

If you have experienced sexual assault, abuse or rape - you are not to blame. We hear you. We believe you.



Steps to take if you have been sexually assaulted or raped:

1 Contact the Police

- You can report the crime to Police on 131 444.
- You can also report the crime anonymously online.
- You do NOT have to make a formal complaint.

3 Afterwards

- Talk to your GP or Sexual Health Centre in case you need an STI follow-up test.

2 Seek medical help

- Seek medical help quickly. You might need medication to prevent STIs and pregnancy.
- If you report the crime, the hospital can test for DNA evidence to support your case. This test should be done within 72 hours - don't shower or go to the toilet until the test is done.
- If you are unsure about reporting the crime, the hospital can arrange a 'Just in Case' test. The Police will not be called, but your test is kept in case you decide to report later.

4 Get support

- The Hospital or Police can contact a support worker from Cairns Sexual Assault Service (CSAS) to help you during this time (all hours).
- During the Covid-19 Pandemic, CSAS will provide this support over the phone.
- CSAS can provide ongoing counselling over the phone during business hours.
- Sessions are private and confidential - call 4031 3590.

Everything you DO or DON'T DO is your choice



Some tips to cope after sexual assault or rape

- **Remember that you are not to blame. You do not have to go through this alone.**

- Get support from a trusted friend or family member.

- Regardless of anything else, the abuser chose to abuse you and that is a crime.

- It is natural to feel shock, fear, numb, anger, shaking, crying, all or none of these, or something different.

- These symptoms are your body doing what it is meant to do to keep you safe and will reduce over time.

- Try to do things that help you relax and keep calm.

- Deep breaths, talking to a friend, listening to music and writing down your feelings can all help.

- Try to rest (even if you can't sleep), eat nourishing food and avoid coffee, drugs and alcohol.

- Get support from a counsellor, psychologist or other trained professional.



Cairns Sexual
Assault Service

Contact us

Cairns Sexual Assault Service

Solander Building
182 Grafton Street Cairns

*(Opposite Martin
Munro Parklands)*

P 4031 3590

Helplines/Support

Sexual Assault Helpline

1800 010 120
dvconnect.org

1800 RESPECT

1800 737 732
1800respect.org.au

Lifeline 13 11 14

Hospital 4226 0000

Police 13 14 44



We welcome people from diverse cultural backgrounds and are LGBTIQ+ friendly. We can arrange interpreters at no extra cost.

**Support.
Hope.
Healing.
Resilience.**