONDIAL POUR LA PREVENTION DE LA VIOLENCE
SEXUAL VIOLENCE: Available data suggest that in some countries nearly 1 in 4 women report sexual violence by an intimate partner, and up to one-third of girls report forced sexual initiation.

Data also suggest that hundreds of thousands of women and girls throughout the world are bought and sold into prostitution each year, or subjected to sexual violence in schools, workplaces and health care institutions.

Sexual violence can be prevented. For more information, visit: www.who.int/violence_injury_prevention
VIOLENCE BY INTIMATE PARTNERS. Violence by intimate partners occurs in all countries and cultures, although some populations are at greater risk than others. The overwhelming burden of partner violence is borne by women at the hands of men. Studies show that 40–70% of female murder victims are killed by their husbands or boyfriends, frequently in the context of an ongoing abusive relationship. In some countries as many as 50% of women report being physically assaulted by an intimate male partner at some point in their lives.

Violence by intimate partners can be prevented. For more information, visit: www.who.int/violence_injury_prevention
SELF-DIRECTED VIOLENCE: About 915,000 people kill themselves worldwide every year, roughly one person every 40 seconds. For people aged 15–44 years, self-inflicted injuries are the fourth leading cause of death globally. Studies suggest that there are on average 20 attempted suicides for every completed suicide.

Self-directed violence can be prevented. For more information, visit: www.who.int/violence_injury_prevention
YOUNG PEOPLE AND VIOLENCE. Every year violence kills an estimated 200,000 young people aged 10-29 years; more than 540 deaths every day. For each young person killed by violence, an estimated 20-40 suffer injuries that require hospital treatment. Among young people involved in violence and delinquent behaviour, the presence of alcohol, drugs or weapons enhances the likelihood that injuries or deaths will be associated with violence.

Youth violence can be prevented. For more information, visit www.who.int/violence_injury_prevention
I'M PLAYING HIDE AND SEEK

VIOLENCE. Each year more than 1.6 million people worldwide lose their lives to violence. For everyone who dies as a result of violence, many more are injured and suffer from a range of physical, sexual, reproductive and mental health problems. Violence is among the leading causes of death for people aged 15-44 years worldwide, accounting for about 14% of deaths among males and 7% of deaths among females in that age group. Because it is so pervasive, violence is often seen as an inevitable part of the human condition.

Violence can be prevented. For more information, visit: www.who.int/violence_injury_prevention
COLLECTIVE VIOLENCE. The 20th century was one of the most violent periods in human history. An estimated 191 million people lost their lives directly or indirectly as a result of conflict, over half of whom were civilians. It is currently estimated that more than 800 people die every day as a direct result of conflict; more than 30 deaths each hour. Besides the many thousands killed each year, there are huge numbers who are injured, many of whom remain permanently disabled. A range of health problems, including malnutrition, increasing risk of infectious disease, and depression and anxiety also occur as a result of conflict.

Collective violence can be prevented. For more information, visit www.who.int/violence_injury_prevention
I ENJOY SPENDING MY DAYS ALONE

ELDER ABUSE. Abuse of older people is increasingly being recognized as a serious social problem. Older men and women are both at risk of abuse by spouses, adult children and other relatives. Surveys suggest that 4–6% of older people experience some form of abuse in the home. Mistreatment in institutions may be more widespread than generally believed. In cultures where women have inferior social status, older women are at risk of being abandoned when they are widowed and having their property seized.

Elder abuse can be prevented. For more information, visit www.who.int/violence_injury_prevention
Section 10

This section does not contain any further questions. However, it contains important information, including referral details, should you have any concerns. Feel free to print this section, and keep it for future reference.

SUPPORT & INFORMATION

This section contains information that you may be interested in as a result of completing the survey. If you feel distressed, or have any concerns during or after completion of the questionnaire, you are encouraged to seek assistance. You could discuss these with your doctor or a registered psychologist. Alternatively, you are encouraged to contact the services listed below. These include some Australia-wide services, as well as state-wide services listed under each Australian state (and the ACT & NT). All telephone counselling services are anonymous, and calls to 1800 numbers do not appear on a telephone bill. You are also welcome to discuss any concerns confidentially with the primary investigator, Andrea Stewart (via e-mail: tellsomeone@rmit.edu.au or telephone on (03) 9925 7648) or the supervising investigator Dr. David Smith (via telephone: (03) 9925 7523 or via e-mail: david.smith@rmit.edu.au).

National | VICTORIA | NSW | ACT | NT | QLD | SA | TAS | WA | Cathy... to the left is just an idea for navigating thru this section (and they dont work). Do what you think's best... Services for men who want to change their violent behaviour (and other headings...)

Information Services

Emergency numbers - who to call in a crisis...

Sexual assault
If you are worried that somebody close to you may have been sexually assaulted or you yourself have been sexually assaulted, you may wish to discuss this with your doctor, or the police, or should you prefer to retain your anonymity you may choose to contact the services below.

