It's okay to not be okay. Here are supports.

Sexual Assault Resource Centre (SARC) 24/7 Emergency line - 1800 199 888

SARC crisis counselling and referral services between 8.30am - 11pm, 7 days a week - (08) 6458 1828

Q-life provides anonymous and free LGBTI + peer support and referral 1800 184 527

1800RESPECT - open 24/7 to support people who've experienced domestic, family or sexual violence 1800 737 732 / 13 14 50 (Interpreter Service)