

<p>Victims of Crime Assistance Tribunal (VOCAT) VOCAT provides limited financial assistance to assist victims of violent crime committed in Victoria. To assist victims to recover, VOCAT provides financial assistance for expenses incurred, or reasonably likely to be incurred, as a direct result of the crime. You will need to have reported the crime to police to be eligible for assistance from VOCAT. Note that there are also other relevant eligibility criteria. It can take some time for VOCAT to process your application, and you might need a lawyer to make an application to VOCAT. VAP can provide you with a list of VOCAT lawyers who can help you with your application.</p>	<p>For further information about VOCAT: https://www.victimsofcrime.vic.gov.au/going-to-court/financial-assistance-and-compensation-for-victims-of-crime</p> <p>VOCAT website: https://www.vocat.vic.gov.au/</p>
<p>Counselling Counselling can assist you recover from grief and loss, the trauma of the crime and help you adjust to life circumstances. Counsellors use a range of therapies to help them work collaboratively with you to:</p> <ul style="list-style-type: none"> • understand what’s important to you • be guided by your own expertise in your life • provide strategies for moving on <p>You may also be referred to a counsellor to write a report to support your VOCAT application</p> <p>VAP can pay for your first three sessions of counselling. We recommend you arrange for a Mental Health Care Plan (through your GP) or have your VOCAT lawyer apply for an interim award, to organise funding for further counselling sessions.</p> <p>It can take time to feel the benefits of seeing a counsellor, so we recommend you commit to the three sessions to see if it's helpful to you. We also welcome feedback, positive and negative, about your counselling experience. If you don’t feel your counsellor is a good fit please let us know as soon as possible.</p>	<p>Information about the Mental Health Care Plan https://www.healthdirect.gov.au/mental-health-care-plan</p> <p>VOCAT, and applying for Interim financial assistance https://www.vocat.vic.gov.au/assistance-available/urgent-financial-assistance</p>
<p>Self-care and trauma In the first days and weeks after a traumatic event, people often experience strong feelings of fear, sadness, guilt, isolation, anger, and/or grief. As they begin to make sense of what has happened to them, these feelings usually begin to subside. Most people will recover quite quickly with the support of family and friends.</p>	<p>cohealth’s Once Upon a Crime Video: https://www.youtube.com/watch?v=SPvWTR57m0Q&feature=youtu.be</p> <p>Phoenix Australia’s webpages on trauma and recovery https://www.phoenixaustralia.org/recovery/what-are-traumatic-events/</p>

<p>You are encouraged to actively do things you enjoy and communicate to your loved ones for support. Self-care can go a long way in treating the symptoms of trauma.</p> <p>Also, studies have shown that getting enough sleep is very important to your recovery. Try and ensure you have a regular routine and get as close to 8-9 hours of sleep a night if you can.</p> <p>VAP also recommends that you watch the video 'Once Upon a Crime' (the link is on the right). It can help you to further understand what you're experiencing. The Phoenix Australia website also has lots of useful information for you and your loved ones.</p>	
<p>Police Investigation After a crime is reported to police, there is usually a police investigation.</p> <p>The police may:</p> <ul style="list-style-type: none"> - ask you for a witness statement - take statements from other witnesses - collect evidence related to the crime. <p>There may be times when you feel like nothing is happening, but the investigation can take some time. VAP can often assist in liaising with the police during and after the investigation.</p> <p>Laying Charges Not all police investigations lead to a person being charged with an offence. Sometimes the police can't get enough evidence to bring a case to court. This doesn't mean that the police do not believe your story, or that you weren't a victim of crime.</p> <p>A Victim Support Worker can often assist to follow up with the Police Informant for you, or help you get a copy of your statement, if you weren't given it at the time. If you have further questions about the crime, we recommend that you contact the Police Informant listed on your statement (or the Notice to the Victim form).</p> <p>Court After the police have laid charges, a prosecutor will present the case against the accused person in court. The Prosecutor's job is to prove to the court, beyond reasonable doubt, that the accused person committed the crime.</p>	<p>A Victim's Guide to Support Services and the Criminal Justice System https://www.opp.vic.gov.au/getattachment/2bb0499-5895-44a3-b5fc-f039fbfecfcc/Pathways-to-justice.aspx and How Courts Sentence Adult Offenders https://www.sentencingcouncil.vic.gov.au/publications/how-courts-sentence-adult-offenders</p>

