

Complex Trauma Webinar Supporting resources

Trauma Support Directory

<https://www.traumasupport.com.au/>

Includes:

- Information and links to the National Redress Scheme website
- Information about accreditation criteria for inclusion in the Directory
- Videos for survivors and health professionals
- Directory of health professionals

National Redress Scheme

The [National Redress Scheme](#) began on 1 July 2018. The scheme will provide support to people who were sexually abused as children while in the care of an institution.

For information and to apply, visit the [National Redress Scheme](#) website (<https://www.nationalredress.gov.au/>) or call the National Redress Information Line on **1800 146 713**.

Support services

Options for advice and support are listed on the [Royal Commission into Institutional Responses to Child Sexual Abuse website](#). Some are listed below:

- **1800 Respect**

Call **1800 737 732** or visit www.1800respect.org.au

24/7 telephone and online crisis support, information and immediate referral to specialist counselling for anyone in Australia who has experienced or been impacted by sexual assault, or domestic or family violence.

- **Lifeline**

Call **13 11 14** or visit www.lifeline.org.au

24 hour crisis support and suicide prevention

Further information and reports

- **Royal Commission**

Research report: Impacts of institutional child sexual abuse:

https://www.childabuseroyalcommission.gov.au/sites/default/files/file-list/research_report_-_impacts_of_institutional_child_sexual_abuse_on_victims_survivors_-_treatment_and_support_need.pdf

Personal stories:

https://www.childabuseroyalcommission.gov.au/sites/default/files/file-list/final_report_-_interim_report_volume_2.pdf

- **Attorney General:**

<https://www.ag.gov.au/RightsAndProtections/Australian-Government-Response-to-the-Royal-Commission-into-Institutional-Responses-to-Child-Sexual-Abuse/Pages/default.aspx>

- **Australian Institute of Family Studies:**

<https://aifs.gov.au/research-aifs-royal-commission-institutional-responses-child-sexual-abuse>

- **Survivors & Mates Support Network**

Ground Floor, 8 – 10 Palmer St Parramatta NSW 2150

Tel: (02) 8355 3711

Helpline: 1800 4 SAMSN (72676) | www.samsn.org.au

- **Sexual Assault Support Services**

Ground Floor, 31-33 Tower Road, New Town TAS 7008

Tel: (03) 6231 0044

Helpline: 1800 MYSUPPORT (697877) | www.sass.org.au

- **Helpful Resources**

- Lewis, L et al (2004) Restoring Hope & Trust: An Illustrated Guide to Mastering Trauma
- Blue Knot Foundation | www.blueknot.org.au
- Allen, J (2002) Traumatic Relationships & Serious Mental Disorders
- Adverse Childhood Experiences and Health and Well-Being Over the Lifespan Chart:
<https://www.theannainstitute.org/ace-chart.html>