

### National Support Services

Service	Function	Contact
<b>1800 RESPECT</b>	24-hour sexual assault and domestic violence support (DSS funded for Royal Commission work).	1800 737 732 <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
<b>ADULTS SURVIVING CHILD ABUSE (ASCA)</b>	ASCA is the peak national body for adults with complex trauma including child sexual abuse. Services for survivors include workshops and counselling through a Professional Support Line which runs 9am-5pm, 7 days. ASCA holds a database of trauma specialists and can provide referrals to trauma-informed counsellors (DSS funded for Royal Commission work).	1300 657 380 <a href="http://www.asca.org.au">www.asca.org.au</a>
<b>AUSTRALIAN CHILDHOOD TRAUMA GROUP</b>	Primary focus is the professional support of workers (including case managers, teachers, residential workers and support staff) and carers (including parents, Foster, Kinship and Permanent Carers) through secondary consultation, training, professional supervision/coaching and debriefing (DSS funded for Royal Commission work).	03 9415 6066 <a href="http://www.theactgroup.com.au/">www.theactgroup.com.au/</a>
<b>AUSTRALIAN ASSOCIATION OF SOCIAL WORKERS</b>	Find a social worker	<a href="http://www.aasw.asn.au/">www.aasw.asn.au/</a>
<b>BEYONDBLUE</b>	Mental health support	1300 224 636 <a href="http://www.beyondblue.org.au/">www.beyondblue.org.au/</a>
<b>BRAVEHEARTS</b>	Counselling and case management available nationally for survivors (face to face counselling in Qld and NSW only), training and child protection advocacy (DSS funded for Royal Commission work).	1800 272 831 <a href="http://www.bravehearts.org.au/">www.bravehearts.org.au/</a>
<b>BROKEN RITES</b>	Victim support group for victims of church-related sexual abuse in Australia.	03 9457 4999 <a href="http://brokenrites.alphalink.">http://brokenrites.alphalink.</a>

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		<a href="http://www.knowmore.com.au/">com.au/</a>
<b>CARE LEAVERS AUSTRALIA NETWORK (CLAN)</b>	Support, counselling and advocacy for care leavers and their families (DSS funded for Royal Commission work).	1800 008 774 <a href="http://www.clan.org.au/">www.clan.org.au/</a>
<b>CHILD MIGRANTS' TRUST</b>	Social work services including counselling and support for family reunions (DSS funded for Royal Commission work).	1800 04 05 09 <a href="http://www.childmigrantstrust.com/">www.childmigrantstrust.com/</a>
<b>CHILD WISE NATIONAL CHILD ABUSE PREVENTION HELPLINE</b>	The Child Wise National Child Abuse Prevention Helpline is a toll free number that provides Australians with access to expert advice from trained counsellors and an opportunity to speak up about child abuse (DSS funded for Royal Commission work).	1800 99 10 99 helpline@childwise.net 03 9645 8911 (outside Australia)
<b>CHILDREN WITH DISABILITY AUSTRALIA</b>	Provides information, referrals, and education to people with disabilities. (DSS funded for Royal Commission work).	1800 222 660 03 9428 1130 <a href="http://www.cda.org.au/">http://www.cda.org.au/</a>
<b>FIND AND CONNECT</b>	Forgotten Australians (people who grew up in Australia's orphanages, children's homes and foster care) and former child migrants.	1800 161 109 <a href="http://www.findandconnect.gov.au/">www.findandconnect.gov.au/</a>
<b>HEADSPACE</b>	Mental health support for young people - (website and drop in centres only).	<a href="http://www.headspace.org.au/">www.headspace.org.au/</a>
<b>IN GOOD FAITH AND ASSOCIATES</b>	Provide advocacy, justice and healing for survivors of clergy and religious abuse. (DSS funded for Royal Commission work).	03 9326 5991 <a href="http://www.igfa.com.au/">http://www.igfa.com.au/</a>
<b>KIDS HELPLINE</b>	24-hour support for young people.	1800 55 1800 <a href="http://www.kidshelp.com.au/">www.kidshelp.com.au/</a>

## Brisbane

Suite 1, Level 16, 141 Queen St,  
Brisbane QLD 4000  
PO Box 2151, Brisbane QLD 4001  
t 07 3218 4500

## Sydney

Suite G02, Ground Floor,  
233 Castlereagh St, Sydney NSW 2000  
PO Box 20319, World Square NSW 2002  
t 02 8267 7400

## Melbourne

Level 1, 180 Flinders St,  
Melbourne 3000  
PO Box 84, Flinders Lane VIC 8009  
t 03 8663 7400

## Perth

Level 9, 41 St Georges Terrace,  
Perth WA 6000  
PO Box 8095, Cloisters Square, WA 6850  
t 08 9225 0200

knowmore has been established by the National Association of Community Legal Centres Inc. with funding from the Australian Government represented by the Attorney-General's Department.

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<b>LIFELINE</b>	24-hour crisis support and suicide prevention	13 11 14 <a href="http://www.lifeline.org.au/">www.lifeline.org.au/</a>
<b>LIVING WELL</b>	An online resource, including online counselling, for men who have experienced sexual assault.	<a href="http://www.livingwell.org.au">www.livingwell.org.au</a>
<b>PEOPLE WITH DISABILITY AUSTRALIA</b>	A national telephone line to provide information and referrals to people with disabilities. (DSS funded for Royal Commission work).	1800 422 015 <a href="http://www.pwd.org.au/">http://www.pwd.org.au/</a>
<b>SEXUAL ASSAULT COUNSELLING AUSTRALIA</b>	Sexual Assault Counselling Australia is a national counselling service for anyone who is involved in or considering participating in the Royal Commission into Institutional Responses to Child Sexual Abuse.  The telephone service is available from 8am to 11pm AEDT Monday to Friday.	1800 211 028 <a href="http://royalcommissioncounselling.org.au/">http://royalcommissioncounselling.org.au/</a>
<b>THE ROYAL AUSTRALIAN &amp; NEW ZEALAND COLLEGE OF PSYCHIATRISTS</b>	Find a psychiatrist	<a href="http://www.ranzcp.org/Home.aspx">www.ranzcp.org/Home.aspx</a>
<b>TZEDEK</b>	Information, advocacy and referral service for Jewish survivors of child sexual abuse. (DSS funded for Royal Commission work).	1300 893 335 <a href="mailto:info@tzedek.org.au">info@tzedek.org.au</a> <a href="http://www.tzedek.org.au/">www.tzedek.org.au/</a>

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## Contact knowmore

**knowmore** is an independent legal service giving free legal assistance to people who are considering telling their story or providing information to the Royal Commission into Institutional Responses to Child Sexual Abuse.

Free advice line 1800 605 762

[www.knowmore.org.au](http://www.knowmore.org.au)

Email [info@knowmore.org.au](mailto:info@knowmore.org.au)

[www.facebook.com/knowmorecomms@knowmorecomms](https://www.facebook.com/knowmorecomms@knowmorecomms)

## See our 'Taking Care of You' resource sheets:

- Common Experiences
- Self-Care
- Telling Your Story & Managing Distress
- For Families, Partners & Friends
- For Workers

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