

From: Chrystina Stanford <chrystina@crcc.org.au>

Sent: Thursday, 26 March 2020 10:13 AM

To: Chrystina Stanford <chrystina@crcc.org.au>

Subject: Canberra Rape Crisis Centre- Updated Notice to Clients, Community and Stakeholders- COVID-19- 26/03/2020

Please see below important updates on Service Delivery for the Canberra Rape Crisis Centre 25/03/2020 going forward, in response the impacts of COVID-19

Canberra Rape Crisis Centre (CRCC)

Update 26th of March 2020

As we see the further changes impact our lives in every way as a result of COVID-19, CRCC understands that we are all in uncertain times. We know for people already living with the effects of trauma, these changes are more difficult to navigate. Although this week CRCC has had to shift service provision to address the responsibility we all have to look out for each other and try collectively to slow the spread of the COVID-19 virus. We are still available and able to assist for those in our community who are struggling with the impacts of sexual violence occurring now or impacts surfacing now for sexual assault that occurred long ago.

We have moved Counselling, Crisis Appointments and Advocacy to Phone appointments. Current clients have been contacted to arrange phone sessions. Clients on the waiting list for Counselling at CRCC will be contacted to have Counselling offered via phone session.

Intake appointments will be offered gathering limited information for what is appropriate for phone contact. People will be then offered phone Counselling through the intake process.

Call Outs to Police to report sexual violence, and access to forensic services will still occur 24 hours a day, 7 days per week. The 24 hour Call Out line remains fully operational. Forensic medical services will be attended by CRCC, where directed by the Police and the Forensic and Medical Sexual Assault Care(FAMSAC)

1800RESPECT continues to operate normally for those impacted by sexual or domestic violence.

The CRCC Crisis Line (62472525) remains operational from 7am-11pm 7 days per week for:

- Immediate assistance related to recent sexual violence including services provided by Police and FAMSAC
- Those struggling with impacts of trauma from long ago
- Those who have remembered abuse for the first time
- Those who struggle daily with the effects and impacts of complex trauma
- Information, support, referral for victims of sexual assault and their supporters- as well as professionals, organisations and community groups.
- Information and support about Redress Services
- Support and information for those impacted by sexual misconduct in sports- 1800 ASC HELP(1800 272 4357)
- Crisis Intervention, crisis support
- Support for non-offending parents, carers and concerned adults who have had disclosures of sexual assault from their children, children in their care or children that they know. This also includes disclosures from young people.
- People feeling the impacts of trauma are compounded by COVID-19

Counselling and Advocacy services remain operational via phone contact for

- Women, young people, children, and families- as well as their supporters
- Men through the Service Assisting Male Survivors of Sexual Assault(SAMSSA)
- Aboriginal and Torres Strait Islander community members, through NGURU
- Survivors of child sexual abuse within institutions seeking Redress Support Services
- People who have recently been sexually assaulted
- People who have remembered historical abuse for the first time
- People living with disabilities
- People impacted by sexual misconduct or abuse within sport
- ANU Students

We will reassess this throughout the coming days and weeks and provide information of any changes to circumstances or functions of CRCC services.

CRCC is able to be flexible to continue to provide services to clients and the community. We will communicate any adjustments through out networks as we all navigate the weeks and months ahead.

Our Crisis line is available from 7am to 11pm to those in the community who need support. Please reach out if you need to.

Best Regards

Chrystina Stanford

On Behalf of Canberra Rape Crisis Centre Team and Board

Please also feel free to pass/distribute throughout your networks

Chrystina Stanford

Chief Executive Officer
Canberra Rape Crisis Centre
Chrystina@crcc.org.au

This email is not monitored 24 hours a day. If your needs are urgent, please call 000. I acknowledge and pay my respects to the traditional custodians of this land on which I work, the first people of this country. I pay my respects to them, their culture and their Elders past, present and future.

Keep track of our progress with our new Therapy and Healing Puppy Programs
Instagram #furapyhealingpuppies

Reclaim The Night - Each Year

'Like' our Canberra Reclaim the Night Facebook page

Public Opinion- an opinion that gradually takes root among a whole people; especially among those who have the most influence when they work together as a group. In this way it wins the upper hand to such an extent that one meets it everywhere... It then only requires some small opening that will allow it air, and it will break out with force. Then it can change whole nations in a brief time and give whole parts of the world a new configuration." 1 Christof Wieland, 1798

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