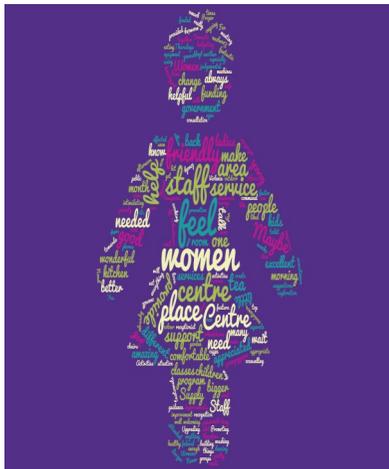


**Sexual assault** is any type of forced or coerced sexual contact or behaviour that happens without your consent.

Sexual assault is a crime and occurs when an offender rapes or indecently assaults you (e.g. groping or inappropriate touching of a sexual nature) or forces you to commit an act of gross indecency (e.g. being forced to perform a sexual act on the offender). In Australia, men and women experience sexual assault. 1 in 4 women experience sexual assault.



If you have been sexually assaulted it is not your fault.

## Sexual Assault Response Team

If you have concerns for your  
immediate safety call 000

Sexual Crimes Unit 4759 9743

The Townsville Hospital 4433 1111

Townsville Sexual Assault Service

24 hour reporting and support

For ongoing counselling and follow  
up support contact the  
Townsville Sexual Assault  
Support Service

(A service provided by The Women's Centre)

4775 7555 business hours

50 Patrick Street, Aitkenvale. 4814



## Townsville

## Sexual Assault

## Response Team



A professional and non-judgmental service within a safe, caring and supportive environment.

**SAFETY IS A HUMAN RIGHT**

24 hour support



The Sexual Assault Response Team is made up of detectives, specialist sexual assault support workers and forensic medical staff to provide you with the best professional support.

The Sexual Assault Response Team is available 24 hours a day by calling 000 or the Sexual Crimes Unit on 4759 9743. You can also access by attending your nearest police station or hospital.

## Sexual assault is a traumatic event

A **traumatic event** is an experience that causes physical, emotional, spiritual, or psychological harm. The person experiencing the distressing event may feel threatened, anxious, or frightened.

## TRAUMA

What are some of the symptoms of trauma?

- Having trouble functioning at home or work.
- Suffering from severe fear, anxiety, or depression.
- Unable to form close, satisfying relationships.
- Experiencing terrifying memories, nightmares, or flashbacks.
- Avoiding more and more things that remind you of the trauma.

## Some ideas on how to manage your trauma experience

- Give yourself permission to experience your reaction to what has happened.
- You're allowed to be angry that this happened to you.
- Remember everyone copes differently and you are doing the best you can.
- Avoid alcohol and drugs.
- Try not to make big decisions while you are working through the traumatic event.
- Try to maintain your normal routine.
- Allow yourself time to rest and recover.
- Try to let people you trust help, by letting them know what you need e.g. time-out or to rest.
- Other memories may surface due to the trauma; try to deal with them at your own pace and give yourself time to heal.
- Try talking to a counsellor.
- Visit your doctor and seek help.