

# If someone discloses gender-based violence to you, it's okay if you don't have all the answers.

Your role is simple: **listen, believe and inform.**

Here are some useful things to say or questions you could ask.

## Listen

Don't interrupt  
or judge

'Do you  
feel safe?'

'What do  
you need  
right now?'

'Is there  
anything I can  
do to support you?'

## Believe

Make it clear that it's not their  
fault and they're not alone

'I can see this is a  
really difficult thing  
for you to share.'

'Take your time,  
I'm not going  
anywhere.'

'I believe you. Thanks  
for trusting me and  
sharing your experience.'

## Inform

Point them to specialist services  
so they understand their options

'The Safer Communities  
team is equipped to offer  
trauma-informed support.'

'Would you like me to come  
with you to Safer Communities  
or be here while you call them?'

Respect their choices – even if that choice is to do nothing.

## Federation support

### Safer Communities

(03) 5327 8516  
safercommunities@federation.edu.au  
director.pc@federation.edu.au (for staff)  
federation.edu.au/safercommunities

### Campus security

Emergency: 1800 333 732  
Non-emergency: (03) 5327 6333

### Counselling (for students)

(03) 5327 9470  
www.federation.edu.au/counselling

### Mental health crisis line (for students)

1300 758 109

### Employee Assistance Program (for staff)

1300 687 327  
www.convergeinternational.com.au

## Community support

### Sexual Assault Crisis Line (Victoria)

1800 806 292

### Sexual Assault Services Victoria

www.sasvic.org.au

### 1800RESPECT

1800 737 732  
www.1800respect.org.au

### Lifeline

13 11 14  
www.lifeline.org.au

### Qlife

1800 184 527  
www qlife.org.au

### 13Yarn

13 92 76  
www.13yarn.org.au

### Mensline Australia

1300 78 99 78  
www.mensline.org.au

### Beyond Blue

1300 224 636  
www.beyondblue.org.au

