

## SA Support Services

Service	Function	Contact
<b>RESPOND SA (AUSPICED BY RELATIONSHIPS AUSTRALIA SA)</b>	<p>Counselling for adults who have been subjected to childhood sexual abuse.</p> <p>Royal Commission Support Services offers:</p> <ul style="list-style-type: none"> <li>•Support and information in how to tell your story to the Royal Commission</li> <li>•Face to face and telephone counselling</li> <li>•Information about what to expect from the enquiry process</li> <li>•Referrals to the Royal Commission and other agencies</li> <li>•Support through legal processes</li> <li>•Advocacy</li> <li>•Pre and post support when giving evidence</li> </ul> <p>You do not need to participate in the Royal Commission to receive support. (DSS funded for Royal Commission work)</p>	<p>08 8419 2042 1800 998 187 <a href="http://www.respondsa.org.au/">www.respondsa.org.au/</a></p>
<b>AFTER HOURS CRISIS CARE</b>	An after-hours crisis service provided by qualified Families SA Social Workers.	<p>13 16 11 <a href="http://www.npsp.sa.gov.au/webdata/resources/files/CRISIS_CARE.pdf">www.npsp.sa.gov.au/webdata/resources/files/CRISIS_CARE.pdf</a></p>
<b>YARROW PLACE RAPE &amp; SEXUAL ASSAULT SERVICE</b>	Yarrow Place is a 24-hour service for people 16 years and over who have been raped or sexually assaulted. Yarrow Place can provide medical care including collection of forensic evidence. Counselling provided for victims/survivors of rape and sexual assault and their families, partners and friends.	<p>08 82268787 1800 817 421 (outside Adelaide) <a href="http://www.yarrowplace.sa.gov.au">www.yarrowplace.sa.gov.au</a></p>

<p><b>NUNKUWARRIN YUNTI of SA Inc.</b></p>	<p>Provides counselling, healing and culturally appropriate support for Indigenous Australia.</p>	<p>1800 830 338 <a href="http://www.nunku.org.au/index.php">http://www.nunku.org.au/index.php</a></p>
<p><b>SOUTH AUSTRALIA'S VICTIM SUPPORT SERVICE</b></p>	<p>VSS is now offering support services to people who have experienced sexual abuse as children (under 18) in institutional contexts and people who are affected by the Royal Commission such as family members of survivors or employees (former and current) of institutions where the abuse took place.</p> <p>Services include:</p> <ul style="list-style-type: none"> <li>•Providing information about the Royal Commission process</li> <li>•Face to face and telephone counselling</li> <li>•Support at Commission hearings where requested</li> <li>•De-briefing after giving evidence</li> <li>•Support through legal processes</li> <li>•Advocacy</li> <li>•Referrals to the Royal Commission and other relevant organisations</li> <li>•Referrals to longer term therapeutic supports as required</li> </ul> <p>This service is being provided from our Adelaide and seven country offices: Murraylands (based in Murray Bridge); Port Augusta; Port Lincoln; Port Pirie; Riverland (based in Berri); South East (based in Mt Gambier); and Whyalla. (DSS funded for Royal Commission work).</p>	<p>08 8231 5626 1800 182 368 (outside Adelaide) <a href="http://www.victimsa.org/">www.victimsa.org/</a></p>