<p>Going to court</p> <p>You might be called as a witness for the case. A Victim Support Worker can often refer you for court support on the day and provide other information and support around the court process.</p>	
<p>Victim Impact Statement (VIS)</p> <p>As a victim of crime, you are entitled to make a Victim Impact Statement (VIS) that can help a judge or magistrate understand how the crime has affected you when they make a decision about the sentence for the offender.</p> <p>The VIS gives you a chance to talk about how you feel and what has happened to you because of the crime. A Victim Support Worker can assist you in drafting your VIS.</p> <p>You can choose if you want to make a VIS. You don't have to make one.</p> <p>A VIS is different to the statement you make to the police, where you tell them exactly what happened at the time of the crime.</p> <p>Your VIS is used by the court at the plea hearing. The plea hearing is when the prosecution and defence lawyers provide information to the judge or magistrate to help them decide on the most fitting sentence (punishment). The prosecutor gives the judge or magistrate your VIS at the plea hearing. You can ask for your VIS to be read aloud in the courtroom or have it read on your behalf.</p> <p>The plea hearing happens after the offender is found guilty or pleads guilty, but before they are sentenced.</p> <p>After the plea hearing, there is a sentencing hearing. This is when a judge gives the offender their sentence whilst taking into account any VIS submission.</p>	<p>More information on making a VIS https://www.victimsofcrime.vic.gov.au/going-to-court/victim-impact-statements</p>
<p>Financial Assistance</p> <p>If your financial situation has changed because of the crime, a Victim Support Worker can assess what urgent expenses we may be able to help you with.</p> <p>We suggest you call the companies that you have bills with to tell them you are having financial hardship. Their phone number is usually at the top of the bill. They might give you extra time to pay or organise a payment plan for you.</p>	<p>More information on Financial Counselling https://www.moneysmart.gov.au/managing-your-money/managing-debts/financial-counselling</p>

<p>If you think you will have longer term financial issues, or need help calling your creditors, getting the support of a financial counsellor can be beneficial. See the website to find your nearest financial counsellor. There's also a useful video on the website that tells you more about how they can help you.</p>	
<p>If you are studying Your learning institution should have staff employed to support students, and processes that also acknowledge that things happen that affect your ability to study. These may include: Support Services, a Counselling Service, a Disability Support Service (sometimes known as an Equity and Access Service), Financial Services and more.</p> <p>Processes can include Special Consideration, Deferral or taking a Leave of Absence from your studies (and these can sometimes be back-dated so you don't incur fees).</p> <p>Enquire at your place of learning, have a look at their website, or talk to a Victim Support Worker about what might be helpful to you.</p>	
<p>The Transport Accident Commission (TAC)</p> <p>You can make a claim from TAC if, whilst in Victoria:</p> <ul style="list-style-type: none"> • You, or someone you represent, was involved in an accident caused by the driving of a car, motorcycle, bus, train or tram, and • You, or someone you represent, was injured or died in the accident. <p>Pedestrians and cyclists who were injured or died in accidents caused by the driving of a car, motorcycle, bus, train or tram are also covered.</p> <p>Cyclists who collide with a stationary motor vehicle on or after 9 July 2014 are also covered.</p> <p>You may also be covered if an accident occurred interstate and involved a Victorian Registered vehicle, or you were travelling in a Victorian Registered Vehicle when the accident occurred.</p> <p>Note that an injury may be physical or psychological in nature.</p>	<p>http://www.tac.vic.gov.au/what-to-do-after-an-accident/how-to-lodge-a-claim-with-the-tac</p> <p>https://www.tac.vic.gov.au/clients</p>

<p>To make a claim call the TAC on 1300 654 329. There is specific information they will request from you about the accident. Go to the website listed on the right to see what these things are, as well as other requirements, like the amount of time you have to make a claim, and who you need to have reported the accident to.</p>	
<p>Workcover</p> <p>If you're injured at work and need medical treatment or time off work, you may be eligible for compensation which may include time off work and treatment expenses.</p> <p>You may also be able to get compensation if you've become permanently impaired, or if you find you need more than 52 weeks off work, you may also be eligible for superannuation benefits.</p> <p>A link for the relevant claim form that needs to be filled out is on the right.</p> <p>If you have a work-related injury or illness, you may be entitled to compensation of the associated treatment expenses. WorkSafe can pay the reasonable costs of approved services.</p> <p>Note that there are some services you can access without a referral and others that require a medical referral and/or approval from your WorkSafe agent. See the website on the right for lists of relevant services and further information</p>	<p>https://www.worksafe.vic.gov.au/you-make-workcover-claim</p> <p>https://www.worksafe.vic.gov.au/resources/workers-injury-claim-form</p> <p>https://www.worksafe.vic.gov.au/treatment-expenses</p>