



"TO ALL THE WOMEN WHO'VE SPOKEN TO ME... IN A COUPLE OF HOURS
I'LL BECOME TERRIFIED, ALONE, FROZEN, AND WILL PROBABLY RING
- KNOWING THAT THE PERSON WHO CALLS ME BACK CARES
AND GIVES HELPFUL DIRECTION FOR AFTER THE PHONE CALL ENDS.

IT'S EASY TO SAY 'THANK YOU' BUT TO PASS ON THE WARMTH AND
GRATITUDE I HAVE FOR THE WORK AND TIME YOU GIVE IS IMMEASURABLE.
THE KINDNESS WILL ALWAYS BE REMEMBERED."

MARY* - CLIENT

Thank you

With generous support from people like you, Mary* and many others who have experienced sexual assault and domestic violence are able to receive support from trauma specialist counsellors when they need it most.

Stopping this violence – full stop – is what the Full Stop foundation is about. This means:

- **Providing trauma specialist counselling** that supports victims and survivors to safely escape abusive relationships, and to recover from the impacts of sexual assault and domestic violence; and
- **Addressing the root causes of this violence**, so that no one else needs to experience this trauma.

Full Stop Foundation supports and resources the vital work of Rape & Domestic Violence Services Australia who have decades of experience helping people in real, concrete ways.

I am proud to support the Full Stop Foundation as Patron and with monthly donations, because I know how necessary it is to not only talk about change, but to be part of it. **I hope you'll join me.**

Tara

Tara Moss
Patron of Full Stop Foundation –
International bestselling author and
outspoken advocate for women and children



About the Full Stop Foundation



How can you help?

Make a donation to answer a call for help

Despite all our counsellors working at full capacity, last year a further 26,043 attempts to access help went unanswered, because our staff were already engaged with other clients. **You can help us to answer every call by making a donation today.**

[Donate Now](#)

Host a fundraising event

You can help people who have experienced sexual assault and domestic violence by fundraising for Full Stop Foundation.

We're so inspired by our passionate community fundraisers, whose efforts in the last quarter have enabled us to reach an additional 81 people in need of help. **Thank you for your wonderful support:**



There are more women than ever in Australia whose lives are in danger every day. The time for discussion is over. It's time to act.

The Full Stop Foundation fundraises to expand trauma counselling services for those who have experienced sexual assault and domestic violence and to change the attitudes and behaviours that allow violence against women and children to occur.

#1 CONTRIBUTOR TO DEATH, DISABILITY AND ILL HEALTH IN AUSTRALIAN WOMEN AGED 15-44

1 IN 4 AUSTRALIAN WOMEN WILL EXPERIENCE SEXUAL ASSAULT & DOMESTIC VIOLENCE AT THE HANDS OF SOMEONE THEY LOVE

79 WOMEN IN AUSTRALIA WERE KILLED IN VIOLENT CIRCUMSTANCES DURING 2015

APROX. 1.4 MILLION AUSTRALIAN WOMEN ARE LIVING IN AN ABUSIVE RELATIONSHIP, OR HAVE DONE SO IN THE PAST. OF THESE WOMEN, 800,000 ARE IN THE WORKFORCE.

Let's end sexual assault and domestic violence – Full Stop.

*Correction from the previous issue – The Brave Miss World Screenings in 2015 were held by the National Council of Jewish Women Of Australia NSW.