Engaging in sexual acts with someone when they do not give consent is a serious criminal offence, and can result in a 25 year jail sentence. Sexual assault information and resources are provided at the following websites:
http://www.casa.org.au (opens new window)
http://www.services.unimelb.edu.au/counsel/issues/assault.html (opens new window)

Young adult health
http://www.bcyh.com/SubDefault.aspx?p=160 Useful information on topics such as drugs, relationship violence, pressure to have sex, and much more.

Domestic violence
Extensive online information, resources, & an Australian and Overseas service directory is provided for survivors and workers:
http://www.dvirc.org.au/ Email address: dvirc@dvirc.org.au
Information regarding domestic violence services in Victoria is available at the following web address:

Gay & Lesbian Counselling & Community Services

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**Sexual health - Guidelines, information, and publications**

The following web pages provide information, practical guidelines, and publications related to sexual health (e.g., sexually transmitted infections) - some available for downloading:


**Risk-taking**

Almost everyone takes risks in their lives at some point, whether this be through entrepreneurship, travel, alcohol or substance use, gambling, truancy, defiance of road rules, or many other activities. Sometimes participation in these activities can be dangerous and illegal, and can cause significant personal problems. You can investigate some of these issues at the following websites:


**Drink spiking**

You can learn more about how to tell if your drink has been spiked, and how to avoid drink spiking, at the following websites:


**Australian Law Online**


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**Support Services - National**

**Police or Ambulance:**

Call 000 in an emergency for police or ambulance

**Lifeline:** (24 hours) [http://www.lifeline.org.au/](http://www.lifeline.org.au/)  Ph: 13 11 14

Lifeline is a 24-hour (7 day) free telephone (general) counselling service available to anyone, at anytime, and from anywhere in Australia. Well-trained Lifeline volunteer telephone counsellors are always ready to listen to you. You can also be sure that you will receive friendly and kind advice and that your information is strictly confidential. Lifeline helps people who may be thinking about suicide.

**Sexual Assault Referral Services (Australia-wide):**

Australasian Chapter of Sexual Health Medicine (Royal Australasian College of Physicians Adult Medicine Division). This web page provides a list of sexual assault services available across Australia: [www.acnep.org.au/sexual_health/assault.htm](http://www.acnep.org.au/sexual_health/assault.htm)

**Domestic Violence and Incest Resource Centre (DVIRC):**

Extensive online information, resources, & (Australian and Overseas) service directory for survivors and workers: [http://www.dvirc.org.au/](http://www.dvirc.org.au/)  Email: dvirc@dvirc.org.au  Tel: (03) 9496 9666 (Mon-Sat, 9am-5pm)  (03) 9417-2105 (TTY for hearing impaired callers)

**Gay & Lesbian Counselling & Community Services**


**Depression**


**Confidential Helpline:**

FREECALL: 1800 200 526

A confidential help line that has recently been established by the Australian Government as part of their "Violence against women: Australia says no" campaign. Provides information for young people, parents and the community on identifying and avoiding abusive and violent relationships and where to get help.

**Men's Line:**

Ph: 1300 789 978

The mission of Men's Line Australia is to provide relevant and accessible telephone counselling, information and referral in order for men to enhance their relationship capacities and manage the challenges encountered when faced with disruptions to their family life or their primary relationships. It also provides support and information for women and family members who are concerned about the welfare of their partners, husbands, or fathers.

**Public Sexual Health Clinics in Australia and New Zealand**

Australasian Chapter of Sexual Health Medicine (Royal Australasian College of Physicians Adult Medicine Division) This webpage provides a list of all sexual health clinics in Australia and New Zealand - available to download and print as a pdf file or to view online: [http://www.acnep.org.au/sexual_health/clinics/default.htm](http://www.acnep.org.au/sexual_health/clinics/default.htm)

**Translating and Interpreting Service:**

Telephone to gain access to an interpreter in your own language  Ph: 131-450

**Kids Help Line**


A useful website, information, and telephone, E-mail and web counselling for people under 25. Young people can email or ring to discuss issues such as abuse, neglect, and domestic violence, bullying, eating disorders, and suicide prevention.

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There are three ways that children and young people can talk to a counsellor through this service:
Telephone Counselling - 24 hours a day, 7 days a week, free from anywhere in Australia. To talk to someone now, the fastest way is to call the Kids Help Line and speak with a counsellor in person. Phone calls to 1800 55 1800 are free. Most mobile calls to 1800 55 1800 cost money and will be listed on your bill. Optus mobile calls to 1800 55 1800 are free and will not be listed on your bill. Young people who are not sure about talking to someone on the phone, or can't get to a phone, can use web counselling or email.

Web Counselling: Mon-Fri: VIC - 3pm to 9pm; NSW - 3pm to 9pm; QLD - 3pm to 9pm; TAS - 3pm to 9pm; ACT - 3pm to 9pm; SA - 1:30pm to 6:30pm; NT - 2:30pm to 8:30pm; WA - 1:00pm to 7:00pm
Saturday: VIC - 10am to 4pm; NSW - 10am to 4pm; QLD - 10am to 4pm; TAS - 10am to 4pm; ACT - 10am to 4pm; SA - 9:30am to 3:30pm; NT - 9:30am to 3:30pm; WA - 8:00am to 2:00pm

Email counselling is available 24 hours a week. Sometimes an email response can take a few days. Please remember that if your issue is an urgent one the telephone is still the fastest way of getting to a counsellor.

