

What do I do if I've been sexually assaulted?

24 hour crisis line: 1800 806 292



Ensure your safety from the offender.

You may wish to **call 000**, or a friend or family member you trust.

If you are injured or you want to report the incident

Call 000 for ambulance or police.

You also can call the Sexual Assault Crisis Line

on **1800 806 292**. They can give you support and help you decide your next steps.

You might have physical evidence on your body,

such as fibres, hairs, saliva, semen, or clothing that the offender left behind.

If this is the case and you would like to report the assault, do not wash, comb, or clean any part of your body. Do not change clothes if possible, so hospital staff can collect evidence. Do not touch or change anything at the scene of the assault.

If you report to the police,

they may take you to a crisis care unit at a local hospital emergency department, where you will be supported by a local CASA counsellor. The police, with your permission, may call a forensic medical examiner to collect evidence from you.

This may include taking clothing, and samples of skin, saliva and semen that may have been left behind by the offender.

If you don't report to the police,

it is still important that you receive some medical attention. This could be provided through your local general practitioner or hospital emergency. You may need to be examined, treated for any injuries, and screened for possible sexually transmitted infections (STIs) or pregnancy.

Remember, you have been through a traumatic event,

so your usual coping mechanisms may have been affected. There are many normal and common reactions to sexual assault that may feel strange and uncomfortable. Your local CASA can provide counselling and support you in managing these impacts.

<<< These are important steps to take right away after an assault.



WestCASA

Western Region Centre
Against Sexual Assault
53 Ballarat Road, Footscray

Counselling Service:
9687 5811

www.westcasa.org.au