

'Broken Sex'
Where to find help for those who need it

Help for those struggling with pornography:

- Books:
 - *Captured by A Better Vision*, Tim Chester
 - *When Your Husband Is Addicted to Pornography: Healing Your Wounded Heart*, Vicki Tiede.
- Accountability software: www.covenanteyes.com

Help relating to sexual abuse or domestic violence

- **Emergency:** 000
- **Rape and Sexual Assault Service:** 1800 817 421.
- **1800 Respect:** 1800 737 732, <https://www.1800respect.org.au> (24-hour national sexual assault, family and domestic violence counselling line).
- **Lifeline:** 13 11 14 (Lifeline has a national number who can help put you in contact with a crisis service in your State)
- **Men's Referral service:** 1300 766 491 (This service from No to Violence offers assistance, information and counselling to help men who use family violence).
- **Kids Help Line:** 1800 551 800 (Free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 in Australia).
- <https://www.whiteribbon.org.au>
- <https://www.saferresource.org.au>