Government of **Western Australia**
North Metropolitan Health Service

SARC SEXUAL ASSAULT RESOURCE CENTRE

Recommended resources on trauma and recovery for survivors

Updated January 2026

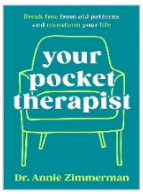
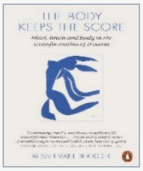
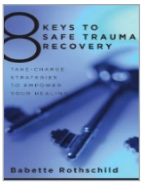
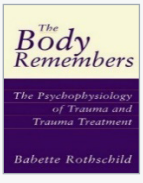
Reading information about trauma and recovery can assist you to understand your reactions in response to your trauma experiences, provide insight into how you are functioning now, and offer ideas to support your recovery.

It is important that you read information that is relevant to you and your current situation.

If you have limited finances, remember that a lot of information is available for free (eg: online, at community libraries).

The **SARC website** also has a selection of information on trauma and recovery.

Books

Title	Author/s
 **Your Pocket Therapist**	Annie Zimmerman
 **The Body Keeps the Score** Mind, brain, and body in the transformation of trauma	Bessel Van Der Kolk
 **8 Keys to Safe Trauma Recovery** Take-charge strategies to empower your healing	Babette Rothschild
 **The Body Remembers** The psychophysiology of trauma and trauma treatment	Babette Rothschild

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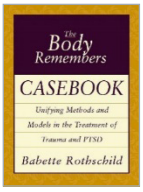
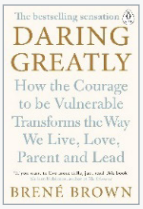
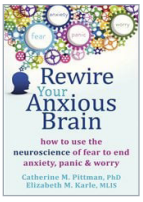
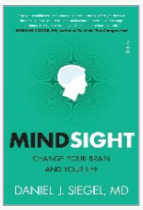
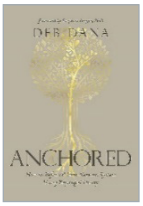
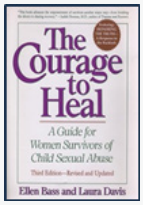
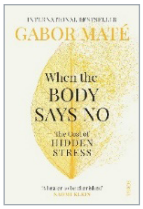
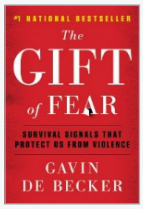
 **The Body Remembers Casebook** Unifying methods and models in the treatment of trauma and PTSD	Babette Rothschild
 **Daring Greatly** How the courage to be vulnerable transforms the way we live, love, parent and lead	Brené Brown
 **Rewire your Anxious Brain** How to use the neuroscience of fear to end anxiety, panic, and worry	Catherine Pittman & Elizabeth Karle
 **Mindsight** Change your brain and your life	Daniel J. Siegel
 **Anchored** How to befriend your nervous system using the polyvagal theory	Deb Dana
 **The Courage to Heal** A guide for women survivors of child sexual abuse	Ellen Bass and Laura Davis
 **When the Body Says No** The cost of hidden stress	Gabor Maté
 **The Gift of Fear** Survivor signals that protect us from violence	Gavin de Becker

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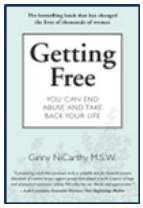
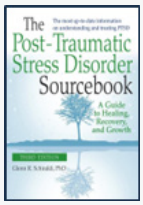
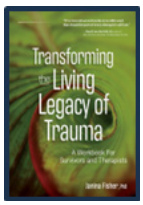
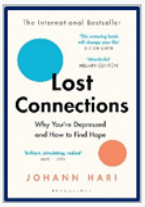
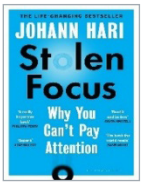
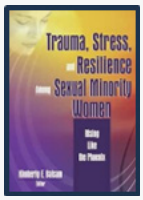
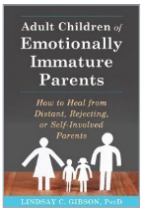
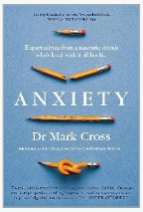
 **Getting Free** You can end abuse and take back your life	Ginny NiCarthy
 **The Post Traumatic Stress Disorder Sourcebook** A guide to healing, recovery, and growth	Dr Glenn Shiraldi
 **Transforming the Living Legacy of Trauma** A workbook for survivors and therapists	Janina Fisher
 **Lost Connections** Uncovering the real causes of depression – and the unexpected solutions	Johann Hari
 **Stolen Focus** Why you can't pay attention	Johann Hari
 **Trauma, Stress, and Resilience Among Sexual Minority Women** Rising like the Phoenix	Kimberly F. Balsam
 **Adult Children of Emotionally Immature Parents** How to heal from distant, rejecting or self-involved parents	Lindsay C. Gibson
 **Anxiety** Expert advice from a neurotic shrink who's lived with it all his life	Dr. Mark Cross