Relationships Australia (National Office)  FREECALL 1300 364 277
By calling this free number, you will automatically be directed to your nearest Relationships Australia office.
Relationships Australia offers resources, including online relationship counselling and information to couples, individuals, and families to help enhance and support relationships.

Alcoholics Anonymous  Visit the website for an Australia-wide meeting directory and other information  http://www.aa.org.au/

Family Law Hotline  A free national telephone service providing information about the family law system and local services.
FREECALL 1800 050 321  Monday to Friday 8am to 8pm

Regional Law Hotline  A free telephone service for regional and rural Australia providing family law & general legal advice.
FREECALL 1800 905 400  Monday to Friday 9am to 6pm

Support Services - Victoria

General Assistance -

Police  For urgent assistance, ring 000
For non-urgent police assistance, contact your local police or the Community Policing Squad for issues relating to domestic violence.
Victoria Police also have 31 Sexual Offences & Child Abuse Units (SOCU) located across Victoria, staffed by experienced, specialized police members trained to assist in responding to and investigating adult sexual assault and child abuse. Contact your local police, visit the website, or call (03) 9247 6636.

Victims Referral And Assistance Service (VRAS)  For help in dealing with the effects of crime, Helpline Tel: (03) 9603 7979  FREECALL Country helpline 1800 619 817
VRAS operates a telephone helpline, staffed by trained professional advisers who can advise callers what steps they may take to manage the effects of crime. VRAS also administers the Victims Counselling Scheme which provides immediate short term counselling to eligible victims.

Women's Information and Referral Exchange (WIRE)  Information, support, and referral for women. Telephone service: 9am - 5pm M-F Tel: 1300 134 130.
Heating impaired callers please call the National Relay Service on 13 36 77
Walk in Centre, 210 Lonsdale Street, Melbourne. Open 10:30-5pm Mon-Fri.
http://www.wire.org.au/  Email: inforequests@wire.org.au

Child Protection Crisis Line  Contact this number to report concerns of child abuse. Toll free within Victoria (24 hours) Tel: 13 1278

Gamblers Help 24 hours, 7 days a week.  FREECALL 1800 156 789, TTY 1800 777 706
Gamblers Help (which was called G-Line) may be able to help if gambling is affecting your life. You can call for confidential crisis telephone counselling, & referral to services such as financial counsellors and government funded specialist gambling services.

Gamblers Anonymous (24 Hours) Tel: (03) 9696 6108
http://www.parentline.vic.gov.au
Parentline Tel: 132 629 8am to midnight Monday to Friday, 10am to 10pm on Saturdays and Sundays.
Parentline is a confidential telephone counselling service you can call to discuss any parenting issue.

Domestic Violence -

Information about domestic violence services in Victoria (and across Australia) is available at the following web addresses:

Domestic Violence and Incest Resource Centre (DVIRC), 292 Wellington St Collingwood 3066

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Provides telephone counselling, information, and referral to local services for survivors of domestic violence and incest. Extensive information, resources, & (Australian and Overseas) service directory for survivors and workers: http://www.dvirc.org.au/
Tel: (03) 9486 9866 (9am-5pm Mon - Fri) TTY (for hearing impaired callers) Tel: (03) 9417-2155 Email: dvirc@dvirc.org.au

Women's Domestic Violence Crisis Service of Victoria (WDVCSV)
24 hour, 7 day Crisis Line: (03) 9373 0123 FREECALL 1800 015 188
Provides confidential information, crisis support, and access to safe accommodation or refuges for women and their children. Contact the service to discuss your situation and the support you need. The WDVCSV can act rapidly when necessary, and if needed, provide practical support such as transport. This service is busy and it may be difficult to connect with, but if you keep trying, you will get through. Administration line (03) 9329 8525 (Mon-Fri).

Domestic Violence Outreach Workers
Domestic Violence Outreach Workers are located throughout Victoria, and are able to offer support to women escaping domestic violence. The workers understand that women in this situation need practical, emotional, financial, and legal support. Call the Women's Domestic Violence Crisis Service for the number of your local outreach worker or go to http://www.dvirc.org.au/resources/c-contact.html

Immigrant Women's Domestic Violence Service
Tel: (03) 9888 3145 (Mon-Fri 9.00-5.00)
Provides support and information to immigrant women in their primary language.

Services for partners who want to change their abusive or violent behaviour -

Lifeline Tel: 131 114 (National)

Men's Referral Service
12pm-9pm M-F (03) 9428 2899 or FREECALL 1800 065 973 (call back service other hours)
Free, confidential and anonymous advice for men who are making their first moves towards taking responsibility for their violence or abusive behaviour toward their partner or family members. http://www.mre.net.au/

Sexual Assault -

Statewide Sexual Assault Helpline FREECALL: 1800 806 292
(Takes you to the local CASA during the day and after hours to the Statewide Sexual Assault Crisis Line.)

