

## Sexual Assault and Family Violence Support

### Sexual Assault Support Services

24 hour crisis support is available from various services around Tasmania. It is free to access.

They can provide support in a number of ways, including

- Attending the hospital with the survivor should they wish to undergo medical or forensic examination
- Attending the police station should they wish to make a statement
- Assisting the survivor to connect with counselling services for ongoing counselling and support

**24 hour crisis support phone:**  
1800 MYSUPPORT (1800 697 877)

#### North West

Laurel House  
Phone: (03) 6431 9711  
[www.laurelhouse.org.au](http://www.laurelhouse.org.au)

#### North

Laurel House  
Phone: (03) 6334 2740  
[www.laurelhouse.org.au](http://www.laurelhouse.org.au)

#### South

Sexual Assault Support Service (SASS)  
Phone: (03) 6231 0044  
[www.sass.org.au](http://www.sass.org.au)

## Sexual Assault and Family Violence Support

### Family Violence Counselling and Support Services (FVCSS)

All FVCSS services are voluntary and free of cost.

Services include:

- Information, counselling, and support
- Safety planning
- Assistance to access a police response to intimate partner family violence matters
- Referrals and advocacy

### Family Violence Counselling Support Service

9.00am – midnight weekdays

4.00pm – midnight weekends and public holidays

Phone: 1800 608 122

Telephone and online counselling:

**1800 RESPECT** (1800 737 732)

**Lifeline** counselling and support 24/7

Phone: **13 11 14**

**If someone is at immediate risk or in danger  
call Tasmania Police on 000**



Sexual Assault  
and Family Violence  
FORENSIC SERVICES



Sexual Assault  
and Family Violence  
FORENSIC SERVICES

Non-Fatal  
Strangulation  
Discharge  
Advice

### Signs to watch for after non-fatal strangulation.

As you have reported being *strangled* or *choked*, during an assault there are some things you should watch for over the next few days. Symptoms of internal injuries may appear quickly or develop over a few days after the assault. Internal injuries can be serious and even fatal.

**Make sure someone you trust stays with you for the next 24-72 hours.**

**If you notice any of the following symptoms, you should call 000 or present immediately to the nearest Emergency Department.**

- Difficulty breathing, shortness of breath, persistent cough, or coughing up blood
- Increasing or severe headache, not relieved by pain medication
- Difficulty speaking or understanding speech, changes to your voice
- Swelling to your throat, neck or tongue, or increasing pain
- Difficulty swallowing or a lump in throat, muscle spasm in throat or neck

- Loss of consciousness or 'passing out', confusion, dizziness or light-headedness, seizures, ringing in the ears
- Drooping eyelid or sudden vision problems, one pupil larger than the other
- Difficulty walking, right or left sided weakness, numbness or tingling, loss of balance
- Vomiting up blood, or persistent vomiting
- Prolonged nosebleed (greater than 10 minutes)
- Loss of control of bladder or bowel
- Thoughts of harming yourself or others
- Behavioural changes or memory loss

**If you are pregnant, report the strangulation and any of the following symptoms to your doctor/ antenatal clinic immediately.**

- Decreased baby movements
- Vaginal spotting or bleeding, or fluid loss
- Stomach pain
- Contractions

It is normal to feel anxious, trembling or shaking, rapid breathing, or experience stomach tightening, churning or nausea. Please contact a crisis support service for counselling and follow up.

You may notice some bruising or mild discomfort. Apply ice to the sore areas for 20 minutes at a time, 4 times a day if needed for up to 2 days. Use of over-the-counter pain medication may also be helpful.

If you notice new bruising or injury you should follow up with the hospital or your doctor. It is also recommended that you contact the forensic service or police and arrange further examination or photographs if needed.