

## Phone

Admin 03 9928 8741

Crisis 03 9594 2289 (24 hour)

Toll Free 1800 806 292 (24 hour)

## Web

[www.secasa.com.au](http://www.secasa.com.au)

[youth.secasa.com.au](http://youth.secasa.com.au)

## Email

[secasa@monashhealth.org](mailto:secasa@monashhealth.org)

## Post

PO Box 72

Bentleigh East, 3165

# Counselling Service

[www.secasa.com.au](http://www.secasa.com.au)

*The South Eastern Centre Against Sexual Assault (SECASA) provides sexual assault and family violence services in Victoria within the Mornington Peninsula, City of Frankston, Bayside, Port Phillip, Stonnington, Glen Eira and Kingston local government areas. We also work in the Cities of Greater Dandenong, Casey and Cardinia growth corridor.*

## How can counselling help?

The experience of sexual assault, childhood sexual abuse or family violence can have far reaching effects on a person's life, sense of identity and wellbeing. A person's life may be affected in an ongoing way, with feelings and symptoms often surfacing at times of stress or during life transitions.

Common issues for our clients include:

- Feelings of guilt and shame
- Feelings of worthlessness and reduced self-esteem
- Anxiety
- Depression
- Post-Traumatic Stress Disorder
- Relationship difficulties
- Dealing with police and the courts

SECASA Counsellor/Advocates are trained social workers and psychologists who provide support that focuses on client needs and strengths. We support our clients by working together to create strategies to address the impacts of sexual assault and family violence and improve wellbeing. SECASA also provides advocacy for our clients.

We work from a Victims' Rights Framework, which prioritises the empowerment of the client through providing choices, options and control over decision making and the counselling process.

## Locations

### Crisis Care Unit

Monash Medical Centre 246 Clayton Road Clayton

### Counselling

Cranbourne  
 Dandenong  
 East Bentleigh  
 Hastings  
 Monash University  
 Pakenham  
 Rosebud  
 Seaford  
 St Kilda

## Contact us

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