



# ACT

## Australian Capital Territory

"What if I choose to make a report, or seek forensic medical evidence or a claim?"

### **Specialist Responses to Sexualised Violence**

[My Dignity - My body is mine](#) hosts national contacts for support services. In addition this directory hosts information for the Australian Capital Territory (ACT) about specialist responses to sexualised violence from police, women's legal services and victim services. The directory is not exhaustive. Victims of sexualised violence may choose other options for support.

## ACT legal services

### Women's Legal Centre ACT (WLC)

#### **Women's Legal Centre ACT (WLC)**

Women's Legal Centre is here to support you. They have a team of expert lawyers that can provide you with information, legal advice and representation. They can help with divorce and separation, arrangements for children and property following separation, domestic and family violence, problems at work, engaging with Child and Youth Protection Services, discrimination and sexual harassment, and financial assistance for victims of crime applications. WLC services are free.

WLC understands that you might need more than legal advice to take the next step, so they also have a team of Social Workers and an Aboriginal Case Manager that can support you.

Call the Intake and Advice Line and the Client Services team will go through your situation and see how WLC can help.

Phone from Canberra: (06) 6257 4377

Phone from outside Canberra: 1800 634 669

Open: 9am to 5pm, Monday to Friday

Website: [womenslegalact.org/get-help/](http://womenslegalact.org/get-help/)

*Quick Exit: The Women's Legal Centre website has a quick exit button.*

### Legal Aid ACT

#### **Legal Aid ACT**

Legal Aid ACT helps people in the ACT with their legal problems, especially people who are socially or economically disadvantaged. They can help in criminal law, family law and some civil law matters. Many of Legal Aid's duty services at the courts are free and do not require a grant of Legal Aid.

This includes free representation in the Magistrates Court to obtain interim Family Violence Orders. The Community Liaison team is also available for assistance with family violence related support, including social workers, men's workers, cultural liaison officers, Aboriginal support officers and disability justice support workers.

Phone: 1300 654 314

Open: Monday to Friday, 8.30am to 4.30pm

Website: [www.legalaidact.org.au/](http://www.legalaidact.org.au/)

*Quick Exit: The Legal Aid website has a quick exit button.*



### Sexual Assault

#### Sexual Assault

You can report any incident of sexual assault to police regardless of how long ago it happened. If you have been sexually assaulted we encourage you to call police on 131 444, visit a police station or hospital as soon as possible so your safety and health can be assessed.

ACT Policing's Sexual Assault and Child Abuse Team (SACAT) are a specialist team dedicated to investigating sexual assault committed against adults and children in the ACT. Their priority is ensuring the safety and wellbeing, both mentally and physically, of victims and survivors of sexual assault. ACT Policing work closely with the Canberra Rape Crisis Centre who provide confidential counselling services free of charge and can assist you with attending hospital, provide advice and support through criminal justice proceedings and refer you to practitioners to assist in your recovery.

There are a number of ways you can report sexual assault to ACT Policing:

**In person:** Visit any of our [five police stations](#) in the ACT. An officer will be able to assist you immediately to discuss the incident and your options going forward.

**By telephone:** In an emergency, call Triple Zero (000) or for police assistance call 131 444. These calls are answered by ACT Policing's Operations who will arrange for police to meet with you.

**Website:** [www.police.act.gov.au/safety-and-security/sexual-assault](http://www.police.act.gov.au/safety-and-security/sexual-assault)

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### Domestic and Family Violence

#### Domestic and Family Violence

ACT Policing is strongly committed to protecting the community against family violence. The ACT Family Violence Coordination Unit responds to incidents of family violence.

Family violence is not just a police problem; it's a whole of community problem. Early action by witnesses in reporting domestic violence will enable police to respond and prevent physical harm and de-escalate potentially dangerous situations.

If you experience, see or hear family violence occurring call anytime:

Triple Zero (**000**) in an emergency or life-threatening situation

Police Operations on **131 444** if it is a non-emergency, but you require police assistance

Crime Stoppers on **1800 333 000** to report information

Open: ACT Policing phone numbers are open 24 hours.

**Website:** [www.police.act.gov.au/safety-and-security/family-violence](http://www.police.act.gov.au/safety-and-security/family-violence)

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## Help for victims of sexual assault

### Canberra Rape Crisis Centre (CRCC)

#### **Canberra Rape Crisis Centre (CRCC)**

CRCC is available for any woman, man or child who has experienced any form of sexual abuse (adult rape, childhood sexual abuse, ritual abuse or sexual harassment) whether it is a recent assault or an assault that happened years ago.

