

It takes trust and courage to talk about abuse.

You are not alone.

You are not to blame for what happened.

Many people have experienced child abuse and found healing and recovery.

Support is available whenever you are ready.

You don't have to make any decisions today - do things at your own pace.

Talk to someone who understands.

There are caring, trained professionals available 24/7:

Yarn – 13 92 76:
- For Aboriginal and Torres Strait islander peoples.

Lifeline – 13 11 14:
- For anyone feeling overwhelmed, in crisis, or needing someone to talk to.

Bravehearts – 1800 272 831 (Mon–Fri):
- Support for people affected by child sexual abuse.

Blue Knot Helpline – 1300 657 380:
- Specialist trauma counsellors for survivors and supporters.

Explore your legal options (if you choose).

If you'd like free and confidential legal advice about your rights or next steps:

Knowmore free legal service – 1800 605 702 | knowmore.org.au
- Free legal advice and support in a confidential environment for survivors of child abuse.

Remember
Healing is a journey, and it's okay to take it one step at a time.
Support is here whenever you need it.

Knowmore
Free legal service