

Signposting support

If you're looking for additional support or would like to direct someone else to helpful resources, the materials below can assist.

Support to communicate

All people who may have difficulty speaking or understanding English have the right to request support services.

If you need a translator:

- [TIS National Interpreter Service](#) (Tel: 131 450)

If you need a relay service:

- [National Relay Service](#) (Tel: 1300 555 727)
- [National Auslan Interpreter Booking and Payment Service](#) (Tel: 1800 246 945)

Immediate support (24/7)

- [1800RESPECT](#) (Tel: 1800 737 732) National Domestic, Family and Sexual Violence Counselling Service
- [Lifeline](#) (Tel: 13 11 14) National Crisis Support
- [13YARN](#) (Tel: 13 92 76) Aboriginal or Torres Strait Islander Crisis Support
- [QLife](#) (Tel: 1800 184 527) LGBTIQ+ Peer Support, available 3pm to 9pm
- [Men's Referral Service](#) (Tel: 1300 766 491) Support for men who use violence to change their behaviour
- [Suicide Call Back Service](#) (Tel: 1300 659 467) Phone and online counselling for anyone affected by suicide
- [Kids Helpline](#) (Tel: 1800 55 1800) Support for people aged 5 to 25 years old

Self-care and general support

- [Helplines, telephone and online counselling services for children, young people and adults](#) from the Australian government
- [Australian Sexual Violence Support Directory](#) by the National Association of Services Against Sexual Violence (NASASV)
- [Find A Service](#) Directory of specialist family violence services in Victoria by SAFE+EQUAL
- The Australian Human Rights Commission Respect@Work Information Service (Tel: 1300 656 419) A free, confidential, trauma-informed service that supports individuals, employers and organisations with information on workplace rights and responsibilities around sexual harassment and sex-based discrimination
- [Domestic and family violence and your workplace](#) by Our Watch (YouTube series)

- [Safety planning](#) from 1800RESPECT
- [Self-Care – Centre Against Sexual Violence Inc.](#) (Tel: 07 3808 3299) How to self-care from the Centre Against Sexual Violence Inc.
- [Self-care for survivors](#) (Tel: 1300 657380) How to self-care as a survivor from Blue Knot
- [Useful resources](#) Safe Response Toolkit, The STOP Campaign
- [Tertiary institutions | eSafety Commissioner](#)

Support for men

- [MensLine](#) (Tel: 1300 78 99 78) Free 24/7 phone and online counselling for men.
- [Men's Referral Service](#) (Tel: 1300 766 491) Support for men who use violence to change their behaviour
- [The Line](#) A long-running campaign that supports young people in understanding what's okay and what's not when it comes to sex, dating and relationships
- [The Man Box 2024](#) A comprehensive study of the attitudes of Australian men aged 18–45, compiled by Jesuit Social Services
- [White Ribbon](#) A resource hub for men and boys who want to prevent men's violence against women
- [Brother to Brother](#) (Tel: 1800 435 799) Provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons. Staffed by Aboriginal men, including Elders, who have a lived experience in the issues that the line offers support for.

Bystander intervention

- [Being an ethical bystander](#) from The University of Queensland
- [Bystander Intervention Scenarios](#) from Alan Berkowiz
- [How to be an active bystander](#) by VicHealth
- [The 5Ds of Bystander Intervention](#) by Right To Be
- [The College Program: Workbook for Participants](#) by The STOP Campaign

Disclosures and response

- [How to respond to a disclosure of sexual violence in a safe and supportive way](#) from Safer Me Safer You
- [Responding to disclosures](#) from SAFE+EQUAL
- [Responding to Disclosures | Safe Response Toolkit](#) video from The STOP Campaign
- [Responding to disclosures of sexual violence from alleged perpetrators](#) by The STOP Campaign
- [Responding to Disclosures of Sexual: Violence Prompts \(Victims and Survivors\)](#) by The STOP Campaign
- [Supporters advice](#) from Blue Knot about how to support someone who has experienced complex trauma
- [The Safe Response Toolkit: A toolkit for sexual violence victim-survivors and their supporters](#) from The STOP Campaign

Government and legislation

- [Report online harm](#) via the Australian government eSafety Commissioner
- [National Student Ombudsman](#) (Tel: 1300 395 775) Works to resolve student complaints about higher education providers

University Support

- Consider seeking support from your university e.g. Student Support Services, mental health support, or Staff Wellbeing or Employee Assistance Programmes
- [Tertiary institutions | eSafety Commissioner](#)