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<p><b>MENTAL HEALTH TRIAGE LINE</b></p>	<p>24-hour service. For assistance in a mental health emergency.</p>	<p>13 14 65  <a href="http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/mental+health+services/mental+health+services">www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/mental+health+services/mental+health+services</a></p>
<p><b>SHINE SA</b></p>	<p>Provides a wide range of support including clinical services, therapeutic counselling services, information, education, resources and library services.</p>	<p>08 8300 5300 (East/West)            08 8252 7955 (Northern)            08 8325 8164 (Southern)  <a href="http://www.shinesa.org.au">www.shinesa.org.au</a></p>
<p><b>WOMEN'S HEALTH STATEWIDE</b></p>	<p>A women's health service offering a range of health information, counselling, referrals and programs to improve the health and wellbeing of women. Men supporting women's health can also access.</p>	<p>08 8239 9600 or            1800 182 098  <a href="http://www.whs.sa.gov.au/index.php">www.whs.sa.gov.au/index.php</a></p>
<p><b>ELM PLACE (AUSPICED BY RELATIONSHIPS AUSTRALIA SA)</b></p>	<p>Elm Place offers services that respond to people whose lives have been affected by being in out-of-home care when they were children and works alongside the Find &amp; Connect Support Service. Find &amp; Connect offers support to Forgotten Australians and Former Child Migrants who were in care in South Australia prior to 1989, including foster care, orphanage care, and other State or church based institutions. Elm Place recognises that people have different experiences of their time in care and the service is respectful of people's varying needs and issues.</p>	<p>(08) 8419 2042            1800 188 118  <a href="http://www.rasa.org.au/elm-place/">http://www.rasa.org.au/elm-place/</a>            Drop in Ground Floor, 191 Flinders Street, Adelaide.</p>
<p><b>1800 RESPECT</b></p>	<p>24-hour sexual assault and domestic violence support (DSS funded for Royal Commission work).</p>	<p>1800 737 732  <a href="http://www.1800respect.org.au">www.1800respect.org.au</a></p>

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<p><b>ADULTS SURVIVING CHILD ABUSE (ASCA)</b></p>	<p>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).</p>	<p>1300 657 380 <a href="http://www.asca.org.au">www.asca.org.au</a></p>
<p><b>BRAVEHEARTS</b></p>	<p>Counselling for survivors (face to face in Qld only), training and child protection advocacy (DSS funded for Royal Commission work).</p>	<p>1800 272 831 <a href="http://www.bravehearts.org.au/">www.bravehearts.org.au/</a></p>
<p><b>CARE LEAVERS AUSTRALIA NETWORK (CLAN)</b></p>	<p>Support, counselling and advocacy for care leavers and their families (DSS funded for Royal Commission work).</p>	<p>1800 008 774 <a href="http://www.clan.org.au/">www.clan.org.au/</a></p>
<p><b>LIVING WELL</b></p>	<p>An online resource, including online counselling, for men who have experienced sexual assault.</p>	<p><a href="http://www.livingwell.org.au">www.livingwell.org.au</a></p>
<p><b>TZEDEK</b></p>	<p>Information, advocacy and referral service for Jewish survivors of child sexual abuse. (DSS funded for Royal Commission work).</p>	<p>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></p>
<p><b>IN GOOD FAITH AND ASSOCIATES</b></p>	<p>Provide advocacy, justice and healing for survivors of clergy and religious abuse. (DSS funded for Royal Commission work).</p>	<p>03 9326 5991 <a href="http://www.igfa.com.au/">http://www.igfa.com.au/</a></p>
<p><b>PEOPLE WITH DISABILITY AUSTRALIA</b></p>	<p>A national telephone line to provide information and referrals to people with disabilities. (DSS funded for Royal Commission work).</p>	<p>1800 422 015 <a href="http://www.pwd.org.au/">http://www.pwd.org.au/</a></p>
<p><b>CHILDREN WITH DISABILITY AUSTRALIA</b></p>	<p>Provides information, referrals, and education to people with disabilities. (DSS funded for Royal Commission work).</p>	<p>1800 222 660 03 9428 1130 <a href="http://www.cda.org.au/">http://www.cda.org.au/</a></p>

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<p><b>SEXUAL ASSAULT COUNSELLING AUSTRALIA</b></p>	<p>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.</p> <p>Sexual Assault Counselling Australia also provides counselling for people who want to address their trauma as a result of hearing about the Royal Commission, and anyone who is supporting someone who is participating in the Royal Commission.</p> <p>(DSS funded for Royal Commission work).</p>	<p>1800 211 028</p> <p><a href="http://royalcommissioncounselling.org.au/">http://royalcommissioncounselling.org.au/</a></p> <p>The telephone service is available from 8am to 11pm AEDT Monday to Friday</p>
<p><b>SEXUAL ASSAULT REFERRAL CENTRE – ALICE SPRINGS</b></p>	<p>24-hour service. Crisis counselling and other counselling and support needs.</p>	<p>(08) 8955 4500</p>
<p><b>1800 RESPECT</b></p>	<p>24-hour sexual assault and domestic violence support (DSS funded for Royal Commission work).</p>	<p>1800 737 732</p> <p><a href="http://www.1800respect.org.au">www.1800respect.org.au</a></p>
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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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