

# Counselling

## Support

## Hope

## Resilience

People can feel many different ways following sexual abuse or sexual assault.

Counselling can be an opportunity to explore that and to explore new skills that may make a difference to your life.

Counselling is an opportunity for you to talk.

You can talk to us at a one-off session to address a particular concern, or for extended visits if you feel that further counselling sessions would be helpful.

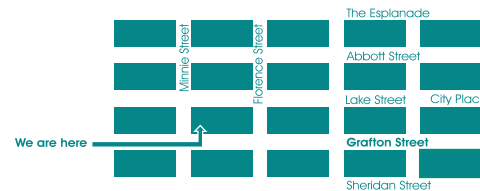
You decide what is right for you and what is discussed in the counselling session.

**What you discuss with your counsellor is kept confidential and private.**

### Family Planning Queensland Cairns Sexual Assault Service (CSAS)

The Solander Centre  
182 Grafton Street, Cairns Q 4870

Phone: (07) 4031 3590  
Fax: (07) 4031 6017  
Email: [cnssexualassault@fpq.com.au](mailto:cnssexualassault@fpq.com.au)  
Web: [www.fpq.com.au](http://www.fpq.com.au)  
(follow links to Sexual Assault Service info)



### Statewide Sexual Assault Crisis and Referral line (operating hours 7.30am-11.30pm)

Phone: 1800 010 120

### Victim/survivors of recent sexual assault, contact: Queensland Police Service

Phone: 000  
Web: [www.police.qld.gov.au](http://www.police.qld.gov.au)  
(follow links to adult sexual assault for information on legal options and processes)

### Cairns Base Hospital Emergency Department

Phone: (07) 4050 6304  
Both of these services will connect you with a 24 hour on call worker from CSAS.

### Other useful contacts:

#### Kids Helpline

Phone: 1800 55 1800

#### Domestic Violence Telephone Service

Phone: 1800 811 811

#### North Queensland Women's Legal Service

Phone: 1800 244 504

#### Disclaimer

Family Planning Queensland (FPQ) has taken every care to ensure that the information contained in this publication is accurate and up-to-date at the time of being published. As information and knowledge is constantly changing, readers are strongly advised to confirm that the information complies with present research, legislation and policy guidelines. FPQ accepts no responsibility for difficulties that may arise as a result of an individual acting on the advice and recommendations it contains.

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# What is sexual assault?

Sexual assault can refer to any unwanted sexual behaviour that makes a person feel uncomfortable, frightened or threatened.

A sexual act may be considered sexual assault or sexual abuse if:

- you have not agreed to it
- you agreed only because of intimidation or coercion
- you were unable to agree because you were intoxicated (or for any other reason where consent was not possible)
- an adult has sexual contact with a child

**If you have experienced sexual assault or sexual abuse at any time in your life you are not to blame.**

The Family Planning Queensland (FPQ) Cairns Sexual Assault Service (CSAS) is a free and confidential service.

# Services available

- face to face counselling
- telephone counselling
- therapeutic groups
- information and referral
- support during police and legal processes (you do not need to be accessing counselling to access this support)
- information and support for parents/carers, spouses, family and friends of adults and children who have experienced sexual assault or abuse
- training and resources for other workers who have contact with women and children who have experienced sexual assault or abuse
- community education
- medical care, including pregnancy testing and emergency contraception
- outreach for children and young people who may find it difficult to attend the service

# Who do we support?

**24 hour crisis support is provided to:**

- anyone aged 14 years and older who has experienced a recent sexual assault

**Ongoing support is provided to:**

- those who have experienced sexual abuse or recent sexual assault
- children who have been sexually abused
- non offending family members, carers, friends and support people of victims/survivors

**This is a free and confidential service.**

**You may call and remain anonymous.**

The service will also accept reverse charge calls or can call you back.

Telephone (07) **4031 3590**

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