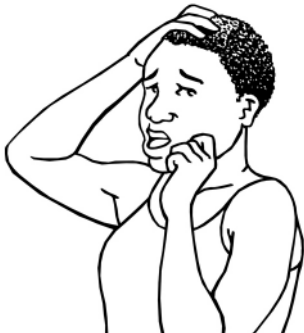


Crisis care after sexual assault

MAKING
RIGHTS
REALITY 



What does crisis care mean?



A crisis is when something terrible happens to someone.



Crisis care means taking care of someone when this happens.



A CASA crisis care service looks after people who have been recently sexually assaulted.



They are special rooms where people can meet with counsellors, doctors and police.

What is sexual assault?



Sexual assault is when someone gets you to do sexual things that you do not want to do.



- It is not your fault and you are never to blame.
- It may hurt



- It can happen to girls, boys, women and men.
- It is never OK.



- It is against the law.

Who can help you?



- A counsellor can help you.
- They have special training to help you talk about what has happened.



- They can help you decide what to do.
- They can work out what other help you need.

What should you do first if you've been sexually assaulted?



If you've been sexually assaulted:

- Call 000 if you are unsafe right now.



- Call or visit your local police station if you know you want to report what happened to you.



- Talk to a counsellor if you are not sure what to do and want to find out more information.
- The counsellor can help you call the police or see a doctor.

Call 1800 806 292

- Call the Sexual Assault Crisis Line on 1800 806 292 any time.



- Tell someone from your family, a friend or a carer.

What happens if I call a counsellor first?



You can meet with a counsellor at the Crisis Care Unit to talk, even if you do not want to call police or see a doctor.



- The counsellors who work at the Crisis Care Unit are trained to look after people who have been sexually assaulted.



- A taxi can be arranged if you need help getting to the Crisis Care Unit.



- You can take a friend or relative with you.



The counsellor will:

- Give you information so you can decide what to do.



- Be with you if you decide to talk to the police about what happened to you.

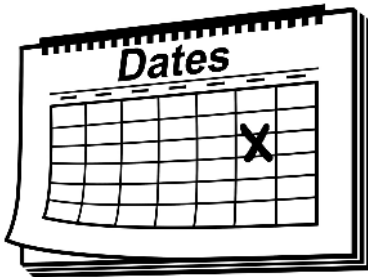


The counsellor can also:

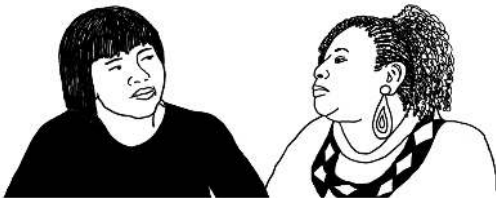
- Ask a specially trained doctor or nurse to look at your body and take care of any injuries you may have, if you want this.



- Arrange with the doctor or nurse for any follow-up treatment you may need.



- Make a time to talk again if you would like this.



If a family member comes with you, the counsellor will also support them and help them to help you.

What happens if I call the police first?

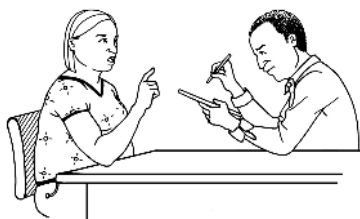


If the assault happened in the last 3 days, the police will:

- Take you to talk to a counsellor and see a doctor or nurse at a Crisis Care Unit.



- Arrange for you to make a statement about what happened to you, if you want to do this.



If the assault happened more than 3 days ago, the police will meet with you and talk about what happened to you.



- They will ask you if you would like to talk to a counsellor.



- They will arrange for you to make a statement about what happened to you, if you want to do this.

How long will I stay at the crisis care unit?



It depends on how hurt your body is, and what other help you might need:

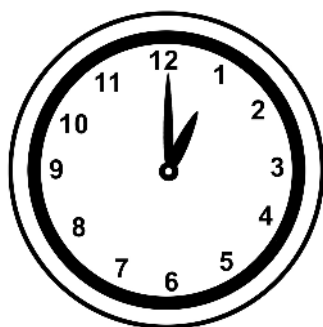
- The doctor might want you to go into hospital, for more tests.
- You may need to give the police some information about what happened.
- You may decide to have a special medical examination, called a forensic medical examination.



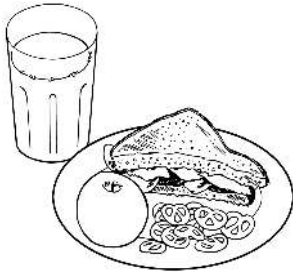
- The counsellor may need to find somewhere for you to stay for a while.



- The counsellor may need to help you with transport.



You might stay at the crisis care unit about 2 hours, or much longer.



- You will be given something to eat if you are hungry.



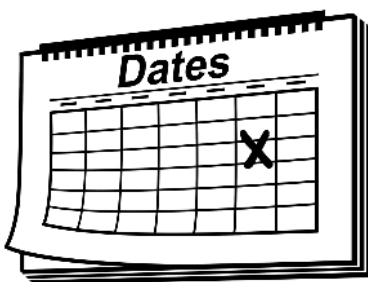
You can have a shower and the counsellor will give you some clean clothes, if you need these.

What happens next?



The counsellor:

- Will make a time to speak with you again on the phone.
- Can make an appointment for you at a CASA office close to you if you want this. You can see the counsellor as many times as you need.



The police will make a time to meet with you so that you can make a statement about what happened to you.



If you have a cognitive disability or mental illness the police will also arrange for you to have someone with you when you make a police statement.



- This person is called an Independent Third Person, or ITP, and is trained to support you.



A volunteer from the Office of the Public Advocate (OPA) or sometimes a CASA counsellor can be the ITP for you.



A Communication Support Worker or an Attendant Carer can also be with you, if you need this.

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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