Centres Against Sexual Assault (CASA):
Melbourne metropolitan area: (03) 9344 2210 (Daytime). After Hours: (03) 9349 1786 TTY (03) 6349 2466 FREECALL 1800 806 292 http://www.casahouse.casa.org.au/ Email: casas@mft.org.au http://casa.org.au/ CASA offers statewide 24 hour crisis care and services responding to the needs of both recent and past survivors of sexual assault. Information on legal, medical, and police procedures, as well as counselling, support, and advice is available. All services are free and confidential and available across metropolitan Melbourne and rural Victoria, to all victim/survivors of recent and past sexual assault, regardless of gender, and to non-offending family members, partners, and friends.

Sexual Health Services and Information -

Action Centre for Young People Under 25s drop-in centre: 12-6pm. The Action Centre provides free or low cost information, counselling, medical services, test results, education, support groups, and referral for young people with concerns about contraception, sexuality and gender issues, pregnancy and unplanned pregnancy, sexually transmitted infections, sexual decision making, sexual abuse, and relationships.
Box Hill, 501 Whitehorse Rd, Tel: (03) 9257 0100
City, Level 1, 92-94 Elizabeth St, Tel: (03) 9654 4766
Bookshop & Library Tel: (03) 9257 0146

Family Planning Victoria Inc FPV offer reliable, up-to-date, and non-judgmental information and services related to contraception, family planning, safe sex, and sexual and reproductive health.
Box Hill, 501 Whitehorse Rd, Tel: (03) 9257 0100
City, Level 1, 94 Elizabeth St, Tel: (03) 9650 4700
Bookshop & Library Tel: (03) 9257 0146

Sexual Health Information Line: FREECALL 1800 451 624

Gay Men's Sexual Health Hotline:
http://www.phyest.org/ FREECALL 1800 009 448

HIV/AIDS (Aids Line)
Tel: (03) 9347 6099 FREECALL 1800 133 392

Gay, Lesbian, Bisexual, Transgender, & Intersex Counselling & Support Services -

Gay & Lesbian Switchboard
http://www.gls.org.au/; (opens new window) FREECALL 1800 184 527
Metropolitan Area - (03) 9627 8544
Gay & Lesbian Switchboard aims to actively strengthen Victoria's lesbian, gay, bisexual, and transgender communities, primarily by delivering free, confidential, anonymous, quality telephone counselling, referral to face-to-face counselling (including youth programs), and other services (such as names of gay and lesbian friendly contacts in some large mainstream organisations, and advice for family & friends) provided by trained gay or lesbian volunteers. Counselors are available daily from 6pm until 10pm, and Wednesdays from 2pm until 10pm.

Gay & Lesbian Counselling & Community Services
Information, links, and Australia-wide Directory for gay, lesbian, bisexual, transgender, and intersex individuals: http://www.giccs.org.au

TransGender Victoria Inc
Information and links for transgender people: http://home.vicnet.net.au/~victrans/index.htm
Telephone for support, questions, advocacy, education, etc. (+613) 9517 6613 (voicemail)
Email: transgendervictoria@yahoo.com.au

Androgen Insensitivity Syndrome (AIS) Support Group Australia Inc (A004139BU)
A peer support, information, and advocacy group for people affected by AIS and/or related intersex conditions, and their families (both in Australia and overseas). Contact - Postal: P.O. Box 1068, Altona Meadows Victoria 3028 Australia.
Tel: Australia: (03) 9915 8609 International: +61 3 9515 6809 http://home.vicnet.net.au/~aisag/

PFLAG (Parent Friends of Lesbians and Gays)
Social and support opportunities for parents of gay, lesbian, bisexual, and/or transgender children. Tel: (03) 9827 8408 http://www.pflag.org.au/

Drugs and Alcohol -

Direct Line (24 hrs, 7 days - Confidential alcohol & drug counselling, referral, & information line)
Tel: (03) 9416 1818 FREECALL 1800 888 236

Youth Substance Abuse Service (YSAS)
24-hour counselling, support and referral for 12- to 21-year-olds FREECALL 1800 014 446

Alcoholics Anonymous (03) 9429 1833 Visit the website for an Australia-wide AA meeting directory and other information http://www.aa.org.au

Buoyancy Foundation
Tel: (03) 9429 3322 Hearing impaired callers: TTY (03) 9421 8986 http://www.buoyancy.org.au/ Email: info@buoyancy.org.au

Family Drug Help
Support service staffed by trained volunteers and professional counsellors Tel: 1300 660 068

Druginfo Clearinghouse
For information Tel: 1300 85 85 84

RMIT University Counselling Services -

RMIT University Psychology Clinic Ph: 9925 7376

Student Counselling Service http://www.rmit.edu.au/counselling/ (opens new window) Ph: 9925 4365

