

Where to Get Help

Safeguarding Children and Young People

Child abuse and exploitation may be a difficult issue to deal with and there may be times that you or a fellow club member may experience a range of emotions, including sadness, discomfort and distress. If at any time you or a member feels overwhelmed or distressed, please seek support from any of the following support services:

Australia-wide Support Services

Service	Description	Contact
1800 RESPECT	A national sexual assault, family and domestic violence counselling line for anyone who has experienced -or are at risk of physical or sexual violence. This service is designed to meet the needs of people with disabilities, Indigenous Australians, young people, and callers from culturally and linguistically diverse backgrounds.	1800 RESPECT (1800 737 732) 24 Hours a day, 7 days a week 1800respect.org.au
Lifeline	A generalist and crisis telephone counselling, information and referral service, provided by trained volunteers who are supported by professional staff	13 11 14 Lifeline.org.au
MensLine Australia	An Australian Government initiative providing telephone counselling and a referral service for men. It is operated by Care Ring (Personal Emergency Services Inc), and is a resource for men who need advice on a large range of issues (e.g., relationship support, parenting skills) and for those at risk of committing suicide.	1300 78 99 78 Mensline.org.au
Child Abuse Prevention Service (CAPS)	Workers offer information, referral and ongoing support to those affected by child abuse, concerned about welfare of a child, or needing family or parenting support	1800 688 009 Childabuseprevention.com.au
Domestic Violence Helpline	Telephone counselling for victims of domestic violence and their concerned friends. Also provides information about services for those affected by domestic violence or who are troubled by their own behaviour	1800 800 098
Child Wise-National Child Abuse Prevention Helpline	Support service for individuals, organisations, professionals and parents requiring assistance on child protection. A compassionate and professional team of trained counsellors can assist with any enquiry or report relating to child sexual abuse	1800 99 10 99 Mon-Fri: 9am – 5pm (AEST) Childwise.org.au
Bravehearts	Bravehearts is a leading Australian child protection agency. They provide support, advice and counselling to children, young people, adults and non-offending family members impacted by child sexual assault.	1800 272 831 Mon – Fri: 8:30am – 4:30pm (AEST) Bravehearts.org.au
Kids Helpline	Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 26.	1800 55 1800 Kidshelpline.com.au