Counselling

People can feel many different ways following sexual abuse or sexual assault.

Counselling can be an opportunity to explore that and to explore new skills that may make a difference to your life.

Counselling is an opportunity for you to talk.

You can talk to us at a one-off session to address a particular concern or for extended visits if you feel that further counselling sessions would be helpful.

You decide what is right for you and what is discussed in the counselling session.

What you discuss with your counsellor is kept confidential and private.
What is sexual assault?

Sexual assault can refer to any unwanted sexual behaviour that makes a person feel uncomfortable, frightened or threatened.

A sexual act may be considered sexual assault or sexual abuse if:
- you have not agreed to it
- you agreed only because of intimidation or coercion
- you were unable to agree because you were intoxicated (or for any other reason where consent was not possible)
- an adult has sexual contact with a child

If you have experienced sexual assault or sexual abuse at any time in your life you are not to blame.

The Family Planning Queensland (FPQ) Cairns Sexual Assault Service (CSAS) is a free and confidential service.

Services available

- face to face counselling
- telephone counselling
- therapeutic groups
- counselling by Skype is available for people residing in Tully and through to the Cape
- information and referral
- support during police and legal processes (you do not need to be accessing counselling to access this support)
- information and support for parents/carers, spouses, family and friends of adults and children who have experienced sexual assault or abuse
- training and resources for other workers who have contact with adults and children who have experienced sexual assault or abuse
- community education
- medical care, including pregnancy testing and emergency contraception

Who do we support?

24 hour crisis support is provided to:
- anyone aged 14 years and older who has experienced a recent sexual assault

Ongoing support is provided to:
- those who have experienced sexual abuse or recent sexual assault
- children who have been sexually abused
- family members, carers, friends and support people of victims/survivors

This is a free and confidential service.

You may call and remain anonymous.

Please ask the service to call you back if the call is difficult for you to pay for or you are low on credit.

Telephone  4031 3590