Counselling & Support Services outside Victoria -

New South Wales

Domestic Violence Line
24hr telephone support and referral. Ph: 1800 656 463 or TTY: 1800 671 442

Domestic Violence Advocacy Service
For women victims of domestic violence. Ph: 1800 810 784 or (02) 9637 3741 (weekdays)

Gay & Lesbian Line
(02) 8594 9596 (5.30-10.30pm, 7 days) FREECALL 1800 184 527

The Gender Centre
Services for people with gender issues. 75 Morgan Street (P.O. Box 266) Petersham NSW 2049
Tel: (02) 9599 2369 http://www.gendercentre.org.au/

 Rape Crisis Centre
Ph: (02) 9819 6666, Country FREECALL 1800 424 017, TTY: 9181 43 49

Dympna House
For survivors of sexual abuse. Mon-Fri. Ph: 1800 654 119 or (02) 9797 6733.

Department of Community Services Help Line (Child abuse)
Tel: 132 111 (24 hrs)

Women's Legal Resource Centre
Legal advice and referral. 1800 801 501 or (02) 9749 5533.

Indigenous Women's Legal Contact Line
FREECALL 1800 639 784

Immigrant Women's Speakout Association
For migrant & refugee women who are victims of violence. Counselling, bilingual workers
Mon-Fri 9.30-5pm. Ph: (02) 9635-8022

Lismore Child and Adolescent Sexual Assault Counselling Service
Ph: (02) 6621-9861, after hours 24 hr Crisis line (02) 6621 8000

Relationships Australia
Contact your nearest Relationships Australia office by dialing FREECALL 1300 364 277
(Note: This is also a service for partners who want to change their abusive or violent behaviour)
Australian Capital Territory

Domestic Violence Crisis Service
24hr telephone counselling, support, access to safe accommodation.
Ph. (02) 6280 0890,TTY: Ph. (02) 6247 0893
(This is also a service for partners who want to change their abusive or violent behaviour)

Canberra Rape Crisis Centre
Sexual assault counselling (24 hr) Ph. 6247 2525

ACT Health Services: Alcohol & Other Drugs
One phone call is all it takes - 24 Hour Helpline: (02) 6207 9977. All referrals & initial contact with this service can be made by calling the helpline.
This service provides information, advice, referral, intake, assessment, & support for individuals, family and friends, GPs, other health professionals, business & community groups. http://health.act.gov.au/ch/health/a-da&sid=10038160

Gay & Lesbian Line
(02) 8594 9596 (9.30-10.30pm, 7 days) FREECALL 1800 184 527

t.h.r.o.b. telephone, help, referral, outreach bureau
(02) 6247 2706 Information, referral, support - gay and bisexual men’s issues; sexual health testing information; safe sex & injecting drug use information. Live operators: 6 pm to 10 pm Monday to Friday. Recorded information other times.

w.i.sh. women’s information and support line
(02) 6257 4915 Information, referral and support - HIV/AIDS information; partner having sex with men? Son or daughter "coming out"? Live operators: 6 pm to 10 pm Tuesdays. Recorded information other times.

Aids Action Council
Information and services for gay, lesbian, bisexual, transgender, and intersex people, their friends and families http://www.aidsaction.org.au/

Anocon:/
(Incast Centre) Ph. (08) 249 6370

Women’s Legal Centre
Ph. 1800 634 669

Family Services (protection of children from abuse) (02) 6207 1069 or (02) 6207 1466

Q-Line (Support for gamblers)
24 hours, 7 days a week FREECALL 1800 633 835

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Northern Territory

Gay & Lesbian Telephone Counselling: The Northern Territory does not currently have a Gay & Lesbian Telephone Counselling Service. However, the following services may be of help to you:

Gay & Lesbian Men’s Line Telephone Service FREECALL 1800 181 888 (Sun, Mon, & Tues 5.30-10.30pm) OR, Northern Territory AIDS & Hepatitis Council (08) 8941 1711 FREECALL 1800 880 899 Email: info@ntahc.org.au
Website: http://www.ntahc.org.au/

If these organisations are unable to assist you, callers from outside Darwin may call 1800 184 527 between 7.30pm & 10.30pm local time. Your call will be diverted to the Gay & Lesbian Counselling Service of South Australia.

