

For some people memory of events will slowly return. Counselling is often helpful at this time.

If you have been sexually assaulted you may be feeling.....

- Shock/disbelief – I never thought this could happen to me
- Fear – Will the perpetrator hurt me again?
- Anger – How dare they do this to me?
- Shame – How can I show my face again?
- Guilt – If only I hadn't...
- Betrayed – But I trusted them
- Numb – I feel so hollow
- Worried about your future – Will my life ever be the same?

If you have been sexually assaulted it is not your fault!

If you have survived a sexual assault you are a strong, resourceful person who has the right to be treated with respect.



Galileo House provides counselling and support to children and youth who are survivors of sexual assault from 0 to 18 years, also family members and support people. This service also provides counselling and support for children up to 12 years and families for problem sexual behaviour issues.

Galileo House; 73 Federal St North Hobart
Monday to Friday 9am to 5pm
Phone (03) 6231 0044 to make an appointment.

Melaleuca House provides two services to our community. These are;

- crisis counselling, support with police statements, and coordinates medical and/or forensic examinations if required by victims of recent sexual assault people of all ages. 24 hours 7 days a week (03) 6231 1817.
- individual counselling and group programs for any survivors of sexual assault 18 years and older, also family members and support people.

Melaleuca House; 95-97 Campbell St
Hobart. Monday to Friday 9am to 5pm
Phone (03) 6231 1811 to make an appointment.

Email: admin@sass.org.au

Website: www.sass.org.au

SASS is a free service funded through the Department of Health and Human Services and SAAP.



“I Think I’ve Had My Drink Spiked...

...What Can I Do Now?”

What is Drink Spiking?

Drink spiking is the secretive placement of drugs (including alcohol) into a person's drink with the aim of sedating them, usually for the purpose of sexual assault or robbery. Young women are the main targets of drink spiking, however it happens to men and women of all ages.

Friends / family and acquaintances as well as strangers spike drinks. It can happen in pubs, clubs, private parties, and any social event. Drink spiking is often a planned crime.

Regardless of what you may have voluntarily taken or had to drink, it is not your fault if some one chooses to add alcohol or drugs to your drink.

“The perpetrator is always 100% responsible – remember you are not to blame”.

It is common for victims of drug facilitated sexual assault to have unclear, or only partial recollections of what happened to them, and as a result people are not always confident about reporting the suspected incident to police.

In Tasmania “drink spiking” is a criminal offence.

Minimising The Risks

- Keep an eye on your own and your friends drinks
- Watch your drink being poured
- Never let someone you do not know and trust give you an unopened drink
- Look out for your self and your friends
- If any of you are behaving strangely, ask someone you trust to get you and your friends to a safe place

Signs you may have been drugged;

- Feeling more intoxicated than you would expect from the amount of alcohol you have consumed
- Waking up in an unusual place, disorientated and with a memory lapse
- Thinking or feeling someone may have had sex with you but you can't remember
- Clothes disarranged
- Unusual flashbacks/amnesia

If you believe you have been the victim of a drink spiking;

- Alert someone trustworthy, like a friend, or staff member at the venue
- Have someone you trust stay with you

and assist in getting the help you need

- Call 000, or get to the emergency department of the hospital – request a urine and blood test to screen for presence of sedating substances and ask for these to be sent to the Forensics Science Services Tasmania.
- Consider contacting your local police as soon as possible
- If you believe you have been sexually assaulted contact a sexual assault support service
- Write down any details as you remember them
- If possible, keep your drink with you as it may provide useful evidence

Drink Spiking and Sexual Assault

If you think you have been the victim of a drug / alcohol facilitated sexual assault there are options available for you to get support.

This support may be in the form of counselling or advice on your medical and legal options.

Many people, both men and women, sexually assaulted under the influence of drugs are unsure what has occurred, because they have little or no memory of the event.