

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

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.

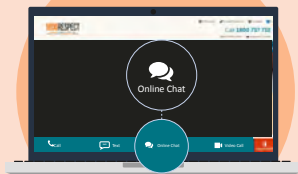


If you're in immediate danger, call 000.

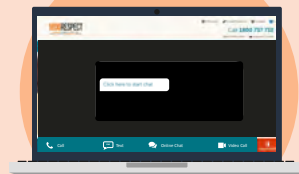
How to contact 1800RESPECT via online chat

To use the 1800RESPECT online chat service, you will need a mobile device, tablet or computer with:

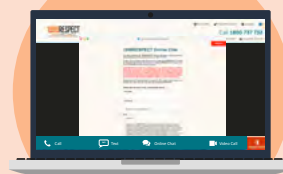
-  An internet connection
-  A supported operating system (computer: macOS or windows; mobile/tablet: iOS, iPadOS, Android) or browser (Chrome, Firefox, Safari, Edge)



1. Visit 1800RESPECT.org.au, then click on the 'online chat' button at the bottom of the page to begin the chat.

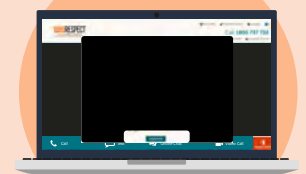


2. A pop up will appear, select 'Click here to start chat'.



3. The chat will now open with important information on your privacy.

In this section you will be prompted to provide your name (you don't need to use your real name), state/territory you're in and accept our terms and conditions.



4. Once this information has been filled out, select 'Proceed to chat'. You will then be connected with the next available counsellor.

24/7 support

-  **Call: 1800 737 732**
-  **Text: 0458 737 732**
-  **Online Chat: 1800RESPECT.org.au**
-  **Video Call: 1800RESPECT.org.au**

If you do not wish for your interaction to be recorded, please contact us by telephone instead and request that your call is not recorded.

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