Domestic Violence Counselling Service
Darwin, 9-5 Mon-Fri Ph. (08) 8945-6200

Crisis Line
General crisis counselling (24hr)
FREECALL 1800 019 116
(This is also a service for partners who want to change their abusive or violent behaviour)

Sexual Assault Referral Centre
Counselling, support, information, & 24hr crisis care for recent sexual assault Darwin Ph. (08) 8951-5884 (24hr)

Women’s Information Centre
Referrals Ph. (08) 8951-5880

Ruby Gann House
Sexual assault counselling service
Mon-Fri 8.30-5
Ph. (08) 8945-0155

Family & Children’s Services (Child protection) (08) 8951 5170

Building Safer Communities
Information, resources, and links for ways to build safer communities. Topics such as substance abuse, crime prevention, children and young people, preventing violence, & engaging Aboriginal culture and communities http://www.nt.gov.au/justice/pschtwm/
Alcohol and Drug Information Service (ADIS)
Tel: 1800 131 350 Offers 24-hour 7-day telephone counselling, information, & referral for people with an alcohol or drug problem
http://www.nit.gov.au/health/healthdev/g09pd03.shtml

Anity Community Services
Anity provides services in relation to behaviours of habit including alcohol, other drugs, gambling and eating issues. These include treatment and education programs on a range of topics (e.g., Drink Drive Education, assertiveness training, relapse prevention, anger management, social skills, stress management, leisure skills, problem-solving, goal setting; daily living skills, communication & vocational skills) Tel: (08) 8981 8030
Territory Wide: 1800 629 683 Address: 155 Stuart Highway, Parap NT 0820
GPO Box 3628, Darwin NT 0801 Email: habitwise@anity.org.au

Gamblers Help Line (Support for gamblers)
City Tel: (08) 8981 8030 Rural FREECALL 1800 629 683

Queensland

Gay & Bisexual Men's Line Telephone Service
FREECALL 1800 181 888 (Sun, Mon, & Tues 5.30-10.30pm)

Gay & Lesbian Welfare Association
(07) 3252 2997 (7-10pm) FREECALL 1800 184 527

Domestic Violence Telephone Service
Ph. 1800 811 811 or TTY: 1800 812 229

Brisbane Rape & Incest Survivors Support Centre
Ph. (07) 3391-0004 or Country callers Tel: 1800 242 526

Statewide Sexual Assault Helpline (Sun - Thurs) Ph. 1800 010 120

Zig Zag Young Women's Resource
Brisbane: Mon-Fri 9am-5pm. Ph. (07) 3843 1823

Immigrant Women's Support Service
Support for immigrant or refugee women who are victims/survivors of domestic violence. Bilingual workers
Mon-Fri 9-5, Ph. (07) 3846 5490 (domestic violence) or (07) 3846 5400 (sexual assault)

Child Protection Crisis Care (24 hrs)
Tel: 1800 177 135

Men's Info Line
Advice on relationships, health, domestic violence
FREECALL 1800 600 626
(This service is also for men who want to change their abusive or violent behaviour)

Women's Legal Service (legal advice)
Ph. (07) 3802 0670 or 1800 677 276

Alcohol, Tobacco and Other Drug Services (ATODS - Alcohol and Drug Information Service (ADIS)
A 24 hour alcohol and drug information service. For information regarding the location of your nearest alcohol, tobacco, and other drug service, please call, or visit the websites for other useful resources and links:

Gamblers Help Line (Support for gamblers)
FREECALL 1800 222 050

South Australia

Youth Healthline
Tel: 1300 13 17 19 (local call cost from anywhere in South Australia). Assistance for all sorts of problems

Gay & Lesbian Counselling Service
(08) 8334 1623 (Mon-Fri 7-10pm, Sat 2-8pm & 7-10pm) FREECALL 1800 182 233

Domestic Violence Crisis Service
Crisis counselling, support, referral to safe accommodation 1300 782 200 (24 hours). After hours Crisis Care Ph. 131 611

Crisis Care
After hours crisis support (for problems involving violence, abuse, suicide, child protection, etc)
4pm-8am plus weekends & public holidays. Ph. 131 611

Yellow Place
Rape & sexual assault services, information, & useful websites (24 hr) http://www.yellowplace.sa.gov.au/
Ph. (08) 8220 8777 After Hours and Emergency: (08) 8220 8777 FREECALL: 1800 817 421

Domestic Violence Help Line
Telephone counselling & information about services for those affected by domestic violence or who are troubled by their own behaviour FREECALL: 1800 800 098 (24 hrs) (Note: This is also a service for partners who want to change their abusive or violent behaviour)

Women's Information Service of South Australia
Ph. (08) 8303 0590 or 1800 188 158
Women's Legal Service
Advice line (08) 6221 5553

Family & Youth Services
(Child Abuse Report line) Tel. 131 476

Drug & Alcohol Services Council (DASC) - Alcohol and Drug Information Service (ADIS)
A 24-hour telephone information, counselling, and referral service for the general public, concerned family and friends, students and health professionals. ADIS is staffed by trained professionals with experience in the alcohol and other drug field.
FREECALL 1300 131 340

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Tasmania

Working It Out: WIO Inc. (Gay & Lesbian Services)
PO Box 377 North Hobart 7002
Hobart office and mobile telephone: (03) 6222 7688 & 0417 530 621
North West office telephone: (03) 6434 6474
Launceston/North West mobile: 0438 346 122

Sexual Health Branch FREECALL 1800 676 859
60 Collins St, Hobart (03) 6233 3857
42 Canning St, Launceston (03) 6336 2316
23 Stew St, Devonport (03) 6421 7759

Domestic Violence Crisis Service
Mon-Fri 9am-Midnight, Weekends 4pm-Midnight.
Ph. (03) 6233 2529 or 1800 633 937

