Sexual assault information and services

Sexual assault is a crime. It includes any act of a sexual nature that is unwanted or intimidating, such as exposure, touching and rape. It can happen to anyone - young or old, male or female, straight or gay. Seeking help is important as sexual assault can have lasting effects.

Sexual assault can have a significant effect on both the person’s physical and mental wellbeing and is never the fault of the recipient. Sexual assault is a traumatic experience and its impact can be quite different for everyone. There are many ways in which victims may respond sexual assault. Victims may experience:

- Nightmares
- Trouble sleeping
- Anxiety and fear
- Irritability
- Shock
- Shame
- Eating problems
- Loss of emotional control
- Lack of concentration
- Depression or numbness
- Isolation
- Anger

**Getting Help:**
In an emergency ring ‘000’ or your local police station

Free counselling is available to students at UWS through the Counselling Service
www.uws.edu.au/counselling or contact us on (02) 9852 5199 or counselling@uws.edu.au.

24 hour telephone support is available through:
- NSW Rape Crisis Centre - 1800 424 017
- Victims Access Line - 1800 633 063 or (02) 8688 5511
- Lifeline - 13 11 14

**Further information:**
Further NSW support services and useful resources are available from:
www.sexualassault.nsw.gov

Education Centre Against Violence has online resources on recovering from sexual assault.

NSW Rape Crisis Centre also has a full list of services as well as other educational resources