

Safer Campus Community

Support People in Distress

It is not your responsibility to investigate the incident or to provide counselling support. Your role is to listen and support the person by facilitating access to services.

Safety	<p>Call 000 if someone is in immediate danger</p> <p>Seek medical treatment if appropriate</p>
Listen	<p>Provide a safe and supportive environment by:</p> <ul style="list-style-type: none"> • Remaining calm • Remind them that it is not their fault • Give them your full attention • Acknowledge their feelings • Ask what you can do to support them
Refer	<p>Depending on the person's needs, refer them to the appropriate services:</p> <ul style="list-style-type: none"> • Police 131 444 • Lifeline 13 11 14 • Rape Crisis Centre (24hr) Yarrow Place, 8226 8777 • National Sexual Assault Counselling Service (24hr) 1800 737 732 • Kids Helpline – 1800 551 800 • Suicide Call Back Service – 1300 659 467 • MensLine Australia – 1300 789 978 • Mental Health Crisis Number – 13 14 65 • Beyond Blue Depression Support – 1300 224 636 <p>If the person is a University of Adelaide student:</p> <ul style="list-style-type: none"> • Student Life Counselling Support, 8313 5663 • Student Care, 8313 5430 • Campus Security (24hr) 8313 5990 • Lodge a report to the University
Document	<p>Ensure you follow the appropriate procedures as outlined in the Risk Management Plan:</p> <ul style="list-style-type: none"> • Notify your club committee • Notify AU Sport at: generalmanager@theblacks.com.au / 08 8313 3015 • Complete an Incident Report and provide to Club and AU Sport
Debrief	<p>It is important to look after yourself. Contact the Employee Assistance Program to make an appointment with a counsellor - eap@CHG.net.au, 8352 9898 or other counselling services.</p>