

What to expect when you contact a 1800RESPECT counsellor via call?

1800RESPECT is the national domestic, family and sexual violence (including sexual harassment) counselling, information and support service.

We are available for free, 24 hours a day, 7 days a week via call, text, online chat and video call.



If you're in immediate danger, call 000.

How to contact 1800RESPECT via call

To use the 1800RESPECT call service, you will need a mobile device, landline or tablet with:



A connection to a network/a valid sim card.



1. Dial 1800RESPECT on 1800 737 732



2. Once the number is connected you will hear a short pre-recorded message. Stay on the line to be connected to the next available counsellor.

Please let a counsellor know if you do not wish for your conversation to be recorded.

24/7 support

Call: **1800 737 732**

Text: **0458 737 732**

Online Chat: **1800RESPECT.org.au**

Video Call: **1800RESPECT.org.au**

Find out more



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