

Support Services for a CIT student following a sexual assault

Sexual assault is not tolerated at CIT. Here are some options for support:

If there is immediate danger, or emergency police or ambulance response is needed, Phone: 000

Canberra Rape Crisis Centre (CRCC) Phone: 6247 2525

7am-11pm, 7 days a week for support, information or advocacy.

- Can give advice, counselling, information on options and support for medical and legal processes. They are the ACT experts in supporting people after sexual assault and CIT recommends their services to you, unless you would prefer not to engage with them. Please note you can contact their crisis line anonymously if you prefer.
- CRCC can help you engage with FAMSAC and SACAT teams if you wish (see below).

Going directly to Hospital

- If you have been raped you run the risk of having a Sexually Transmitted Infection (STI); other types of sexual assaults can also cause different types of health problems, which if not treated correctly can be with you for a long time. Women who have been raped can also run the risk of falling pregnant as a result. It is important that you look after yourself and seek medical help as soon as possible.
- To keep your options open about whether you want to report the sexual assault to the police, we suggest you do not shower and do not change your clothing. This is to allow for the best chance for evidence to be collected.
- You can discuss this with the Canberra Rape Crisis Centre, or contact the **Forensic and Medical Assault Sexual Clinic (FAMSAC)** directly, based at the Canberra Hospital. They can be accessed at any time, and are available for people who have been victims of sexual assault, even weeks after the assault has occurred.
 - FAMSAC is staffed with doctors and nurses who are trained specifically to work with victims of sexual assault. They are also trained in the collection of forensic evidence which will help in the prosecution of the perpetrator.
 - It is important to know that by accessing this service you do not have to report the sexual assault to police. FAMSAC staff's main focus is your health and wellbeing, and contact with them is confidential, they do not need to report to police for people over the age of 18.
 - **FAMSAC Phone:** 02 6244 2184 (Monday to Friday 9am - 5pm) or 02 6244 2222 (After Hours). Located in the Sexual Health Clinic of the Canberra Hospital, which is found behind the National Capital Private Hospital.
 - **Your GP** is another option for medical support.

Service Assisting Male Survivors of Sexual Assault (SAMSSA) (02) 6247 2525

7am-11pm, 7 days a week for counselling, support information or advocacy. Operated by CRCC, it is the service which supports males following sexual assault.

The Nguru Program (02) 6247 2525

Phone support between 7am and 11pm. Operated by CRCC, this service supports indigenous people with sexual assault issues.

Australian Federal Police Sexual Assault and Child Abuse Team (SACAT) 131 444

Facilitates police interviews, medical forensic examinations and the provision of support for sexual assault victims. Canberra Rape Crisis Centre counsellors are contacted by police to support sexual assault victims at interviews if you wish, if you have gone to a police station without contacting CRCC first. Note: If you contact Canberra Rape Crisis Centre first, they will assist you to access the SACAT service if you need to.

1800RESPECT: 1800 737 732. 24 hour telephone support and information for victims, friends, relatives and colleagues

For students:

CIT Counselling – (02) 6207 3290, 9am-5pm, Monday to Friday, or email citcounselling@cit.edu.au

Counselling is free and confidential for any CIT student. If required, support and referral to specialist services available and assistance with support for study arrangements if needed.

For staff:

CIT Human Resources: **6207 3561**

Employee Assistance Programs: Free, confidential, offers support, counselling, assistance with work arrangements, referral to specialist services if you wish.

Converge International **1300 687 327**

Benestar **1300 360 364**

People Sense **1300 307 912**

Assure Programs **1800 808 374**