

victims of crime service



Victims Support Service
Department of Justice



victims of crime service



The Victims of Crime Service was established in 2002 through cooperation between the Department of Justice and Tasmania Police to meet the needs of victims of crime in Tasmania.

The Victims of Crime Service has been operating within the Victims Support Service, Department of Justice as of 1 December 2009.

Victims of Crime Services Available

The Victims of Crime Service supports people to deal with personal and practical problems associated with the impact of crime, to allow them to regain control of their lives.

Services available include:

- Personal support, counselling and information
- Referral to appropriate community services and resources
- Information regarding the criminal justice system
- Support for people attending court
- Assistance with Victim Impact Statements
- Information and assistance with Victims of Crime Compensation Applications
- Information on custody, bail and parole processes
- Advocacy for victims rights

All services are free and confidential.



other

victim support services

Victims Support Services provides the following services for victims of crime:

- The Victims Register
- Applications for Victims of Crime Compensation Applications (financial assistance)
- Court Support & Liaison service for adult and child victims of family violence (a 'Safe at Home' program)
- Victim Impact Statements for the court and Parole Board
- Information on the progress of cases through court including the outcome
- Explanation of processes within the justice system including, court processes, prison system, parole board activities, classification board, leave applications including types of leave, terminology used etc.
- Victim / offender mediation
- Access to government services available to victims of crime
- Access to services provided by non-government organisations
- Information on support services available to victims of crime.

symptoms of trauma

It is important to remember many victims of crime experience strong emotional or physical reactions and that this is a normal response after experiencing a traumatic event.

Depending on the severity of a traumatic event, previous and current life stress, availability of support and coping resources, you may experience some of the following:

Emotional Feelings may include:

- Numbness, fear, mood swings, guilt, anger, frustration, sadness, anxiety or panic, feelings of unreality or difficulty comprehending what has happened, irritability, looking for someone to blame, helplessness or no longer feel safe anywhere.

Physical or Body Reactions may include:

- Tension, shaking or trembling, nausea, weakness, change in eating habits, excessive alertness, easily startled, sweating, fatigue, disturbed sleep, loss of energy or exhaustion.

Cognitive or Thinking may include:

- Intrusive thoughts and memories of the event, flashbacks, nightmares, poor concentration and memory, inability to think clearly, plan or remember simple things, confusion or disorientation.

Behaviour may include:

- Avoiding people or afraid to be alone, avoidance of activities or places that remind you of the event, social withdrawal, can't settle, isolation, increased consumption of alcohol, cigarettes and/or drugs, lack of motivation and loss of interest in things once previously enjoyed.

how to

look after yourself

- Keep in touch with people you know
- Talk to loved and trusted ones about how you are feeling
- Try and maintain your regular routine
- Try and eat small, balanced meals regularly
- Try relaxation and breathing exercises
- Take time out for yourself
- Rest
- Seek support from your doctor, counsellor, family, friends and community

how to

look after others

- Stay with the person if they need you
- Listen as long as people want to talk
- Let people express their feelings
- Remind people to look after themselves, to eat, rest and sleep
- Seek support services from within your community

*our services are
free and confidential*

how to contact us

Hobart Office

Level 1 54 Victoria Street
Hobart 7000
Toll Free: 1300 300 238
Facsimile: 03 6233 5031

Launceston Office

Ground Floor Henty House
1 Civic Square Launceston 7250
Toll Free: 1300 300 238
Facsimile: 03 6336 2038

Burnie Office

Level 5 Reece House
46 Mount Street Burnie 7320
Toll Free: 1300 300 238
Facsimile: 03 6434 7200

Devonport Office

Devonport Magistrates Court
8 Griffiths Street Devonport 7310
Toll Free: 1300 300 238
Facsimile: 03 6421 7881

www.justice.tas.gov.au/victims

email: vocs@justice.tas.gov.au

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