

TO ALL WHO HAVE ENGAGED WITH THE ROYAL COMMISSION INTO INSTITUTIONAL RESPONSES TO CHILD SEXUAL ABUSE.

What will happen after 15 december?

On 15 December 2017 the Royal Commission will finish their work by handing over all their documents to the Commonwealth Government.

For many people the opportunity to tell their story and be a part of the work of the Royal Commission was a powerful and helpful experience. For some people it brought back hidden memories, and may have been the beginning of a healing journey

Others may feel disappointed because they realised that the Royal Commission has no power to give financial Redress for all the hurt suffered.

It is likely that some time will pass before any of the recommendations of the Royal Commission will be acted upon. In all likelihood it will be a very slow process.

In this time ahead many emotions can come to the forefront: relief, disappointment, frustration, anger, bitterness, sadness, anxiety and despair.

Take care of yourself

- Allow yourself to acknowledge those emotions! It is ok to feel them.
- Remember that you are much bigger than these emotions, there is space for other ones as well
- Look after your body – get enough sleep, eat well and stay hydrated
- Do things that help you to feel better, like:
 - Go for a walk or a swim
 - Sit under a tree and listen to the wind in the leaves
 - Do some gardening
 - Do something creative, drawing or singing
 - Listen to some inspiring music
 - Cuddle your pet, or meet with a friend
- Remember that you have survived other difficult times, and you know how to do it!
- Join our social activities on the 27 and 29 Dec, inquire at Elmplace (1800 188 118) for details

If you need support urgently, please ring

- Lifeline: 13 11 14
- Beyond Blue: 1300 22 4636
- 1800 RESPECT: 1800 737 732