

Others have found that calling someone and meeting up to talk has helped them overcome many issues

## Keeping Cairns a safe place to live



For help and advice just 2 steps...

## Call & Meet



More information at:

[www.cairns.qld.gov.au/cairns/services/community\\_services/SafeCommunities.html](http://www.cairns.qld.gov.au/cairns/services/community_services/SafeCommunities.html)

Do you know someone affected by crime ?



Here is some information to help you or someone you know.

## These local organisations exist to help you

### CRDVS - Cairns Regional Domestic Violence Service

For people confronted by domestic violence and abuse.

**Call 40336100\***

### The Seniors Legal and Support Service

Provides free legal and support services for seniors concerned about elder abuse mistreatment or financial exploitation

**Call 4031 7358 / 1800 650 197**

### Family Planning Queensland - Sexual Assault Service

For women aged 15 years and over impacted by recent or past sexual abuse/assault

**Call 4031 3590\***

### QHVSS Queensland Health Victims Support Service

For victims of crime where there is a known mental health issue

**Call 1800 208 005**

### Relationships Australia

VCSS-Victims Counselling and Support Service

For anyone in Queensland touched by any crime

**Call 1300 139 703\***

### Wuchopperen Health Service

For any Aboriginal or Torres Strait Island people affected by any crime

**Call 40801036\***

\*These services will accept reverse charges call.

Did you know... the **Victims Liaison Officer Office of the Director of Public Prosecutions** is available to everyone who has been a victim of crime. Victim Liaison Officers within the Office of the Director of Public Prosecutions provide an information and referral support service for victims of violent crime throughout the trial/sentence process in the Supreme & District Courts.

**Call 4039 8707**

The **Queensland Police Service** actively works in partnership with the community and these agencies. Always contact the local **Police Service on 000** for immediate assistance. If you witness a crime, report it anonymously to Crimestoppers **Call 1800 333 000**

All services listed are professionally staffed, locally based and designed to help you build on your personal strengths and rebuild your life.

**All services are without cost and funded by the Queensland Government.**

## Being a victim or witness of a crime can bring common responses to trauma;

Not everyone responds in the same way and for some people there may be a delayed reaction to a disruptive event.

Criminal activity can affect an individual, their family and their friends regardless of whether they were involved in the event. Crime can impact on people in a number of ways including:-

### Physical

Feeling tense, jumpy or 'on edge'.

Insomnia. Nightmares.

Loss of or increased appetite.

Lack of co-ordination.

### Emotional

Sadness, grief or a sense of loss.

Anger, irritability, frustration.

Feelings of guilt.

Emotional instability.

### Thinking

Confusion.

Forgetfulness.

Marked changes to personality.

### Behavioural

Turning to alcohol, drugs or some other damaging behaviour.

Avoiding people or places.

Becoming reclusive.

Turning to work or other activity to avoid thoughts.

## If you experience any of these then a call might help you know what to do next.