

You need help.

You want to talk.



You read some of the questions.



You may feel

- sad
- worried
- angry.



You want to talk about

- what happened
- how you feel
- what you can do now.



Who can you call?

1800RESPECT 1800 RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE



1800 Respect are open

- all day and night
- all year.



Call

1800 737 732.



On your computer.

Website www.1800respect.org.au

Find the button at the bottom called **Chat online.**



1800RESPECT has an App.

It is called Sunny.

Sunny is for women who

- have a disability
- have in their life
 - violence
 - abuse.



Download Sunny from



- Google play store
- App store.



You can talk to a person when

- there is something really bad in your life
- you think you may hurt your self.



Lifeline is open

- all day and night
- all year.



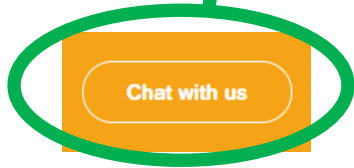
Call

13 11 14.



On your computer.

Website www.lifeline.org.au



Find the button in the middle called
Chat with us.



We are open

- all day and night
- all year.



Call

1300 78 99 78.

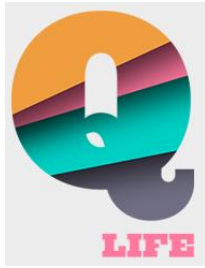


On your computer.

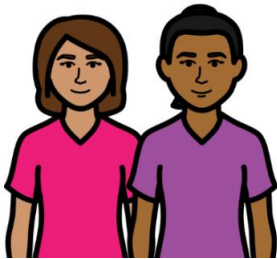
Website www.mensline.org.au



Find the button at the bottom called **Online chat now.**

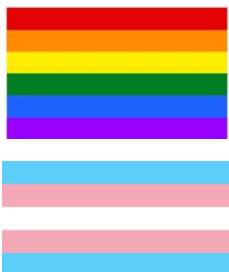
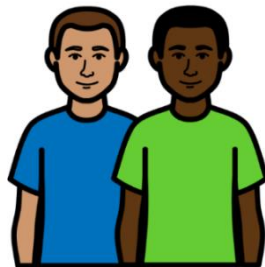


QLife



QLife is for people who are

- lesbian
- gay
- bisexual
- transgender
- queer
- intersex.

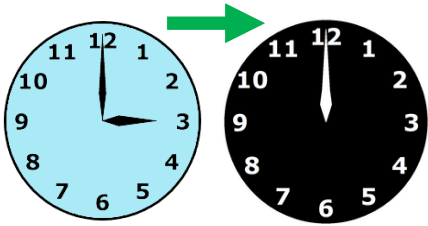


We some times write LGBTQI.



QLife are open

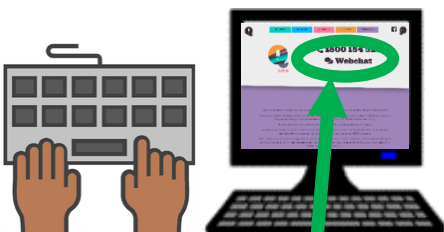
- every day of the year



- 3 pm to midnight.



Call 1800 184 527.



On your computer.

Website www.qlife.org.au

Find the button in the middle called

Webchat.



with
RESPECT **With Respect**

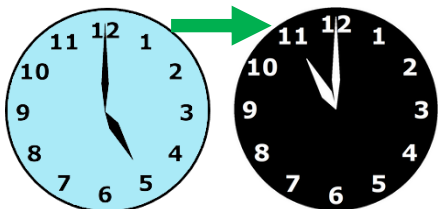


It is for people who are LGBTQI.

Sun	Mon	Tue	Wed	Thur	Fri	Sat

We are open

Wednesday

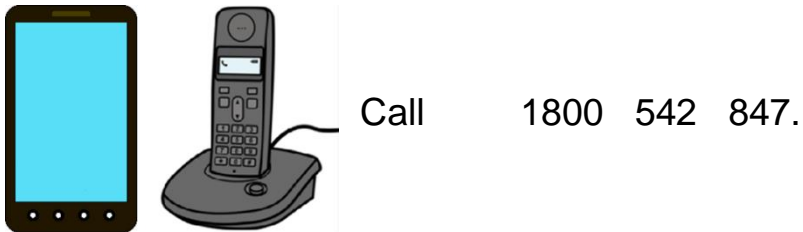
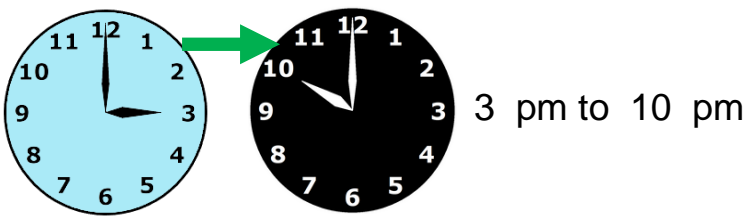


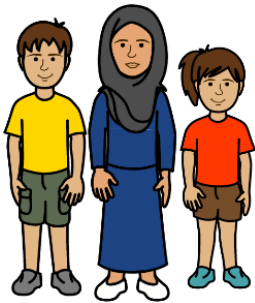
5 pm to 11 pm.

And

Sun	Mon	Tue	Wed	Thur	Fr	Sat

Saturday
Sunday





It is for

- children
- teenagers

and



- young people. They are under 26 years old.



We can talk to you when

- there is something really bad in your life
- you think you may hurt your self

or

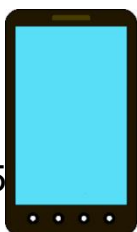


- you have been hurt by a person.



Kids Help line is open

- all day and night
- all year.



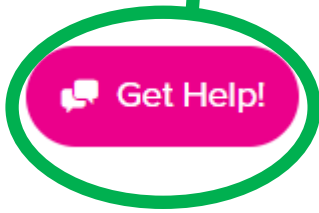
Call

1800 55 1800



On your computer.

Website www.kidshelpline.com.au



Find the button at the top called

Get Help!

Images

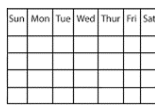
We have used images from



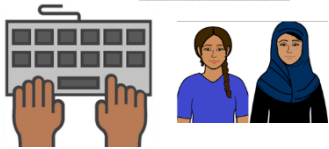
- EasyOnTheI
- InspiredServices



- Picto-Selector
- Pimterest



- SocialBuzz
- TheNounProject



- Tobii-Dynavox

We can use the logos.



This fact sheet is based on information in the Survey about the young women's experiences of reporting and seeking support after experiences of sexual and gender-based violence. April 2021.



Access Easy English wrote the Easy English.

April 2021