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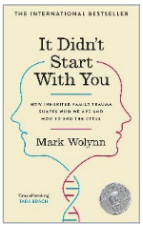
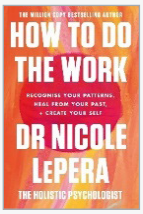
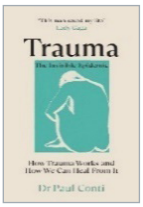
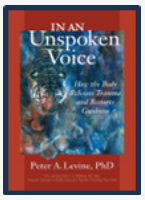
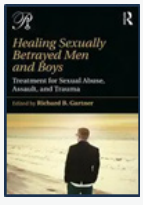
 **It Didn't Start With You** How inherited family trauma shapes who we are and how to end the cycle	Mark Wolynn
You, Me, and a Cup of Tea Breaking the cycle of child sexual abuse	Monica Macoun
Hush Moving from silence to healing after childhood sexual abuse	Nicole Braddock Bromley
 **How to Do the Work** Recognise your patterns, heal from your past & create your self	Nicole LePera
 **Trauma, the Invisible Epidemic** How trauma works and how we can heal from It	Dr. Paul Conti
 **In an Unspoken Voice** How the body releases trauma and restores goodness	Peter Levine
Waking the Tiger Healing trauma	Peter Levine
 **Healing Sexually Betrayed Men and Boys** Treatment for sexual abuse, assault and trauma	Richard B. Gartner

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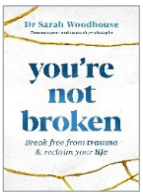
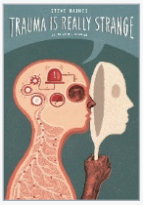
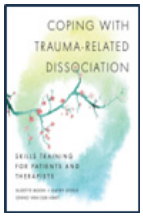
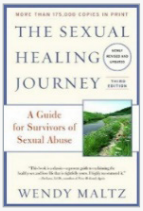
 **You're Not Broken** Break free from trauma and reclaim your life	Sarah Woodhouse
 **Trauma is Really Strange** How trauma resolution involves changing the body's physiology	Steve Haines & Sophie Standing
 **Coping with Trauma-Related Dissociation** Skills training for patients and therapist	Suzette Boon, Kathy Steele & Onno van der Hart
 **The Sexual Healing Journey** A guide for survivors of sexual abuse (Third edition)	Wendy Maltz

