

Ballarat CASA

Services include:

- ◆ Free Specialist Counselling and advocacy for female and male adults, children and young people who have experienced recent or past sexual assault, including those participating in or affected by the Royal Commission
- ◆ Group Work
- ◆ 24 hours crisis care for recent sexual assault
- ◆ Visiting services to:
Ararat - 60 High St,
Bacchus Marsh - 52 Grant St
Daylesford - 13 Hospital St
Regional Schools and Ballarat
Aboriginal Co-op
- ◆ Community and professional education
- ◆ Therapeutic Treatment for children (10 - 15 years) with sexually abusive behaviors & children under 10 with problem sexual behaviors
- ◆ For access to our services please phone our Intake worker between 9-5. An Interpreter can be arranged as required

Address:

Ballarat Health Services, Sebastopol Complex
CASA Located: Cnr Vale & Edwards Sts,
Edwards St Entrance
email: casa@bhs.org.au
website: www.casa.org.au

Postal Address:

CASA
PO Box 577
Ballarat 3353

Business Hours:

9.00 am to 5.30 pm
Monday – Friday
Late appointments available
Phone: 03 5320 3933
Fax: 03 5320 3817
24 Hrs Free Call: 1800 806 292

After hours:

Crisis Care 24 hours
Free Call
1800 806 292

Feedback is encouraged and can be directed to:

The CASA Manager
CASA
Ballarat Health Services
PO Box 577
BALLARAT VIC 3353
(email: casa@bhs.org.au)

or feedback independently of CASA to:

The Consumer Liaison Officer
Ballarat Health Services
PO Box 577
BALLARAT VIC 3353
(email: feedback@bhs.org.au)

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BALLARAT Centre Against Sexual Assault

Free and Confidential
specialist counselling, advocacy
and support for victim/survivors
of sexual assault and non-offending
family members and friends,
including people participating in
or affected by the Royal Commission

A program of



Ballarat Health Services
Putting your health first



The Ballarat CASA
is supported by the
Victorian Government

About CASA

Ballarat CASA provides free specialist counselling, advocacy and support to women, men, young people and children who have experienced both recent and past sexual assault.

Research indicates that 1 in 3 women and 1 in 6 men have experienced some form of sexual assault. (Fergusson & Mullen, 1999)

Clinicians at CASA provide a safe, supportive environment for victim/survivors.

CASA is inclusive of people of all races, cultures and sexual orientation.

Ballarat CASA acknowledges the traditional custodians of the land, the Wathaurong people.

Some common effects of sexual assault include:

- Feelings of powerlessness
- Feeling numb
- Denial
- Disturbed sleep
- Flashbacks
- Guilt
- Embarrassment/shame
- Loss of confidence
- Depression
- Fear
- Anxiety
- Panic Attacks
- Anger
- Suicidal thoughts
- Eating disorders
- Dissociation
- Drug/alcohol abuse
- Self harm
- Relationship difficulties

If you have been Sexually Assaulted, how can counselling times help?

Counselling may be the first opportunity for you to feel safe and supported.

Difficult times in your life may trigger emotions or feelings associated with the assault which is when CASA can help.

Counselling can help you reduce overwhelming feelings of anxiety and isolation and rebuild your life.

While the memory cannot be erased, the effects can be diminished, and healthier coping strategies can be established.