



**CENTRE AGAINST
SEXUAL ASSAULT**
CENTRAL VICTORIA

Counselling & support for adults

For people who have experienced sexual assault



Counselling & support for adults

We provide free, confidential counselling and support for anyone who has experienced sexual assault recently or in the past.

Following trauma there can be a range of effects people experience. These can include:

- anxiety and depression
- shame and guilt
- anger
- flashbacks or nightmares
- loss of trust
- powerlessness
- headaches, and or abdominal pain
- difficulty maintaining relationships, employment or leisure activities.
- difficulty concentrating

You may have experienced all or some of these, or completely different reactions.

There are no right or wrong feelings, or way you're expected to respond following sexual assault.

Immediate support for recent assault

There is 24/7 support available providing practical assistance and information if you have recently been sexually assaulted. Recent means within the past 14 days. Support can include exploring your options about reporting to police or preparing to make a statement. It may include support for medical care or during a forensic examination if this is required. At all times you have the right to decide what options you take.

We also provide support to link you in with other services including health and legal services.

What you can expect for counselling & support

We provide feminist, trauma informed counselling which is collaborative and client-centred. Counselling is non-judgemental, within a safe and supportive environment and we will work at your pace.

There is no pressure to give explicit details about what happened to you. Trauma recovery can focus on how to manage difficulties that may arise now because of the sexual assault.

Counselling is confidential – unless there are safety concerns for you or someone else. Counselling may be short, medium or long term depending on your needs. Your counsellor will discuss this with you.

We also offer counselling support for non-offending family members, carers and friends of people impacted by sexual assault. Telephone counselling is available for people who are distressed, anxious, experiencing trauma symptoms or in need of information.

Counsellors use various therapeutic modalities including Acceptance and Commitment Therapy, Art Therapy, Sensorimotor Psychotherapy, Family Therapy, Internal Family Systems (IFS) and Eye Movement Desensitisation and Reprocessing (EMDR).

CASA Central Victoria
Weekdays 9am-5pm
(03) 5441 0430

**Calls outside office hours are diverted to
Sexual Assault Crisis Line (SACL)**

After-hours confidential, telephone crisis counselling service for recent and past sexual assault. 5pm through to 9am weeknights and throughout weekends and public holidays.

1800 806 292 (Free call)

CASA also offers specialised advocacy, secondary consultation, community education and professional training within the community and across the sector.



For more information contact
CASACV

71 Bridge Street, Bendigo VIC 3550

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casacv.org.au

CASACV acknowledges the traditional owners of this Country.
We acknowledge their living culture and their unique role in the life of
the Loddon Campaspe region.

CASACV celebrates cultural diversity, and we welcome people of all race,
religious or political views, sexual orientation or gender identity.