Sexual Assault Support Services
Telephone & face-to-face counselling
Hobart & Southern: Ph. (03) 6231 1811 (24hr - paging service after hours).
Launceston: Ph. (03) 6334 2740. Nth West: Ph. (02) 9431 5711

Women's Legal Service
Ph. 1800 682-488 or (03) 6224-0974

Children - intake & assessment service (child abuse)
(03) 6230 7650

SHE (Support, Help & Empowerment)
Telephone & face-to-face counselling for women affected by abusive relationships
Ph. (03) 6279-9099

Gamblers Help Line (Support for gamblers)
24 hours, 7 days a week FREECALL 1800 000 973

Alcohol and Drug Information Service (ADIS) - Tasmanian Department of Health & Human Services: Alcohol & Drugs
A 24-hour free telephone counselling, support, & referral service for drug and alcohol related issues
FREECALL 1800 811 964
Visit the website for a statewide service directory and other resources

Centacare
Tel. (03) 6278 1660 Centacare has offices around Tasmania. Its programs include: Family support, parenting programs, employment training, children's programs, adoption, help combating family violence (including crisis intervention counselling and group programs for perpetrators of violence).
(Note: Centacare also offers services for partners who want to change their abusive or violent behaviour)

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Western Australia

Gay & Lesbian Counselling Service (08) 9420 7201 (7:30-10:30pm)

Youth Line (08) 420 7201 (Tues 1-4pm)

Women's Refuge Group
Telephone support, referral to safe accommodation
9-5 Mon-Fri. Ph. (08) 9227 1542

Crisis Care Line
24hr crisis support (for problems involving violence, child protection, suicides, etc)
Ph. (08) 9325 1111 or 1800 199 008. TTY: (08) 9325 1232

Sexual Assault & Referral Centre
Telephone and face to face counselling, female doctors
24hrs. Ph. (08) 9340 1828 or 9340 1829 or country callers Ph. 1800 199 888

Women's Refuge & Multicultural Service
Outreach support for immigrant women who are victims / survivors of domestic violence
Ph.(08) 9325 7716

G-Line (Support for gamblers)
24 hours, 7 days a week FREECALL 1800 622 112

Alcohol and Drug Information Service (ADIS)
Common myths surrounding rape

Myth: Rape within a marriage or relationship can not occur as it is the woman's/man's duty to provide sex

Fact #1 It is NOT acceptable for somebody to scare, threaten, or force you into doing things that make you feel unhappy or uncomfortable, whether you are in a relationship or not. You do not have to have sex with someone just because you are in a relationship or because you have had sex together in the past.

Myth: Rapists are usually strangers lurking in dark alleyways

Fact #2 Most victims know their rapists. The majority of rapes are perpetrated by acquaintances, dates or marital partners in places where the victim usually feels safe, such as in their own home or their dates home.

Myth: Men can not be raped

Fact #3 Men are raped. Approximately 10% of rapes reported involve male victims and this number appears to be rising. A man can be raped regardless of size, strength, sexuality, or appearance.

Myth: Women/Men often falsely report rape

Fact #4 The percentage of false allegations is extremely low and the percentage of false allegations is similar to those of other crimes. Individuals are much more likely to not report a rape than to make false allegations of rape.

Myth: Only certain types of men/women get raped

Fact #5 People of all classes, ages, genders, professions, sexual orientations, intelligence levels, and races can be and are raped.

Myth: Rape victims complain too much about rape and exaggerate how adversely it affects them

Fact #6 It is estimated that approximately 60% to 90% of rapes go unreported. Thus, rape victims do not say enough about their crime and need to be encouraged and supported to come forward.

Myth: Only homosexual men rape other men

Fact #7 Most men who rape other men identify themselves as heterosexual. Rape is a crime of violence, anger, and control.

Myth: Any healthy man/woman should be able to fight off an attacker

Fact #8 Surprise, threats, intimidation, a weapon, being out numbered, being intoxicated, or frozen by fear makes fighting back impossible for most victims of rape.

Myth: Rape requires physical and verbal resistance from the victim

Fact #9 Just because somebody does not physically resist does not mean they are consenting. If they say NO, It means NO. If they do not say anything, a person's silence can be their NO.

Myth: Male rape is only a problem in all-male institutional settings

Fact #10 Male rape is not just a problem within prisons. It also occurs within the community. Rape can happen to any man or woman at anytime and at any place.

Myth: Rape is a spontaneous sexual act and people rape due to uncontrollable sexual urges

Fact #11 The majority of rapes are planned in advance. Rape is not a sexual act. It is a violent act that uses sex as a weapon. People can control their sexual urges if they really want to. No sexual urge gives somebody the right to rape.

