



Government of Western Australia
North Metropolitan Health Service

COMMUNITY

SARC

SEXUAL
ASSAULT
RESOURCE
CENTRE

Understanding the impacts of intergenerational trauma



Intergenerational trauma is unresolved trauma passed on from the previous generation. It affects how children of the next generation are raised.

We are only beginning to acknowledge the extent of intergenerational trauma and how it impacts on Aboriginal* people.

Remember: Loving, caring and providing safety for children is important.

While many Aboriginal families remain strongly connected and aware of their cultural knowledge and stories, others have not been so lucky.

Lack of access to education and employment opportunities has meant some people struggle adapting to the western world.

Where do we go from here?

In most cases, Aboriginal people aren't aware they carry trauma and it can be really hard to accept.

Creating a safe space, free from judgment, is crucial for people to share what they need at that time.

Working together to develop tools and create healing practices is the way we move forward. Remember it is the responsibility of both Aboriginal and non-Aboriginal people to do this.

It's important to:

- Rediscover and recover your family history. Speak to family you trust and choose a time when no alcohol or other drugs is involved, or go to link-up services.
- Make time to grieve what you find out. You may find information that is painful and it's important to acknowledge this pain.
- Reclaim your wellbeing and harmony. Sit with family and friends you trust, speak to a counsellor who knows about trauma, and connect to Country by:
 - » Going on a nature walk
 - » Sitting around a fire
 - » Jumping in the ocean or river

Repeat the above points until you've healed enough to start feeling forgiveness. You can then start to imagine what a world without intergenerational trauma feels like and have a better idea about how to end the cycle.

*Within Department of Health WA, the term Aboriginal is used in preference to Aboriginal and Torres Strait Islander, in recognition that Aboriginal people are the original inhabitants of Western Australia. No disrespect is intended to our Torres Strait Islander colleagues and community.



Sexual Assault Resource Centre (SARC)

Metropolitan area: A free 24-hr emergency service providing medical and counselling services for people who have experienced a recent (within 14 days) sexual assault, and counselling services for any form of unwanted sexual contact that has happened in the past for all genders ages 13 years and above.

Regional area: Advice and education and training can be provided to services across the state of Western Australia.

Call SARC on (08) 6458 1828 or Freecall 1800 199 888.

Email SARC Education and Training on SARCTraining@health.wa.gov.au

Yorgum Healing Services

Disability counselling, intensive family support and National Redress services

Call 1800 469 371

13 Yarn

The first national crisis support line for mob who are feeling overwhelmed or having difficulty coping, 24hrs/7 days a week

Call 139 276 (13YARN)

WA Police

To report a sexual assault:

Go to your local **police station**.

Call **131 444**

Go online **Safe2Say.com.au**

Non emergencies

Police assistance and reporting

Call 131 444

Emergency

Call 000

Police, Fire, Ambulance