



USEFUL CONTACTS

Sexual Assault Crisis Line (SACL)

1800 806 292

*(support and referral after hours,
weekends, and public holidays)*

Lifeline

13 11 14 (24 Hours)

Emergency (Police, Fire, Ambulance)

000 (24 hours)

Sexual Offence and Child Abuse Investigative Teams (SOCIT- Victoria Police)

Morwell: 03 5120 0300

Sale: 03 5143 5000

Bairnsdale: 03 5150 2675

1800 RESPECT

1800 737 732 (24 hours)

Safe Steps

1800 015 188 (24 hours)

Department of Health and Human Services – Child Protection

13 12 78 (24 hours)

Kids Helpline

1800 551 800 (24 hours)

MORWELL

Gippsland
Multidisciplinary Centre

31-41 Buckley Street

P.O. Box 1124

Morwell VIC 3840

T: 03 5134 3922

BAIRNSDALE

67 Grant Street

PO Box 744

Bairnsdale VIC 3875

T: 03 5153 1629

WARRAGUL

95 Albert Street

Warragul VIC 3820

T: 03 5622 7877

AFTER HOURS

T: 1800 806 292

*Outreach service provided
from locations across Inner
and Outer Gippsland*

E: mail@gippscasa.org

ABN: 22 462 140 099



Gippsland Centre
Against Sexual Assault

Free & Confidential Service
www.gippscasa.org

Our vision is to see our communities free from sexual assault and violence.

WHAT IS SEXUAL ASSAULT?

We define sexual assault as any sexual behaviour that is unwanted, happens without someone's consent, or makes someone feel upset or afraid. This can include a range of criminal and harmful behaviours such as:

- Rape—forced or unwanted sex
- Child sexual assault
- Sexual harassment
- Indecent assault or exposure
- Posting sexual images of someone on the internet without their consent

IMPACTS OF SEXUAL ASSAULT

Often people who are living with the effects of sexual assault or trauma experience emotional, psychological or physical impacts on their overall health and well-being. This can include things like:

- Anxiety and depression
- Sleep disturbance, flashbacks, nightmares
- Intrusive and negative thoughts and/or behaviours
- Difficulty maintaining relationships, employment or leisure activities
- Chronic disease

WHO ARE WE?

Gippsland Centre Against Sexual Assault (GCASA) is a community-based, non-profit organisation that provides a specialist support service across the entire Gippsland region.

Professional staff are trained and experienced counsellors with qualifications in Social Work, Counselling, Psychology, and Community Development.

WHAT DO WE DO?

We provide a person-centred service to adults, children, young people, and anyone who has been impacted by sexual assault; whether the assault is recent or occurred in the past.

We work within the community to create awareness and understanding about sexual assault with the aim of reducing the impact and frequency of this form of violence.

WHERE ARE WE?

Our main office is based in Morwell, at the *Gippsland Multidisciplinary Centre (MDC)*. We share the MDC with Victoria Police detectives (Sexual Offence and Child Abuse Investigative Team), a specialist Department of Health and Human Services Child Protection team, community health nurses (Latrobe Community Health Service), and forensic nurses (Victorian Institute of Forensic Medicine). The MDC allows us to work together to help people who have experienced sexual assault.

We also have Centres in Bairnsdale and Warragul, and provide outreach services to several locations across the Gippsland region.

OUR SERVICE

We are a free and confidential service, available to anyone in Gippsland who has ever experienced sexual assault.

We can help by providing:

- Individual counselling
- Information, referral, support and advocacy
- Counselling for children and young people (aged 18 or under) who have demonstrated problematic or harmful sexual behaviour
- Family support
- Community education and prevention initiatives
- Therapeutic group work
- Research
- Forensic/specialist assessments
- Professional training
- Specialist practice consultation
- After hours crisis support for people who have recently experienced sexual assault and/or family violence

