

HELP, REPORT & SUPPORT

IMMEDIATE HELP

University Campus Safety & Security:
1300 737 003
Police: **000 (112 mobile)** or **131 444**

REPORT

Complaints Resolution Unit: **9678 7900**
or **offencereport.westernsydney.edu.au**

SUPPORT

STUDENTS AND STAFF:

National Sexual Assault, Domestic Family
Violence Counselling Service:
1800 737 732 or **1800respect.org.au**

STUDENTS:

Internal: Counselling Service:
1300 668 370
or **counselling@westernsydney.edu.au**

STAFF:

EAP: **1800 818 728**

MORE INFORMATION:
westernsydney.edu.au/respectnowalways



WE SUPPORT YOU

Supporting a person who discloses a
sexual assault or sexual harassment.

There is **NO WRONG DOOR** **FIRST LISTEN** and then **REFER**

Every instance of violence and disclosure is different and
there is no one way to respond.

It is important to allow the person disclosing to guide the
conversation around what they need, remember that they
are the expert in their lives.

However, there are key things to remember so the person
feels supported and is able to access help and support.

DISCLOSURE TAKES COURAGE

There are many barriers to disclosing including feelings of
shame and worries that the person won't be believed.

It can be helpful to let them know immediately that they are
believed and that you care about their needs.

This is not your fault. You are not alone. What is happening for you and what do you need from me now?

Ask the person disclosing what they need to feel safe, ask
them if they would like to talk somewhere more private and
outline the reasons that this may be helpful.

Are you safe? Are you concerned for others' safety?
**Let's find a safe place where we
can sit and talk uninterrupted.**

LISTEN

LISTEN and be present, give the person your
full attention and let the person take the
lead when telling their story.

**Please let me know what you
need to feel comfortable and safe
in sharing your experience**

VALIDATE

VALIDATE the person's feelings and their
decisions. Be patient and check in (they may
not want or be ready to report the incident).
Your role is not to investigate or counsel.

**The way you are feeling is a normal
response to what has happened to you.
I am here to support you.**

REFER

Focus on the person's physical and
emotional wellbeing. Only seek information
from the person that is necessary
to REFER to support or other services.

**I'm sorry this has happened to you.
Do you feel OK to continue? I can help you
access specialised support services.**

Provide information about help,
report and support options.

**Would you like to be connected to a
support service? Here is information
about support options.**

YOUR SELF CARE

Supporting a person who has experienced or is
reporting a sexual assault or sexual harassment
can be difficult and emotionally draining. After
you have assisted the person, it is important
to ensure you are ok. This may mean seeking
support for yourself or debriefing:

- National Sexual Assault, Domestic Family
Violence Counselling Service: **1800 737 732**
- Employee Assistance Program: **1800 818 728**
or download the **AccessEAP** app