



## BEST WISHES TO YOU From all the staff of In Good Faith Foundation

### A message to our amazing community...

Navigating the unpredictable and difficult circumstances of the past year has required tremendous resilience and flexibility.

2020 threw us into a global health pandemic that impacted our lives in unprecedented, unimaginable ways. Throughout 2021, we have been awed by our community's response and ability to hold onto hope. This year has seen us welcome new staff, facilitate events – including the first online Melbourne Victims' Collective meeting – and advocate for systemic change. Most importantly, we have continued to support Survivors, whistle-blowers and those impacted by institutional abuse. The courage of the people we work alongside is humbling: it continues to inspire and motivate us to fight for change.

As a frontline service, IGFF's Casework Team continue to provide support and advocacy, working to strengthen and sustain resilience, improve access to local networks and enable each individual to make informed decisions about therapeutic and justice pathways. We are proud to be part of a global movement for human rights, working to ensure that Survivors feel valued, believed and understood.

Looking to 2022 and beyond, we are committed to sustaining this momentum, and ensuring it can reach more people than ever before. As the year ends, we welcome your thoughts on how we can further tailor our services to Survivors' lived experiences and build on staff knowledge. Each person's journey is different, and it is only by respecting and celebrating these differences that we can ensure every person we work with is supported and heard. In the words of our CEO, Clare Leaney:

***It is worth considering that we would not be sitting here today had it not been for the grace and courage of Survivors and their families and the bravery of whistle-blowers. As a team, IGFF will continue to do as we have always done – providing a source of hope for many and finding inspiration in the changes made possible by the capabilities of our community.***

The end of the year and the festive season, can be a stressful and emotional time for many people, particularly Survivors. As we do each year, we would like to acknowledge and express our solidarity with those who are distanced from, or have lost members of their families and communities.

We would also like to reinforce the importance of reaching out if you feel like you may need it. One key self-care strategy is using services that are available – such as phone and online counselling services. We have shared some useful community helplines on the next page.



Throughout the New Year period, IGFF will have less staff working between **Friday 17 December 2021** and **Monday 10 January 2022**. Please allow time for our team to respond to phone messages.

Members of the Casework Team and administrative staff will be available to respond during this entire period, with the exception of the Public Holidays:

- **Monday 27 December**
- **Tuesday 28 December**
- **Monday 3 January**

If we are not available, a key strategy can be to draw upon other supports that are available, the moment you feel that you may need it. Some helplines that offer counselling, support and assistance include:

**For 24 hours, 7 days a week support:**

- Beyond Blue Support Service, **1300 224 636**, [www.beyondblue.org.au/get-support](http://www.beyondblue.org.au/get-support)  
*Provides immediate advice and support on depression and anxiety.*
- 1800RESPECT, **1800 737 732**, [www.1800respect.org.au](http://www.1800respect.org.au)  
*Offers confidential information, counselling and support for people impacted by sexual assault, domestic or family violence and abuse.*
- MensLine Australia, **1300 787 978**, [www.mensline.org.au](http://www.mensline.org.au)  
*A counselling service for men with emotional health and relationship concerns of any kind.*
- Suicide Call Back Service, **1300 659 467**, [www.suicidcallbackservice.org.au](http://www.suicidcallbackservice.org.au)  
*Provides counselling to people who are affected by suicide.*
- Lifeline Crisis Support, **13 11 14**, [www.lifeline.org.au](http://www.lifeline.org.au)  
*A confidential telephone crisis support service for anyone needing crisis support and suicide prevention services.*

**You can contact the National Redress Scheme on 1800 737 377, Monday to Friday 8–5 AEST.**

- Blue Knot Helpline, **1300 657 380**, [www.blueknot.org.au](http://www.blueknot.org.au), Monday to Sunday 9am–5pm AEST  
*The Blue Knot Helpline trauma counsellors give specialised support to Survivors.*

**Emergency Services: If you or someone you care about is in immediate danger call 000.**