

Support for survivors of abuse

If you are in immediate danger, call 000. If you need to talk to someone right now, call Lifeline on 13 11 14 (24/7).

If you have experienced abuse, whether recently or in the past, please know that you are not alone and that support is available to you. We understand that reaching out can be difficult, and we encourage you to take that step when you feel ready.

The Diocese of Wagga Wagga is committed to the safety, wellbeing and dignity of every person in our community. The following services can provide confidential care and assistance.



Centacare is an independent community services organisation. They provide trauma-informed counselling and support, and your enquiry will be assessed so that you can be directed to the most appropriate assistance for your needs. You do not need to have made a formal report to contact them.

Centacare can also help you to access free government-funded support through NSW Victims Services, including assisting you to complete an application if you choose to pursue that pathway.

Phone: [1300 619 379](tel:1300619379)

Website: centacareswnsw.org.au

Online enquiry: centacareswnsw.org.au/about-us/contact



NSW Victims Services

NSW Victims Services is a free government service that provides support under the Victims Support Scheme. This includes access to free counselling, financial assistance for immediate needs, and recognition payments for those who have experienced violent crime. You can contact NSW Victims Services directly, or Centacare can assist you to navigate this process.

Website: nsw.gov.au/departments-and-agencies/victims-services

Further options are available - see below.



1800RESPECT

Australia's national counselling and support service for people experiencing sexual assault, domestic or family violence. Available 24/7.

Phone: 1800 737 732 (24/7)

Website: <https://www.1800respect.org.au/>



Beyond Blue

Phone: 1300 224636 (24/7)

Online chat: <https://www.beyondblue.org.au/get-support/talk-to-a-counsellor/chat-online>

Website: <https://www.beyondblue.org.au/>



Lifeline

Phone: 13 11 14 (24/7)

Online chat: <https://www.lifeline.org.au/crisis-services/online-crisis-support/>

Website: <https://www.lifeline.org.au/>



Bravehearts

Phone: 1800 272 831

Website: <https://bravehearts.org.au/>



Blue Knot Helpline

Phone: 1300 657 380

Website: <https://blueknot.org.au/survivors/blue-knot-helpline/>



Phone: 1800 55 1800 (24/7)

Website: <https://kidshelpline.com.au/>

Mental Health Line



NSW Mental Health

Phone: 1800 011 511 (24/7)

Website: <https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx>

SURVIVORS & MATES SUPPORT NETWORK

Survivors and Mates Support Network

Phone: 1800 472 676

Website: <https://samsn.org.au/>



Suicide Call Back Service

Phone: 1300 659 467 (24/7)

Website: <https://www.suicidecallbackservice.org.au/>

If you are deaf, hard of hearing, or have a speech impairment, you can contact any of these services through the National Relay Service: call 133 677 or visit

<https://www.accesshub.gov.au/about-the-nrs>