CRCC counselling, crisis appointments and advocacy appointments are available on the phone. A 24-hour callout service to police and forensic services is open for those wishing to report sexual assault. CRCC is staffed by specially trained workers. Their services are free and confidential.

Phone: (06) 6247 2525

Open: 7am to 11pm, 7 days a week

Website: [www.crcc.org.au/](http://www.crcc.org.au/)

*Quick Exit: The CRCC website has a quick exit button.*

### Forensic and Medical Sexual Assault Care (FAMSAC)

#### **Forensic and Medical Sexual Assault Care (FAMSAC)**

Forensic and Medical Sexual Assault Care (FAMSAC) provides a safe and caring environment for victims of sexual assault. FAMSAC doctors and nurses are available every day of the year for forensic examination and medical care following sexual assault and referrals for sexual assault counselling. You have the option to choose a male or female doctor.

This service is located at The Canberra Hospital and is free to all patients and information and treatment is strictly confidential.

Phone: (02) 5124 2185 or call The Canberra Hospital Switchboard on (02) 5124 0000

Hours: 8:30am-5pm

Website: [www.health.act.gov.au/services-and-programs/sexual-health/sexual-assault-care](http://www.health.act.gov.au/services-and-programs/sexual-health/sexual-assault-care)

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## Support for victims of domestic and family violence

### Domestic Violence Crisis Service (DVCS)

#### Domestic Violence Crisis Service (DVCS)

DVCS provides free 24/7 crisis intervention services to anyone who is experiencing, or has experienced, domestic and family violence. DVCS crisis services are provided 365 days a year and include telephone support, attendance with police at domestic and family violence incidents, access to safe emergency accommodation, safety planning, and referrals to support services. When you call DVCS you will speak to someone specially trained in crisis intervention and support who understands domestic and family violence—someone who will listen and believe you.

Phone: (06) 6280 0900

Email: [crisis@dvcs.org.au](mailto:crisis@dvcs.org.au)

Open: 24 hours a day, 7 days a week

Website: [dvcs.org.au](http://dvcs.org.au)

*Quick Exit: The DVCS website has a quick exit button.*

## Help for victims of crime

### Victim Support ACT at the ACT Human Rights Commission

#### Victim Support ACT at the ACT Human Rights Commission

You can call the Commission's office if you need to talk about safety, legal assistance, support services and safety planning.

There are many different types of crime, and depending on the type of crime you have been subjected to, there are different services available. There may also be differences in the way a person goes through the criminal justice system, or the way you give evidence. Family violence and sexual assault are typically dealt with differently to other crimes. Learn more by calling the office or visiting the website.

Phone: (06) 6205 2222

Open: 9am to 5pm, Monday to Friday

Website: [www.victimsupport.act.gov.au/criminal-justice-system/types-of-crime](http://www.victimsupport.act.gov.au/criminal-justice-system/types-of-crime)

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## Support for Aboriginal and Torres Strait Islander communities

### The Nguru Program

#### **The Nguru Program**

The Nguru Program delivered by the Canberra Rape Crisis Centre provides culturally appropriate counselling for members of the Aboriginal and Torres Strait Islander community who have experienced sexual assault and their families. The Nguru programs approach is holistic and family centred. Assistance is provided through discussions with professional counsellors in individual and group sessions (where appropriate).

Phone: (02) 6247 2525

Website: [www.crcc.org.au/support-services/the-nguru-program.aspx](http://www.crcc.org.au/support-services/the-nguru-program.aspx)

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### Winnunga Nimmityjah Aboriginal Health and Community Services

#### **Winnunga Nimmityjah Aboriginal Health and Community Services**

Winnunga provides a culturally safe, holistic health care service for the Aboriginal and Torres Strait Islander people of the ACT and surrounding regions. All services are free of charge to Aboriginal and/or Torres Strait Islander clients.

Winnunga's service model delivers a whole person, multidisciplinary approach – meaning the programs and services across Winnunga work together to support a client. Winnunga delivers a comprehensive range of clinical services and programs which suit the needs of the local community. Mental health support services at Winnunga including psychiatrists, psychologists, mental health nurses and counselling.

Phone: (02) 6284 6222

Website: [winnunga.org.au](http://winnunga.org.au)

*Quick Exit: The Winnunga website does not have a quick exit button.*





## MY DIGNITY MY BODY IS MINE

“ Just because I couldn't stop it  
doesn't mean I let it happen. ”

A resource for people who have experienced sexual violence or people  
who would like to learn more. \*Contains examples of violence and abuse.

[My Dignity - My body is mine](#)



Use the QR Code to  
open the My Dignity  
landing page on  
Insight Exchange

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[www.insightexchange.net](http://www.insightexchange.net)

*The Insight Exchange website  
has a safe exit button.*