

SEEKING SUPPORT?

If you are distressed or wish to speak with someone about any issue relating to sexual abuse, you can contact:

Lifeline

Ph: 13 11 14

***The Police through any
Police Station or through
CrimeStoppers***

Ph: 1800 333 000

Victims of Crime

Ph: 1800 819 817

SEEKING SUPPORT?

***CASA - Centres Against
Sexual Assault***

CASA Crisis Line:

Ph: 1800 806 292

***Ballarat Centre Against
Sexual Assault***

Ph: 5320 3933

Mallee Sexual Assault Unit

Ph: 5025 5400

***South Western Centre
Against Sexual Assault***

Ph: 5564 4144



***Towards Healing
Catholic Diocese of Ballarat
Ph: 1800 816 030***

***Counselling Service:
Relationships Australia
Ph: 1800 052 674
Relationships Australia
through the Reclaim
program provides free
comprehensive support for
survivors of institutional
child sexual abuse and
others who engage in or
are affected by the Royal
Commission.***

***The Royal Commission into
Institutional Responses to
Child Sexual Abuse***

Ph: 1800 099 340

***The Royal Commission
is encouraging people
to tell their stories. The
website has lots of helpful
information on different
ways of telling your story:***

***[www.childabuseroyalcommission.
gov.au](http://www.childabuseroyalcommission.gov.au)***

***Catholic Diocese of Ballarat
Bishop's Office***

Ph: 5337 7121 or 5337 7125

www.ballarat.catholic.org.au