

Have you been sexually assaulted?

Sexual assault happens when someone touches you in a sexual way without your consent.

Are you safe?

If you feel unsafe, you should call the police or speak to someone you trust. You can call these numbers if it is an emergency.

- **Emergency** (police, ambulance, fire): Triple Zero (000) (24/7)
- **ACT Police:** 131 444 (24/7)
- **Canberra Rape Crisis Centre (CRCC) Crisis Line:** (02) 6247 2525 (7am-11pm, 7 days a week)

Are you hurt?

Sexual assaults can sometimes cause injuries, including those you cannot see. If you are hurt, unsure or worried, go to a hospital or see a doctor to help.

You do not have to report the assault to police to access medical help.

- **Canberra Hospital Emergency:** Building 12, Yamba Drive, Garran ACT 2605. Open 24/7.
- **North Canberra Hospital Emergency:** 40 Mary Potter Circuit, Bruce ACT 2617. Open 24/7.

Note: If you are a temporary visa holder, access to hospital services may require payment.

If you need help to communicate:

- CRCC text service: 0488 586 518
- National Relay Service: 1300 555 727
- Translation and Interpreting Service: 131 450