



Scouts Australia (New South Wales Branch)
LEADER NEWS - ON THE WEB

Members Support Team

December 2005 & January 2006

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We trust this will be the most unused Newsletter we have produced. However, if needed, it should be an excellent resource. Please share it around to any organisation you feel may be able to make use of it.

As a result of the relationship that develops between our Leaders and families they are often asked to share concerns or provide resources to help those who have experienced depression or assault. The best source of help is through the enquirer's own General Practitioner, Community Health Service or local hospital Social Worker.

DEPRESSION:

Depression really comes to the front at this time of year. The first thing that should happen is a visit to the local GP to rule out the more common physical causes, then the most common form of therapy is 'cognitive' therapy. This form is one that is in most GP's training. If they haven't the skill, or time, there is an excellent **FREE** site that provides a five-session cognitive therapy programme. Log on and have a look: www.MoodGym.anu.edu.au.

RAPE:

Sadly this holiday time is one where there is a dramatic increase in rape within our community. A very new confidential on line counselling service is available. www.nswrapecrisis.com.au. It has been found that more people would prefer to type about their problem to a counsellor than speak about it. (*This service is provided by the NSW Rape Crisis Centre 02 9819 6565 or 1800 424 017 (for women)*)

THE NSW HEALTH SERVICES CAN PROVIDE THE FOLLOWING SUPPORT:

The address is <http://www.health.nsw.gov.au/services/> and has a directory of sexual assault services located in your area.

Adult Sexual Assault - If you have been sexually assaulted as an adult, you can contact a Sexual Assault Service. Staff can talk to you about your medical and counselling needs, reporting a sexual assault to the police, preparation for any court hearings, or a victim impact statement.

Adult Survivor of Child Sexual Assault - If you are an adult and you were sexually assaulted as a child, you can talk to staff from different agencies such as a Sexual Assault Service, a Community Health Centre, or the Victims of Crime Bureau.

General Sexual Assault web page.

http://www.lawlink.nsw.gov.au/lawlink/victimsservices/ll_voc.nsf/pages/voc_sexual_assault
Specifically for victims: <http://www.lawlink.nsw.gov.au/vs>

Phone numbers.

Alcohol and Drug Information Service Sydney **02 9361 8000** or **1800 422 599**
Kids Helpline **1800 551 800**
Lifeline **131 114**

Mental health 24-hour contacts

NSW Poisons Information Centre **131 126**
NSW Rape Crisis Centre **02 9819 6565** or **1800 424 017 (for women)** www.nswrapecrisis.com.au
Victims Support Line **02 9374 3000** or **1800 633 063**
Youthline **02 9633 3666**

This year Christmas and Hanukkah both are on the same day. May it be a time of dedication and joy to all and may your year ahead be even richer.

Dr Warwick Bateman OAM
State Commissioner
Members Support.

Robert Rodgers
Asst State Commissioner
Members Support.