

Looking after yourself



Respectful Communities information sheet

November 2017 - For internal staff training use only

Looking after yourself

At Deakin, we acknowledge that as a first responder to a disclosure of sexual assault you may find the experience difficult and challenging. It may also be confronting and triggering for those who have experienced past trauma, or experience vicarious trauma as a result of receiving a disclosure. If you need support, please do not hesitate to contact Safer Community at Deakin on 03 9244 3734 or email safercommunity@deakin.edu.au. Confidentiality is assured.

As a member of Deakin Security you may be a potential first responder to a disclosure of sexual assault, it is important that you plan ahead, talk to your supervisor/manager and discuss some plans to ensure that you are OK. If you notice any changes about yourself or have any concerns, then you are encouraged to talk to someone and take action.

SUPPORT SERVICE		
INTERNAL SUPPORT SERVICES		
Safer Community	T: 03 9244 3734 E: safercommunity@deakin.edu.au	deakin.edu.au/safer-community
Employee Assistance Program		deakin.edu.au/assistance
EXTERNAL SUPPORT SERVICES		
Centre Against Sexual Assault (CASA)	T: 03 9635 3600	casa.org.au
National Sexual Assault, Domestic Family Violence Counselling Service	T: 1800RESPECT T: 1800 737 732	1800respect.org.au
Safe Steps Family Violence Response Centre	T: 1800 015 188	safesteps.org.au
Sexual Assault Crisis Line (SACL)	T: 1800 806 292	sacl.com.au