



**CENTRE AGAINST  
SEXUAL ASSAULT**  
CENTRAL VICTORIA

# Counselling & support for children

For children who have experienced sexual assault



## Counselling and support for children

We provide free, confidential, trauma-informed counselling and support to children and their family affected by sexual abuse. Our counsellors are all highly qualified professionals, experienced in working with children and families.

Following sexual abuse, children can experience a range of emotions. Common feelings are:

- confusion
- anxiety
- like they're always on the lookout for danger
- distress from intrusive flashbacks or thoughts
- overly tired from not sleeping because of nightmares
- struggling to maintain friendships or play with other children
- generalised worries.

They may be teary and clingy, or angry and distant. They may not even show any emotion at all. They may have tummy aches or headaches, and not be able to tell you how they are feeling.

**There is no right or wrong, or expected way to behave.  
Every child is different.**

To help children recover and heal it's important they feel supported. Having someone to talk with or make art with can help them process their worries and memories. It's essential they feel they are believed, and have their questions or concerns answered calmly.

Counselling provides a safe, non-judgemental space for a child to develop a trusted relationship with someone who is trained to help them move through difficult feelings like anger, guilt or shame and learn to feel safe in their own bodies again.

Counselling may be short term, medium or longer depending on the child's needs. We also offer support for non-offending family members, carers and friends.

Counselling utilises a variety of therapeutic methods, including play, art-making and body-based modalities as well as Family Therapy and Eye Movement Desensitisation and Reprocessing (EMDR).

### **How do I refer my child for counselling?**

Contact our Intake and Response Team on 5441 0430 and ask them about whether your child is able to be referred to us.

Or, with your permission, your child's doctor, teacher or other support person can refer them to our service.

**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

T | 03 5441 0430

E | [info@casacv.org.au](mailto:info@casacv.org.au)

**[casacv.org.au](http://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.

