

Who is it for?

People of all ages and genders who have experienced sexual abuse can receive ACC ISSC support. There is also support available for whanau / family if the victim / survivor is getting ISSC counselling.

What can I get?

A range of support is available including:

- ♦ Therapy / counselling
- ♦ Social work support
- ♦ Whanau support
- ♦ Support groups
- ♦ Support for transport

You and your counsellor will decide what you need to assist in your recovery.

How do I access support?

The first step is to find a counsellor that you feel you can work with. They will fill out the paperwork to lodge your claim with ACC.

Finding a Counsellor:

You can get a list of counsellors by:

- ♦ Calling or emailing CAPS Hauraki
- ♦ Checking out
www.capshauraki.co.nz



FindSupport

Choosing a counsellor

You need to find someone you feel that you can trust enough to work with. We advise that you call a few counsellors and 'interview' them over the phone to find out if you feel ok talking with them.

What to say?

You may feel nervous about making that first phone call or sending the first email. To help, here are some suggestions of what to say:

- ♦ "I was talking with CAPS Hauraki about getting some ACC Sensitive Claims counselling and I was directed to you as the best placed person to help, can you help me?"
or
- ♦ "I saw your ACC sensitive claims profile on the CAPS Hauraki website and you seem to be a good fit for me, would you mind if I ask you a couple of questions?"

You can then ask about the way they work (modality), their experience working with survivors of sexual abuse etc.

You can also ask if they have experience working with particular issues that you are struggling

How much will it cost?

Nothing. If your claim is accepted by ACC, all sexual abuse recovery services will be free. Your therapist will do the paperwork with you to lodge your claim with ACC.

Who do I have to tell?

You can choose who you tell about the abuse. When you find a counsellor that you feel you can talk to, they will need to know some details about the abuse but that will be discussed with you once you have decided if you want to work together.

What happens in therapy?

There is no "one rule for all" when it comes to therapy. The most appropriate type of therapy differs from person to person. The specific types of therapies used will be agreed between you and your therapist.

What if I don't like my counsellor?

You can choose to change counsellors at any stage. Just contact CAPS for more information.



Sexual abuse affects as many as 1 in 3 people in New Zealand.

The effects of sexual abuse or assault can be wide-ranging and may be physical, emotional, psychological or behavioural.

Talking with an experienced therapist can help you understand what's going on and look at practical ways to deal with it.

In NZ, ACC helps by paying for Sensitive Claims Counselling.

CAPS Hauraki is your local ACC supplier and can help you find a local counsellor to support you in your healing.

You can also check out the support available by visiting the ACC website www.findsupport.co.nz or www.capshauraki.co.nz

FindSupport



OFFICE HOURS: 9am to 4pm
Monday to Friday

Thames office
732B Queen Street
PO Box 552
Thames 3540
Ph: (07) 868 8644
or
(07) 862 6134
Fax: (07) 868 8685

Email: capsthames@capshauraki.co.nz

www.capshauraki.co.nz

By Appointment Only

Paeroa office
1A Corbett Street, Paeroa

Coromandel office
41 Wharf Road, Coromandel



Sexual Abuse Recovery Support

ACC Integrated Services for Sensitive
Claims

Helping you access ACC
funded support following
sexual abuse or assault.
In your time, on your
terms.