Myth: Women/Men secretly desire or asked to be raped and some women/men deserve to be raped

Fact #12 Rape is a serious crime that can have devastating affects upon the victim. NOBODY enjoys, desires, asks, or deserves to be raped. Regardless of how people look, dress, or behave (etc.), they do not invite or deserve rape.
Myth: Rape is usually committed by a maniac and rapists usually come from lower class backgrounds

Fact #13 Most rapists are ordinary people and very few are referred for psychiatric treatment. Most rapists are known to the victim - they are not some psychotic stranger.

Myth: It is OK to force somebody to have sex with you as long as you do not hurt them

Fact #14 It is NEVER ok to force anybody to have sex with you. They must give consent. Having sex with someone when they do not want to is a serious criminal offence, even if you do not use physical force or a weapon, or have had sex together in the past, or you believe you have not hurt the other person. If you are guilty of raping somebody you could spend 25 long years in jail

Myth: It is OK to have sex with someone when you are intoxicated or when they are intoxicated

Fact #15 If you are so intoxicated that you do not know if the other person is consenting - stop, this may be rape, if the other person is so intoxicated they may not be able to give informed consent - stop, this is rape!

What is rape?

Legal definitions of rape and consent vary somewhat between states. Below are general guidelines but these should not be substituted for professional legal advice that applies to the state or territory in which you live.

Generally speaking.....

Rape can be defined as occurring when someone does not agree (consent) to penetration (to any extent) of the vagina or anus by a penis, or by an object, or by another part of the attacker’s body such as a finger or tongue, or to mouth-to-genital contact. (Vagina includes the external genitals and surgically constructed vaginas). Failure to withdraw upon becoming aware that a person might not be consenting is also rape. In no case where rape is charged is it necessary to have an emission of semen.

Without the person’s consent, it is also unlawful to touch a person in a sexual way (like touching another person’s vagina, penis, anus or breasts), or to perform a sexual act with a person or in front of them.

Consent means free agreement. Giving consent on an earlier occasion to another sexual act with the person or another person does not constitute consent to an act on another occasion. Consent is necessary no matter what relationship exists between the individuals. Under most definitions, circumstances in which person does not freely agree to an act include when:

- a person submits because of force, or is afraid of the use of force against themselves or someone else (including forms of harm other than physical force)
- a person submits because of fear of harm of any type to themselves or someone else
- a person submits because of being held captive (which is also against the law)
- a person is asleep, unconscious, or so drunk or under the influence of another drug as to be incapable of freely agreeing
- a person does not understand the sexual nature of the act
- a person is mistaken about the sexual nature of the act or about who the person is who is performing it
- a person believes mistakenly that the act is being performed for medical or hygienic purposes.
- a person is under the age of 10 (even if they agree)
- a person is under the age of 16 and the other person is more than 2 years older (even if they agree) (Exceptions to this may be if the person believed the young person was over 16 or believed they were married to the person.) (Note: Variation exists between states)
- a person is under the age of 16 and the other person is in a position of authority over the person (even if they agree) (Exceptions to this may be if the person believed the young person was over 16 or believed they were married to the person.) (Note: Variation exists between states)

The information on this site should not be used as an alternative to professional care and assistance. If you have a problem, you should seek assistance by contacting a professional agency and speaking to someone who can help you.

Thank you for your participation

Other Domestic Violence & Sexual Assault services in Australia:

The following are contact numbers for some of the crisis and support services for survivors of domestic violence or sexual assault. (PLEASE NOTE: for numbers of resource centres, other local services, or for the administration phone numbers of the services listed, please refer to your phone book):

Support groups & online chat, bulletin boards etc.

Services in the USA

Domestic Violence Outreach Services:
Offer women and children who are enduring or escaping from a violent partner practical support and information about safe accommodation options, obtaining legal advice, accessing financial entitlements, referrals to counselling and other services.
Contact times are usually are usually within business hours.
Support workers specifically for children may be available through your local service.

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<th>Rural / Regional services (Victoria)</th>
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<tr>
<td><strong>Eastern Region</strong></td>
<td><strong>Barwon South West Region</strong></td>
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<td>❦ Ringwood 9870-5939</td>
<td>❦ Geelong 5224-2903</td>
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<td>❦ Warrnambool 5561-1934</td>
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<td>❦ Hamilton 5571-1778</td>
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<td>❦ Taranga 5562-3478</td>
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<td><strong>Northern Region</strong></td>
<td>• Ph: 9458-5788 (10am-4pm Mon-Fri)</td>
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<td>• Portland 5521 7937</td>
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<td>• Casterton 5581-2109</td>
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<td><strong>Gippsland region</strong></td>
<td>• Balnarring 5152-1863</td>
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<td>• Leongatha 5562-4502 (freecall 1800 221 200)</td>
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<td>• Warragul 5623-4168</td>
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<td><strong>Southern Region</strong></td>
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<td>• Rosedown 5982-2963</td>
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<td>• Gandenong 9791-6111</td>
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<td><strong>Grampians region</strong></td>
<td>• Horsham 5382-6669 (freecall 1800 013 431)</td>
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<td>• Ballarat 5333-3666</td>
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<td>• Wangaratta 5721-8277</td>
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<td>• Wodonga (02) 6056-1550</td>
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