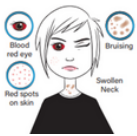


Signs to watch out for after non-fatal strangulation

As you have received trauma to your neck during an assault, there are some things you should watch for over the next few days. Please ensure someone stays with you for the next 24-72 hours. This is because this is a high-risk period for delayed injury outcomes.

You should seek medical advice **as soon as possible** if you experience any of the following symptoms:



VISIBLE SIGNS

Blood red eyes, bruising, redspots on skin, ligature marks or abrasions, swollen neck.



BREATHING

Difficulty breathing, fast breathing, persistent cough, coughing up blood or unable to breathe.



SWALLOWING / SPEECH

Unable to speak clearly, hoarse voice, painful swallowing, trouble swallowing, nausea/vomiting.



VISION

Drooping eyelid or sudden change in vision.



HEARING

Ringing in ears, complete loss, or tunnel like hearing.



BEHAVIOURAL

Changes in mood, memory loss, problems concentrating, thoughts of harming yourself or others.



PHYSICAL

Limb or facial weakness, difficulty walking, dizziness, seizures of any kind, loss of consciousness 'passing out'.

Non-Fatal Strangulation Discharge Advice



If you are pregnant:



If you are pregnant, report the strangulation to your doctor/ antenatal clinic immediately, and watch out for symptoms of decreased baby movements, vaginal spotting, bleeding or fluid loss, stomach pain or contractions.

If you think you may have symptoms of a stroke:



Non-fatal strangulation can lead to a stroke. Stroke is a medical emergency, call 000 immediately.

Learn the F.A.S.T. signs of STROKE

 FACE <i>drooped?</i>	 ARMS <i>can't be raised?</i>	 SPEECH <i>slurred or confused?</i>	 TIME <i>is critical! Call 000.</i>
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If you see any of these signs
Act FAST call 000 (triple zero)



strokefoundation.org.au

SUPPORT SERVICES

Victoria Health Sexual Assault Services

Sexual Assault Crisis Line
Phone: 1800 806 292
SACL operates between 5pm weeknights through to 9am the next day and throughout weekends and public holidays.
Website: www.sacl.com.au

Metropolitan - CASA House (Centre Against Sexual Assault)

The Royal Women's Hospital provides a 24-hour, seven day a week service to victim/survivors of sexual assault. They offer counselling, support, and advocacy for adult female and male victim/survivors of both childhood and adult sexual assault.
Phone: (03) 9635 3610
FREE CALL 1800 806 292
Website: www.casahouse.com.au
Email: casa@thewomens.org.au

Eastern CASA (Centre Against Sexual Assault)

Phone: (03) 9870 7330
24-hour Sexual Assault Crisis Line: 1800 806 292
Website: www.easternhealth.org.au
Email: ecasa@easternhealth.org.au

South Eastern CASA (Centre Against Sexual Assault)

Phone: Admin (03) 9928 8741
Intake & Counselling (03) 8769 2200 (opt 1)
24-hour Sexual Assault Crisis Line 1800 806 292
Website: www.secasa.org.au
Email: secasa@monashhealth.org

West CASA (Centre Against Sexual Assault)

Phone: (03) 9216 0411
Counselling Line: (03) 9216 0444
24-hour Sexual Assault Crisis Line 1800 806 292
Website: www.westcasa.org.au
Email: info@westcasa.org.au

Referenced from: National Association of Services Against Sexual Violence <https://www.nasasv.org.au/support-directory>
Bendigo Health Service