



**CENTRE AGAINST
SEXUAL ASSAULT**
CENTRAL VICTORIA

Counselling & support for young people

For young people who have experienced
sexual assault



Counselling & support for young people

We provide free, confidential counselling and support for anyone who has experienced sexual assault or abuse. The abuse does not have to be recent. It could have happened at any time in your life.

All our counsellors are qualified professionals and have experience working with young people just like you. They will listen with care and not judge your situation, your responses nor your feelings.

Everyone experiences things differently, though common feelings following sexual assault or abuse are:

- confusion
- anger
- anxiety
- intrusive flashbacks, thoughts or nightmares
- being distrustful of adults or people older than you
- always feeling you're on the lookout for danger
- like you feel detached or distant
- a low mood or mood swings

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.

You may have had some or all of these feelings, or completely different ones. You may even feel nothing at all. There is no right or wrong way to feel. We will not judge you.

How counselling can help

We know it can feel scary or make you feel anxious to talk to a stranger about what's happened. We know this because the young people who have come to see us have told us. So what you're feeling is totally normal. We know that a young person's ability to trust has been affected and that trusting us will be hard too.

Your counsellor can also help if you're having troubles with your parents or school, or if you have a job that you're finding difficult because of the impacts of what you have experienced.

Counselling may be short or long term depending on your needs. We also offer counselling and support for non-offending family members, carers and friends.

What happens in a counselling session?

Your counsellor will already know what has happened, so you won't have to tell them again - unless you want to. Your counsellor will talk about how you're feeling now and work with you to help you feel better about and within yourself.

Counselling utilises a variety of therapeutic methods, including play and Art Therapy, body-based movement Psychotherapy, Family therapy and Eye Movement Desensitisation and Reprocessing (EMDR). You may just talk, or you might want to make some art or use sand play to express yourself. This will be decided together by you and your counsellor.

Will my parents or carers be involved in counselling also?

If you're over 16 we don't need permission from your parent or carer. Though in our experience we know that if young people have support from other trusted adults in their lives they tend to find the whole process easier. They end up feeling better quicker when they don't feel like they're going through the process alone. It can really help your relationship to include them at different stages so they can understand how to support you in the best way they can.

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

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.

