

# Counselling after sexual assault

MAKING  
RIGHTS  
REALITY



## How can counselling help?



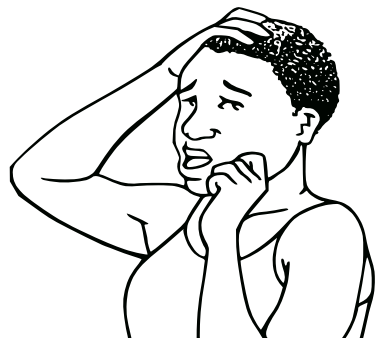
If you have been sexually assaulted, it can help you if you talk to a friend or family member.

Sometimes you might also need to talk to someone who has had special training in listening and helping people after they have been sexually assaulted.



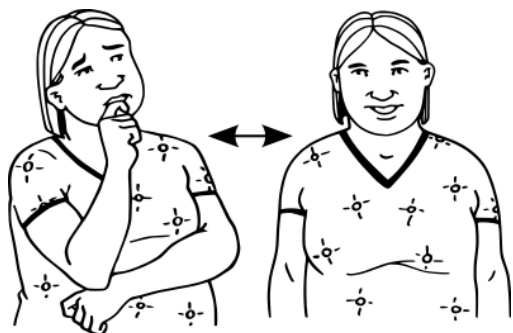
Counsellors at a CASA can help people after sexual assault.

## If you have been sexually assaulted



Being sexually assaulted can be a hard thing to deal with.

- You can feel confused, sad, angry, scared and upset
- You can find it hard to talk about how you feel
- You can have bad dreams
- Some parts of your body may hurt
- People, places or things can remind you of what happened.



- Some days you can feel OK, and other days not so good.

You might have these kinds of feelings even if the sexual assault happened a long time ago.



If the sexual assault happened in the last two weeks, you can meet a counsellor at the Crisis Care Unit.

The Crisis Care Unit is a special set of rooms where you can meet with the counsellor, doctors and police.



The counsellor will:

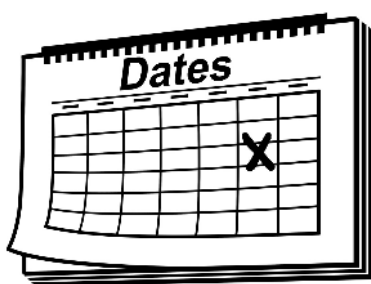
- Explain what your rights are.
- Help you see a doctor or nurse if your body is hurt.
- Help you decide if you want to talk to the police.



- Help you work out what other help you might need, for example:



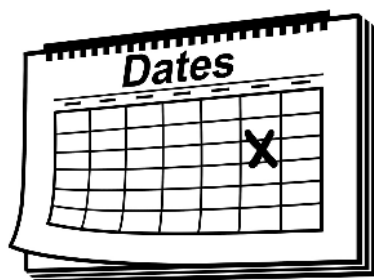
- somewhere to stay, or
- transport.



- Make a time for you to talk again, either on the phone or at a CASA office close to your home. If you need help to get there, the counsellor may be able to help you with payment for transport.



If the sexual assault happened more than 2 weeks ago, you can meet a counsellor at a CASA office near your home.

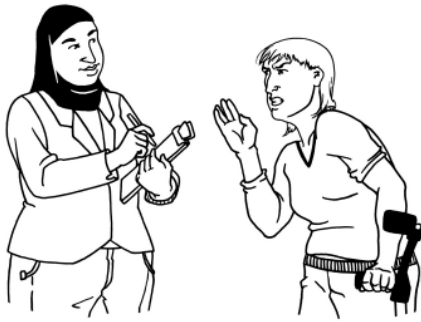


You can see the counsellor once, or many times.

You might see the counsellor every week, or less often.



Each time you see the counsellor you will have one hour to talk. This is called a counselling session:



- The counsellor will take notes so they can remember everything you tell them
- You can ask questions and tell the counsellor anything you want



Everything you say is private.

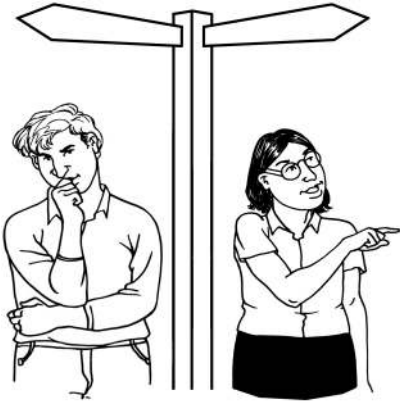


If the counsellor thinks that you are unsafe, they may talk to someone else, to help you.

An example of being unsafe might be if you said that you wanted to hurt yourself or someone else.

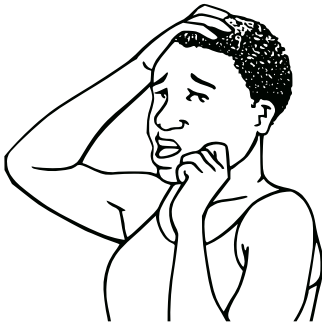


When you first go to see a counsellor, you may be feeling scared, sad, angry or other things, because of what happened to you.



The counsellor can help you to:

- Get information about your rights
- Make decisions



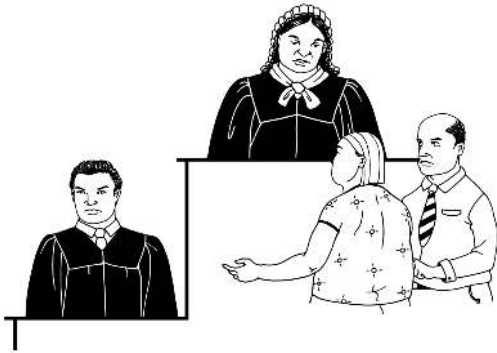
- Work out how you feel about what happened



- Learn different ways to cope with your feelings



- Work through problems
- Work out what helps you feel better



- Get support with reporting to police, or when you go to court.



The counsellor might want to talk to your family, friends or carers, so they can support you better.

The counsellor will ask you if this is OK.



Your family or friends can also see a counsellor at SECASA if they want to talk to someone.



## Making Rights Reality Program

This is a SECASA program that gives extra help to adults who have been sexually assaulted and who have an intellectual disability or Acquired Brain Injury, or use aids to communicate. It is called 'Making Rights Reality'. It can help you with seeing a counsellor.

It can help you with things you might need when you have appointments with the police, or if you go to court. For example, you may need a Communication Support Worker or an Attendant Carer to be with you or help you with transport.

It can also help you ask for help to pay for things you might need to help you recover and feel better. A Counsellor can help you to work out what you might need. Springvale Monash Legal Service is working with SECASA Counsellors to help people with this.

Brokerage assistance is available for CASA clients in all regions. To find out more about Making Rights Reality call SECASA on 03 9594 2289.

### Booklets in this Series

Crisis Care After Sexual Assault  
Having a Health Check After Sexual Assault  
Making a Statement to Police  
Counselling After Sexual Assault  
Going to Court  
Money to Help You After Sexual Assault  
Sexual Assault and Family Violence- Getting Help  
Sexual Assault: When Sex is Not Ok

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Images from CHANGE: [www.changepeople.co.uk](http://www.changepeople.co.uk)

For help phone the Sexual Assault Crisis Line: 1800 806 292 any time