

Please consult your General Practitioner (GP) for further information and to ask for referrals if required.

If life is in danger or a person is highly distressed, feeling unsafe and you think they are a risk to themselves, **dial 000** for immediate assistance.



[www.accce.gov.au](http://www.accce.gov.au)

## Support for Families

Should you feel that you and your family require support during this time, the following services can provide you with practical, non-judgmental information, advice, confidential peer support and counselling.

Please note, neither the Australian Federal Police nor the Australian Centre to Counter Child Exploitation recommends or endorses any of the listed services. This information is provided should you feel you require assistance or support.



PartnerSPEAK offers confidential peer support, information, advice and advocacy for the partner and family of a perpetrator of child sexual abuse and child exploitation material.

- ☎ 1300 590 589 (see website for hours)
- 🔍 [partnerspeak.org.au](http://partnerspeak.org.au)



Child Wise offers information, support, counselling and advice from trained counsellors to help people deal with concerns relating to child sexual abuse and exploitation. If you have experienced child abuse in an institutional context you can contact the Child Wise Helpline.

- ☎ 1800 99 10 99 (9am-5pm M-S)
- 🔍 [childwise.org.au](http://childwise.org.au)



The Salvation Army assists families experiencing a sudden crisis in need of financial assistance (food, travel, water, phone, rates, clothing, etc).

- ☎ 1300 371 288 (9am-5pm, M-F)
- 🔍 [salvationarmy.org.au](http://salvationarmy.org.au)



Lifeline provides a telephone and online service for anyone who is experiencing a personal crisis, contemplating suicide or caring for someone in crisis.

- ☎ 13 11 14 (Operates 24/7)
- 🔍 [lifeline.org.au](http://lifeline.org.au)



Dial for sexual assault, domestic and family violence counselling, information and referrals.

- ☎ 1800 737 732 (Operates 24/7)
- 🔍 [1800respect.org.au](http://1800respect.org.au)



Beyond Blue provides a confidential phone or online service offering support and counselling by trained mental health professionals.

- ☎ 1300 22 4636 (Operates 24/7)
- 🔍 [beyondblue.org.au/getsupport](http://beyondblue.org.au/getsupport)



Blue Knot Helpline and Redress Support Service provides specialist trauma counselling, support, information and referrals to adults who have experienced childhood trauma.

- ☎ 1300 657 380 (9am-5pm M-S)
- 🔍 [blueknot.org.au/helpline](http://blueknot.org.au/helpline)

### Child Protection Helpline

Is a telephone service offering assistance if you have concerns for a child in NSW.

- ☎ 13 2111 (Operates 24/7)
- 🔍 [facs.nsw.gov.au/families/Protecting-kids/reporting-child-at-risk](http://facs.nsw.gov.au/families/Protecting-kids/reporting-child-at-risk)

### NSW State Government Mental Health Line

Is a free telephone service that offers professional help and advice and referrals to local mental health services.

- ☎ 1800 011 511 (Operates 24/7)
- 🔍 [health.nsw.gov.au/mentalhealth/Pages/default.aspx](http://health.nsw.gov.au/mentalhealth/Pages/default.aspx)

### Parentline NSW

Is a free telephone counselling and support service for parents and carers with children aged 0 to 18.

- ☎ 1300 1300 52 (Operates 9am-9pm, M-F and 4pm-9pm, S-S)
- 🔍 [parentline.org.au](http://parentline.org.au)



If you are concerned about your child's mental health or behaviour, speak to your GP. Your GP can provide you with an appropriate counselling referral or further information on any of the above services and more.



Kids Helpline offers a free, confidential telephone and online counselling service for young people aged 5-25 years.

- ☎ 1800 55 1800 (Operates 24/7)
- 🔍 [kidshelpline.com.au](http://kidshelpline.com.au)



Bravehearts offers a free telephone service providing information, counselling and support to those affected by child sexual abuse.

- ☎ 1800 272 831 (8.30am-4.30pm M-F)
- 🔍 [bravehearts.org.au](http://bravehearts.org.au)



Act for Kids provides free therapy and support services to children and families who have experienced, or are at risk of, child abuse and neglect. They also provide support for parents and family members who may be feeling overwhelmed or unable to cope.

To locate a centre in your state visit the website:

- 🔍 [actforkids.com.au](http://actforkids.com.au)



Australian Childhood Foundation provides support to children and families affected by abuse, family violence and neglect and offers counselling, therapeutic care, research activities and parenting education.

- ☎ 1300 381 581
- 🔍 [childhood.org.au](http://childhood.org.au)



headspace provides free, confidential telephone or online mental health support to 12-25 year olds or their families. Visit the website to find a headspace centre in your state.

- ☎ 1800 650 890
- 🔍 [headspace.org.au](http://headspace.org.au)



Reachout is an online service that provides information, support and resources about mental health issues for young people and their parents.

- 🔍 [au.reachout.com](http://au.reachout.com)