

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

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 text

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



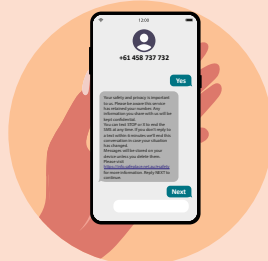
A connection to a network (a valid sim card).



1. To contact 1800RESPECT via SMS, Text 'HELLO' or a greeting to 0458 737 732.



2. You will then be asked a few questions, including your preferred name (you don't need to use your real name).



3. Our terms and conditions and privacy statement will then be shared with you. Once you have accepted, you will be connected to the next available counsellor.



4. You can stop the conversation by texting 'STOP' or 'X' at any time.

24/7 support

Call: 1800 737 732

SMS 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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