



## Victorian Centres Against Sexual Assault

This information booklet has been prepared to explain services offered by the Victorian Centres Against Sexual Assault.

### What is sexual abuse?

Sexual abuse is sexual conduct that makes you feel uncomfortable, frightened, intimidated or threatened. This happens when someone else, including your spouse, uses physical, sexual or emotional force. It may include sexual harassment, fondling and rape.

### Available services:

- **Crisis:** Crisis services are available 24 hours per day for a recent sexual assault, disclosure of sexual assault or extreme distress about a sexual assault.
- **Counseling and support:** Short, medium and long term counselling is available in a safe, confidential environment.
- **Advocacy:** Information can be provided about your legal, medical and social support rights. **Interpreters:** The Centres Against Sexual Assault have access to interpreters service so you can converse in your own language.

### To contact the Centres Against Sexual Assault:

Phone 1800 806 292 - 24 Hours per day.