



## The benefits of counselling

Children feel the benefits of counselling in many aspects of their daily lives. For example, they've told us that counselling has helped them in these ways:

- > To focus in class to do their schoolwork
- > Understand their feelings better
- > Make new friendships
- > By having a safe space where someone listened to them
- > Gave them ways to get to sleep
- > Helped them feel better about themselves
- > Build their confidence and resilience
- > Provided a place where they can be themselves
- > Feel a sense of being connected with the world
- > Not feel as worried about things

***We have the experience to understand the behaviour, the expertise to heal it, and the care to get it right for every person.***

## Our contact details

Phone: (02) 9601 3790

Website: [www.rosebank.org.au](http://www.rosebank.org.au)

Mail: PO Box 869, Liverpool BC, NSW 1871

Email: [info@rosebank.org.au](mailto:info@rosebank.org.au)

Hours: Monday to Thursday 9am to 5pm



## Other helpful numbers (24 hour)

Family and Community Services (FACS)  
Child Protection Helpline: 132 111

1800 Respect 1800 737 732  
NSW Rape Crisis Centre: 1800 424 017

Lifeline: 13 11 14

Kids Helpline: 1800 55 1800



I CAN CREATE  
MY OWN STORY



Rosebank supports children and young people to heal and flourish.

We are a sexual abuse counselling and support service.

***In our work with these children and young people... we see them realise that they do have hopes and dreams and they can make them happen...***



## About us

Rosebank is a free and confidential counselling and support service for children and young people who have experienced sexual abuse. We are one of the oldest child sexual assault support services in Australia.

All of our counsellors have Post Graduate level specialist sexual assault training, and receive ongoing professional development and training.

## How we work

We create a safe and non-judgemental space where children and young people can shape the way they're supported in their healing process – no pressure and no expectations.

We believe in the value of early intervention so that children and young people can start writing their own story as soon as possible.

## Counselling

Our approach is creative and designed for the individual. We use a variety of therapeutic modalities to suit the needs of each child or young person. They can sing, they can draw, they can talk – they decide the best way forward.

Building rapport is the key to supporting their healing so they learn to trust again and to see that the world can be a safe place as well.

## Support services

Feeling safe and secure is the first step to healing. It's hard to focus on counselling if you have to worry about where to sleep or whether you feel safe at home. At Rosebank, we support and work with, not just the children, but their families and the people who are important to them. (We do not work with members of the family who are accused of violence.)

Sometimes we might work with the child's school, too. Or liaise and advocate, on their behalf, with medical, housing, or youth services.

***“As the kids heal, it's just like watching a flower open.”***

– Rosebank counsellor

## How to access our service

We support children and young people in the Liverpool, Fairfield and Campbelltown areas. You can be referred from another service OR you can refer yourself. Before you refer yourself, you have to make a report to the Family and Community Services Helpline on 132 111 (open 24 hours a day). Rosebank sees people if the allegation has been substantiated or not.

***The time to start the healing is now.***

