

What is sexual assault?

Sexual assault is any behaviour of a sexual nature that is unwanted or makes you feel scared or uncomfortable.

Sexual assault includes:

- sexual harassment
- unwanted touching or fondling
- suggestive behaviour or comments
- exhibitionism
- rape
- incest

If you are a victim/survivor of sexual assault, you are not to blame.

It is always the responsibility of the person who has assaulted you.

Sexual assault is a violation of basic human rights and therefore is a crime against the individual and society.

We can help

- Call 9216 0444 for information, support and to talk about options for counselling.
- We have a range of helpful information brochures which can also be downloaded from our website.
- Services for children under 12 years of age: call the Gatehouse Centre, located in the Royal Children's Hospital, telephone 9345 6391.

Gatehouse also provides counselling at the MDC, Werribee.

How to find us:



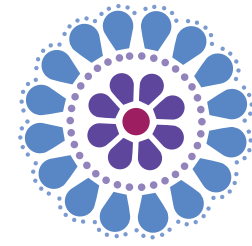
We are located in the
Multi-Disciplinary Centre (MDC)
236 Hoppers Lane, Werribee, VIC 3030.
(Melways map reference: 206 J4)

For details of public transport routes, phone
Public Transport Victoria on 1800 800 007.



WestCASA

Western Region Centre Against Sexual Assault Inc
ABN 29 351 352 921
236 Hoppers Lane, Werribee, VIC 3030.
Fax: 9216 0440



WestCASA

Western Region Centre Against Sexual Assault

A counselling service that
aims to facilitate the healing
of victim/survivors of sexual
assault and work towards
the elimination of sexual
violence in our society.



Multi-Disciplinary Centre - Werribee

Counselling 9216 0444

After Hours Sexual
Assault Crisis Line
1800 806 292

Admin 9216 0411

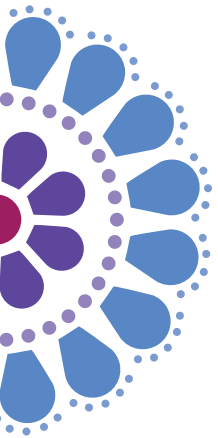
www.westcasa.org.au

info@westcasa.org.au

Mon-Fri, 9 am - 5 pm

WestCASA services are available to all people aged 12 years and older who are victim/survivors of sexual assault.

WestCASA is a service for people of all genders, sexual orientations, cultures, religions and abilities.



“You immediately get a sense of belonging and trust.”

“There is no awkwardness or patronising attitudes.”

“The atmosphere is calm and safe.”

WestCASA is founded on respect for the rights of victim/survivors to:

- be heard
- be believed
- be treated with dignity
- communicate in their own language with an interpreter if necessary
- be treated with sensitivity and understanding
- have control over their choices
- be given relevant information about their options
- have confidentiality and privacy maintained.

WESTCASA OFFERS:

● Counselling

Short to medium term counselling in a safe and confidential environment to victim/survivors of sexual assault.

Counselling for non-offending family members, partners and friends. All counselling is free of charge.

All counsellors at WestCASA have specialist training and experience working with victim/survivors of sexual assault.

Appointments are offered in Werribee Multi-Disciplinary Centre (main office), Footscray and Melton.

After hours support from the Victorian After Hours Sexual Assault Crisis Line:
1800 806 292 / 9216 0444.

● Advocacy

Information regarding legal options, other resources or services to support your needs.

Referrals to other services that may assist and support your recovery.

● Consultation

Secondary and clinical consultation is provided to other professionals in order to maximise the quality of care they give victim/survivors of sexual assault.

● Education and Training

Information and education is provided to the community and tailored workshops and training sessions are available to professionals, groups and agencies in the western region.

● Telephone Counselling and Intake

An intake worker is available Monday to Friday between 9.30am and 4.30pm.

The intake worker can provide information and support over the phone. You will need to speak to the Intake Worker to discuss your options for counselling.

● Group Work

A number of support groups are run throughout the year by experienced facilitators.

● Body-based Therapies

Trauma Informed Yoga and Shiatsu are provided by two experienced practitioners and offered to individuals currently engaged in counselling at the service. These programs are run periodically throughout the year.

● Crisis Care

We provide a crisis response for recent sexual assaults. These crisis care units are situated within Sunshine Hospital and the Werribee MDC.

The Sunshine Unit provides a 24-hour link to WestCASA for recent victim/survivors of sexual assault who require crisis counselling and support.

WestCASA works in partnership with Victoria Police, Victorian Institute of Forensic Medicine and Western Health to create a safe and calm environment, where victim/survivors receive information and choice regarding legal processes and medical care.