

# How Can The Child Abuse Prevention Service Help You?

The Child Abuse Prevention Service (CAPS) understands that Child Abuse is a traumatic and life-changing experience. We strive to provide a service that delivers unconditional understanding, warmth, encouragement, care and support to those who have been abused. The service is free and callers can remain anonymous. CAPS is staffed by highly-trained support workers who can assist callers in many ways as needed.

## **CAPS telephone support workers are there to:**

- Listen to you if you just need someone to talk to, for as long as you need to talk. You don't need a reason to call.
- Connect you with professional services, local support groups and other helpful organisations in your area.
- Give you information if you need clarification about what child abuse actually is.
- Answer any questions that you may have relating to child abuse.
- Help you to make a report of child abuse to the relevant Government Department and support you through the reporting process.
- Talk to you about the thoughts and feelings that you have towards abuse or your abuser.
- Support you through your experience of grief, anger or any other emotional process.
- Talk to you about any past or present issues you may be experiencing as a result of your abuse (such as substance abuse or depression).
- Give you assistance if you need help but don't know where to get it.
- Offer to follow-up with you and provide ongoing support if you'd like it.



**child abuse  
prevention service**

**For free, non-judgemental  
support call**

**02 9716 8000**

**[www.childabuseprevention.com.au](http://www.childabuseprevention.com.au)**