

Support for family, friends and community members

We understand that the impacts of child sexual abuse and complex trauma can reach family, friends and the wider community. If you are supporting someone who has experienced child sexual abuse, it's important that you take care of your own health and wellbeing too.

Blue Knot Foundation

Blue Knot provides counselling, referrals and resources for people experiencing complex trauma and their supporters. They have information about how you can support someone and take care of your own wellbeing at the same time.

- Visit blueknot.org.au/supporters, or
- Call [1300 657 380](tel:1300657380).

Sexual Assault Services Victoria (SASV)

SASV provides support for people who experience sexual assault and has created a factsheet with helpful information for their supporters.

- Read their factsheet about [supporting someone after sexual assault](#).
- Speak to someone at [your local service in Victoria](#) or call [1800 806 292](tel:1800806292).

Survivors and Mates Support Network (SAMSN)

SAMSN has developed a range of dedicated resources for supporters, including a resource library, counselling services and a webinar series.

- Go to the [resource library for supporters](#).
- Access [counselling for supporters](#) (up to six to 10 free sessions).
- Watch the [webinar series](#) that explores information for supporters.

For more information about the support available for family, friends and community members, visit the [Support and wellbeing page](#) on our website.