

## HOTLINES

Alcohol and Drug Information Service  
**1800 422 599**

Beyond Blue **1300 224 636**

Blue Knot Helpline, support for adults of  
childhood abuse **1300 657 380**

Bravehearts **1800 272 831** (child sexual  
assault)

Child Protection Helpline **13 21 11**

Clan **1800 008 774** (institutional abuse)

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Kids Helpline **1800 551 800**

knowmore -A culturally safe organisation,  
free legal advice to people trying to navigate  
the Royal Commission **1800 605 762**

Heal for Life **1300 760 580** (for survivors of  
childhood trauma and abuse)

Lifeline **13 11 14** (24 hour support for adults)

Mensline **1300 789 978**

Mental Health Access Line **1800 011 511**  
(24 hr support with a mental health concern)

NSW Rape Crisis Line **1800 424 017**

Qlife **1800 184 527** (for LGBTQI Persons)

Rape & Domestic Violence Services  
**1800 737 732**

National Redress Scheme **1800 737 377**

Suicide Callback Service **1300 659 467** (24 hr  
support for those with suicidal thoughts with  
follow up phone calls)

SAMSN **1800 472 676** (for male survivors of  
child sexual assault)

Sexual Assault Counselling Australia  
**1800 211 028** (for those affected by the  
Royal Commission into Institutional  
Responses to Child Sexual Abuse)

Victims Access Line **1800 633 063**

Victims Access, Aboriginal Contact Line  
**1800 019 123**

**Research has consistently shown that adults who  
have experienced child abuse have higher rates  
of suicide, mental illness, substance abuse and  
poor health.**

There were 60,989 confirmed cases of child abuse and neglect in  
2015-2016 ([www.aifs.gov.au](http://www.aifs.gov.au))

*1 in 3 girls and 1 in 6 boys are sexually  
abused before the age of 18* ([www.aifs.gov.au](http://www.aifs.gov.au))

**Childhood trauma is defined as sexual; physical; emotional;  
neglect; witnessing and/experiencing the impacts of family,  
intuitional and/or community violence and a range of other  
adverse childhood events.**

## Symptoms of multiple abuses from childhood

Adults surviving childhood abuse often adopt  
coping mechanisms to guard against feelings of  
hopelessness they may have experienced as a  
child. These feelings can still have influence over  
present behaviours and may include-

Feeling detached numb or empty

Not remembering trauma and then sometimes  
flooding in

Nightmares and/or flashbacks

Guilt, shame and highly critical self-talk

Body memories and pain that is unexplainable

Difficulty trusting – Feeling unsafe

Rescuing others to please and/or protect

Ongoing chronic depression and/or anxiety

Suicidal thoughts

Self-harming

Addictive behaviours

Needing to be in control out of fear OR not  
feeling in control

Difficulty forming or maintaining relationships

Split between 'bad' and 'good' sense of  
oneself

Complicated love/hate feelings towards the  
abuser when they are/were your caregiver

## **SELF CARE – BE KIND TO YOURSELF**

Talk to others, seek support, you deserve to feel more understood

Try relaxation methods such as meditation, music or spending time in nature

Ask for a counsellor who is trauma informed

Take part in activities that you enjoy

Seek out support groups and organisations that are trauma informed.

Learn about trauma. Knowledge is power; see our list of websites

(Self-care is not a one size fits all, please practice with safety and an awareness of what is or is not beneficial for you)

## **The Human Stress Response**

**Fight;** Defence Aggression- feeling out of control with rage

**Flight;** Withdrawal-Avoidance

**Freeze;** Immobility- numbing detaching

**Appease;** Submission- pleasing the abuser and/or everyone else.

VoiceUp Australia is a project of  
Coffs Harbour Neighbourhood Centre.

Find us at 22 Earl St, Coffs Harbour. Phone 6648 3694  
or email [support@voiceupaustralia.com.au](mailto:support@voiceupaustralia.com.au)

## **WEBSITES**

[www.voiceupaustralia.com.au](http://www.voiceupaustralia.com.au)

[www.facebook.com/VoiceUpAustralia/](https://www.facebook.com/VoiceUpAustralia/)

[www.bravehearts.org.au](http://www.bravehearts.org.au)

[www.blueknot.org.au](http://www.blueknot.org.au)

[www.nationalredress.gov.au](http://www.nationalredress.gov.au)

[www.clan.org.au](http://www.clan.org.au) (*institutional abuse*)

[www.healforlife.com.au](http://www.healforlife.com.au)

[www.heartfelthouse.org.au](http://www.heartfelthouse.org.au)

[www.interrelate.org.au](http://www.interrelate.org.au)

[www.knowmore.org.au](http://www.knowmore.org.au)

[www.qlife.org.au](http://www.qlife.org.au) (*sexuality*)

[www.rape-dvservices.org.au](http://www.rape-dvservices.org.au)

[www.samsn.com.au](http://www.samsn.com.au) (*for men, child sexual assault*)

[www.victimsservices.justice.nsw.gov.au](http://www.victimsservices.justice.nsw.gov.au)

## **EDUCATION**

[www.earlytraumagrieff.anu.edu.au](http://www.earlytraumagrieff.anu.edu.au)

[www.napcan.org.au](http://www.napcan.org.au)

[www.traumasociety.com.au](http://www.traumasociety.com.au)

[www.brokenrites.org.au](http://www.brokenrites.org.au)

[www.copmi.net.au](http://www.copmi.net.au)

# VOICEUP AUSTRALIA

Over 4 million Australian Adults have been affected by childhood trauma

## SUPPORT IS AVAILABLE

### **Local Support**

Coffs Harbour Sexual Assault Service-**6656 7200**

Ngurrala, Coffs Harbour-**6650 9477**

Local Neighbourhood Centres Boambee East – **6658 4655**  
Coffs Harbour - **6648 3694**, Woolgoolga – **6654 1598**  
Bellingen - **6655 1239** or Urunga - **6655 6993**  
for referrals and information.

Women's Health Centre – **6652 8111**

Women's Resource and Information Centre – **6652 9944**

STARTTS – treatment and rehabilitation for people from refugee backgrounds who have experienced trauma and torture – **6650 9195**

Headspace –young people 12 – 25. Call or drop in  
**6652 1878**

Heartfelt House – Alstonville, provides support for survivors and their friends and family- **6628 8940**