

whitsunday

**COUNSELLING & SUPPORT**

inc.

*when life's not all smooth sailing...*



# **SEXUAL ASSAULT SERVICE**

We believe you...

# SEXUAL ASSAULT COUNSELLING

Sexual assault counselling provides a safe environment for you to explore your feelings about sexual assault, and understand its effects and the impact on your life.

Counselling is free, confidential, and we can access an interpreter to assist if needed. Adults and youth accessing the service will be treated with respect when making their own choices, which includes the right to decline this service.

Counselling support can also be offered to non-offending family members and friends.

## WHAT IS SEXUAL ASSAULT?

It is a crime that may cause physical or psychological harm, and can happen to anyone. Sexual assault can include a broad range of unwanted sexualised behaviour including rape, unwanted sexual advances, or having sex with someone where consent was not given or was withdrawn.

No one deserves to be sexually assaulted.

Sexual assault is an abuse of power, control and trust.

Sexual assault is not about passion, desire or lust. It is a crime.

## COMMON REACTIONS TO SEXUAL ASSAULT

Prior to sexual assault an adult or youth may have felt safe but sexual assault can change that. You may or may not feel:

- Shock
- Disbelief - can't believe it happened
- Denial - not believing it happened
- Sadness & loss
- Anger
- Self-blame - feeling responsible for what happened
- Feeling unsafe
- Disbelieved
- Disrupted sleep patterns - flashbacks/nightmares
- Anxious
- Shame

## SUPPORT FOR YOU

- We provide sexual assault counselling to people who have been sexually assaulted, their family members and friends. Counselling is available Monday to Friday from 9:00am to 5:00pm.
- Advocacy
- Court preparation & support
- Referrals to other support services
- Community education and prevention

## WHO CAN ATTEND?

- Youth aged 14 years and above, and adults of any gender identity - who have been sexually assaulted
- Adult survivors of childhood sexual abuse
- Non-offending family member and friends of the sexual assault victim



# REFERRALS

Agencies and service providers can request a referral form on behalf of an individual by emailing: [intake@whitsundaycs.com.au](mailto:intake@whitsundaycs.com.au)

# ADDITIONAL SUPPORT NUMBERS

Sexual Assault Support Line . . . . .	1800 010 120
DV Connect . . . . .	1800 811 811
1800 Respect. . . . .	1800 732 732
Kids Helpline . . . . .	1800 551 800 (24 hours)
Diverse Voices (LGBTIQ+) . . . . .	1800 184 527 (3pm - midnight)

# POLICE

Emergency . . . . .	000
Whitsunday Police . . . . .	(07) 4948 8888
Proserpine Police . . . . .	(07) 4945 9666
Bowen Police . . . . .	(07) 4720 4555
Collinsville Police . . . . .	(07) 4785 5377

# HOSPITAL

Proserpine Hospital . . . . .	(07) 4813 9400
Bowen Hospital . . . . .	(07) 4786 8222
Collinsville Hospital . . . . .	(07) 4785 4777

# LOCATIONS

## CANNONVALE

Hours: Monday to Friday, 9:00am - 5:00pm  
Address: Shop 1, Cannonvale Square,  
157 Shute Harbour Road, Cannonvale

## BOWEN

Hours: Monday to Friday, 8:00am - 4:00pm  
Address: Shop 3, 38 Herbert Street, Bowen

## OUTREACH AREAS

Proserpine: By appointment only  
Hamilton Island: By appointment only  
Collinsville: By appointment only

# CONTACT US

Phone: 07 4946 2999  
Email: [admin@whitsundaycs.com.au](mailto:admin@whitsundaycs.com.au)  
Postal: PO Box 65, Cannonvale Qld 4802



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