



If you have English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.

## How to get support:

- Phone us during business hours on **(03) 9870 7330** or email **ecasa@easternhealth.org.au**
- You do not need a referral from your GP or a Medicare card
- We accept referrals from professionals with your consent
- We welcome secondary consultations and/or discussion with referring professionals

### Other important numbers:

- ☎ For after-hours sexual assault support the Victorian Sexual Assault Crisis Line on **1800 806 292**.
- ☎ Sexual Offences and Child Abuse Investigation Team (Police), Knox SOCIT on **(03) 8335 6701** or Box Hill SOCIT on **(03) 8892 3292**
- ☎ For family violence support Safe Steps on **1800 015 188** or EDVOS on **(03) 9259 4200**



If you would like more information please contact ECASA directly or visit Eastern Health's website **www.easternhealth.org.au**



### Eastern Centre Against Sexual Assault

Counselling line: (03) 9870 7330  
Admin line: (03) 9870 7310  
F: (03) 9879 8306  
E: [ecasa@easternhealth.org.au](mailto:ecasa@easternhealth.org.au)

#### Postal Address:

PO Box 135, Ringwood East, Victoria 3135

Eastern Health  
5 Arnold Street, Box Hill, Victoria 3128  
T: 1300 342 255  
[www.easternhealth.org.au](http://www.easternhealth.org.au)

© Eastern Health 2022



If you have any feedback or suggestions on how to improve this information sheet, please contact us at: **brochure.request@easternhealth.org.au**

**Eastern Health**  
[www.easternhealth.org.au](http://www.easternhealth.org.au)



**Eastern Health**  
**ECASA**  
Eastern Centre Against Sexual Assault



Promoting recovery, healing and empowerment by providing a safe, confidential and accessible space for people impacted by sexual assault.

## About ECASA:

ECASA is a **free** and **confidential** specialist sexual assault support service available to anyone who has experienced a recent or past sexual assault. We also provide support to non-offending family members and significant others.

Our services are available to anyone who lives, works or studies in the Eastern Metropolitan Region of Melbourne. We are based in Ringwood East and have outposts throughout the inner and outer east.

### Our services include:

- 24/7 Crisis care response following a recent sexual assault including attendance by police/forensic services
- Short to medium term counselling and advocacy
- Outreach to young people 12-25 years of age, who are homeless or at risk of homelessness (IHSY program)
- Telephone counselling and support
- Therapeutic groups
- Information and referral for legal and medical issues
- Community education
- Primary and secondary consultation
- Professional training
- Prevention programs

## What is sexual assault?

Sexual assault is **ANY** behaviour of a sexual nature that makes someone feel uncomfortable, frightened, intimidated or threatened.

It is sexual behaviour that someone has not freely agreed to. It can be a single incident, or can happen over many years.

Sexual assault is a crime. The offender may be a family member, partner, friend, trusted professional or a stranger.



People  
**CAN AND DO**  
overcome the  
impact of sexual  
assault

## ECASA recognises:

- Sexual assault is a violation of basic human rights and is a crime against the individual and society
- Sexual assault happens worldwide, in all communities and can happen to anyone
- Sexual assault is about an abuse of power which has social, emotional, psychological, medical and legal impacts on victim/survivors
- Victim/survivors of sexual assault have the right to be heard and believed and to be treated with dignity, respect and sensitivity
- Victim/survivors are never responsible for the sexual assault

ECASA is a safe space for you to explore your feelings about sexual assault and the impact on your life.

All of our counsellor/advocates are qualified and experienced in trauma counselling.

It doesn't matter how long ago the sexual assault/abuse happened. It's never too late to talk about it.