

## Gatehouse Centre

### Further information

We can be contacted on:

- **(03) 9345 6391** (during business hours)
- **(03) 9345 5522** (after hours). Ask switchboard staff to page the on-call Gatehouse Centre worker

# Counselling Services

## General information

### Gatehouse Centre

The Royal Children's Hospital Melbourne  
50 Flemington Road Parkville  
Victoria 3052 Australia  
TELEPHONE +61 3 9345 6391  
[www.rch.org.au/gatehouse](http://www.rch.org.au/gatehouse)

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# Counselling Services

Gatehouse Centre at The Royal Children's Hospital is a **Centre Against Sexual Assault (CASA)** that provides counselling and crisis intervention services to children and young people who have been affected by sexual abuse, either as victim/survivors or as children or young people who have displayed a problematic sexual behaviour.

Gatehouse Centre clinicians are highly qualified social workers, psychologists, psychotherapists and art therapists, who are very experienced in working with children and young people, sexual abuse and psychological trauma.

## **Counselling following sexual assault is helpful if a child or young person experiences:**

- overwhelming feelings of anger, sadness or guilt
- noticeable changes in sleep patterns, appetite, behaviour or concentration
- thoughts, memories or nightmares which cause anxiety or distress
- conflict or poor communication between family members
- marked changes in school attendance and/or school work becomes a struggle

## **Counselling aims to:**

- understand the impact of sexual abuse on children, young people and their families
- through treatment, reduce the impact of sexual abuse on children, young people and their families
- develop positive ways for families to relate and support each other following the trauma of sexual assault

## **The counsellor's role is to:**

- provide a safe space to explore and express thoughts and feelings
- support parents/carers to ensure their child or young person remains safe
- liaise with all parts of the child or young person's social system (including kinder, school, child protection, police and family support) to ensure consistency of care and safety
- provide information, support and referral to other services when appropriate