

Where to get help

if you have been
sexually harassed
at work.



Workplace sexual harassment is
against the law.

Workplace sexual harassment can
make you feel **uncomfortable**,
embarrassed or **unsafe**.

Workplace sexual harassment is
never your fault.

If you think you may have been
sexually harassed at work, **you can
get help.**

Outside the workplace

**Get help from a counsellor to talk
about how you are feeling.**

1800 RESPECT

1800 737 732

webchat: [1800respect.org.au](https://www.1800respect.org.au)

FullStop Australia

1800 385 578 [fullstop.org.au](https://www.fullstop.org.au)

13YARN (Aboriginal and Torres Strait
Islander 24/7 crisis support)

13 92 76 [13yarn.org.au](https://www.13yarn.org.au)

Kids Helpline

1800 55 1800

webchat: [kidshelpline.com.au](https://www.kidshelpline.com.au)

FullStop Rainbow Helpline

(LGBTIQ+ support and referral service)

1800 497 212 [fullstop.org.au](https://www.fullstop.org.au)

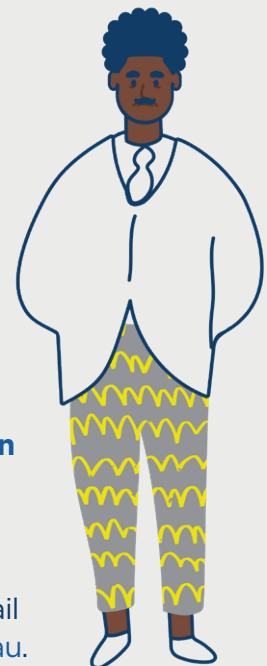
Call 000

*if it is an
emergency, you
are in danger or
need urgent
medical help.*

**These services are free
and confidential.**

You can also contact the
**Respect@Work Information
Service** for free and private
referrals to a counselling
service near you.

Phone 1300 656 419 or email
respect@humanrights.gov.au.



Get free help from a lawyer.

A lawyer can:

- listen to your story
- keep your information private
- explain the law
- help you to speak up for yourself
- talk to your boss
- tell you about your options at the Fair Work Commission, Fair Work Ombudsman, work health and safety regulators, anti-discrimination agencies (including the Australian Human Rights Commission) or workers' compensation
- help you make a legal report.

There are many free legal services available. Contact the **Respect@Work Information Service** for free and private referrals to a free legal service near you.

Phone 1300 656 419 or
email respect@humanrights.gov.au

You can also get help by:

- Speaking with your doctor, who can refer you to help, tell you about a mental health care plan and support any later workers' compensation claim.
- Telling a trusted friend, partner or family member.
- If you are a union member, speaking to your union representative.

For help calling these services:

- **Translating and Interpreting Service** (13 14 50) links to a telephone interpreting service to help with communication in a different language.
- **The National Relay Service** (13 36 77) links to help for people who are deaf or have a hearing or speaking impairment.

Inside the workplace

If you want to:

- you can tell someone at your workplace, like your **boss, manager** or **Human Resources (HR)**
- you can ask someone at work about your workplace policy for dealing with workplace sexual harassment.

When you tell someone at work, they should listen to you and ask how you want to be supported or helped.

They might ask if you would like to **make a report** about what happened.



A report is a way to make a record of what you went through in a workplace, to ask for the behaviour to stop, and may bring about change in the workplace to stop the behaviour from happening again.

If you are not okay with how your workplace responds, the reporting process or an investigation process you can contact the **Respect@Work Information Service** for free and private information and referrals.

Phone 1300 656 419 or
email respect@humanrights.gov.au