Websites

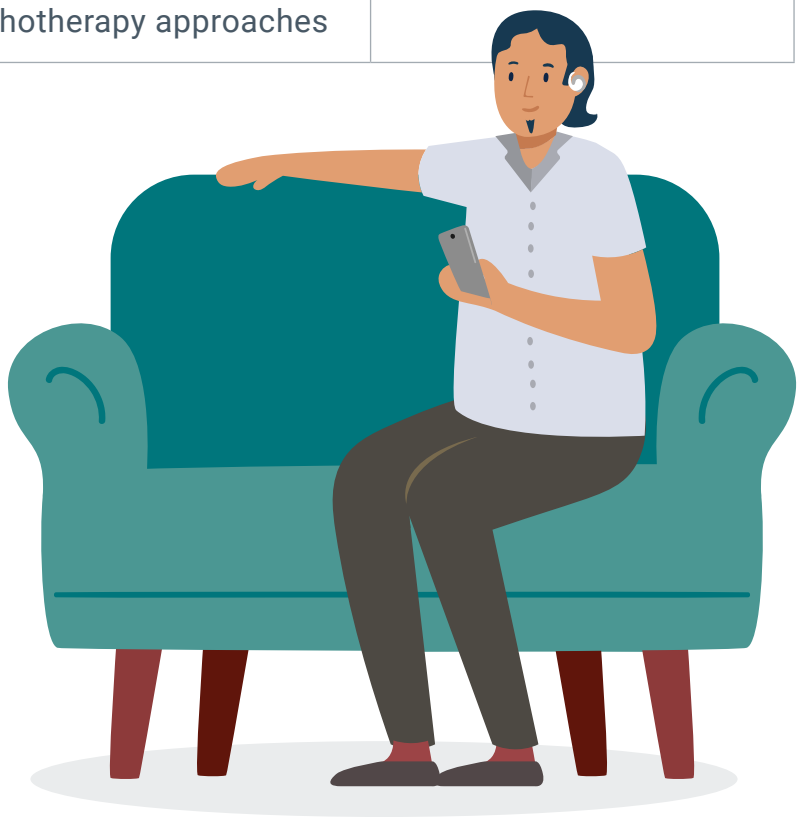
Title	Focus	Link
Beyond Blue	Information and support related to depression, suicide, anxiety disorders and other related issues	Get mental health support - Beyond Blue
Black Dog Institute	Mental health resources and support tools you can trust knowing that everything is research-informed and recommended by professionals	Mental health resources and tools - Black Dog Institute | Better Mental Health
Blue Knot	Information for adult survivors of abuse, neglect, violence and sexual trauma	Blue Knot Foundation

Title	Focus	Link
Butterfly Foundation	Support for eating disorders and body image issues	Support for Eating Disorders and Body Image Issues | Butterfly Foundation
Head to Health	Free confidential online service from the Australian Government that connects people with the support they need to keep mentally healthy	Head to Health Centres by State
Kids Helpline	Australia's free confidential 24/7 online and phone counselling service for young people aged 5 to 25	Kids Helpline | Phone Counselling Service 1800 55 1800
Medicare Mental Health Check In	Provides free guided digital support to build practical skills to take better care of your mental health and wellbeing. No referral or diagnosis required	Medicare Mental Health Check In | Medicare Mental Health
MindSpot	Counselling service and self-help information for anxiety, depression, stress, OCD, PTSD and chronic pain	MindSpot Clinic - Free Online Mental Health Support
PANDA	Mental health support for parents and families during pregnancy and first year of parenthood	PANDA | Support that's always there, for you and your family
QGuides	Resources for LGBTIQ+ people on a range of complex topics	QGuides
SANE Australia	Mental health and trauma information for survivors and their families, friends and communities	SANE Australia
Suicide Call Back Service	Information about a range of mental health issues including mood disorders, anxiety, depression and suicide	Mental health counselling Suicide Call Back Service
The Resilience Project	Delivering emotionally engaging programs with evidence-based, practical wellbeing strategies to build resilience	The Resilience Project

Podcasts

Title	Focus	Link
Shrink Rap Radio	Podcasts featuring in-depth interviews with major figures from around the broad world of psychology	Shrink Rap Radio
The Healing Trauma Podcast	A safe space for survivors, this podcast shares insights on overcoming trauma through self-awareness, somatic healing and emotional resilience	Welcome to the Healing Trauma Podcast | Coaching Consult
Therapy Chat Podcast	Conversations focus on healing trauma and attachment wounds with mindfulness, self-compassion, EMDR, Brainspotting, parts work and other integrative psychotherapy approaches	Therapy Chat Podcast - Trauma Therapist Network

General information and resources relating to trauma and recovery are available on the **SARC website**.



The Sexual Assault Resource Centre (SARC)

- **24-hour crisis** medical, forensic and counselling support following a sexual assault
- **Counselling** for recent and past sexual assault and sexual abuse
- State-wide **education** and **training**

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SARC

24-hour crisis line for recent sexual assault

Phone (08) 6458 1828 or
1800 199 888 (free from landlines only)

Crisis phone support

8.30am - 11.00pm daily
Phone (08) 6458 1828

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