Government of Western Australia
North Metropolitan Health Service

SARC SEXUAL ASSAULT RESOURCE CENTRE

Safety apps and tools

Leelou is a free Australian personal safety app that can have up to five trusted contacts referred to as 'Guardians' who will be notified when you press the SOS button.

I'm Safe is an SOS device and safety app that instantly alerts your trusted contacts so that you are never alone. It can create a realistic fake phone call from a customised contact so that you can leave an unsafe situation without raising suspicion.

Beyond now is a suicide safety planning app. Convenient and confidential, this app puts your safety plan in your pocket so you can access and edit it at any time.

Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can also add your own tasks and it is completely private, and password protected.

Daisy is a personal safety and information app connecting survivors with educational information, support resources, and a way to contact police or other trusted contacts in an unsafe situation. Developed by 1800RESPECT.

Empower You is a free safety app designed for people experiencing family and domestic violence (FDV). It is user-friendly, intuitive and interactive, while still having the best safety features for user privacy and discretion. It is designed to record evidence discreetly that can be used in court.

Be There helps you support someone experiencing FDV or an unhealthy, toxic or abusive relationship. It can help recognise and respond to technology-facilitated abuse, such as online harassment, threats, stalking or controlling behaviour.

Sunny is 1800RESPECT's app for women with a disability who have experienced violence and abuse. It has been co-designed with women with a disability to make sure it provides the very best support for the people who use it.

MyAus makes information on family, domestic and sexual violence available in multiple community languages. It provides animated and written information about family safety and healthy relationships, tailored for migrant and refugee communities.

Support and resources for survivors of FDV are also available at Your Toolkit

Further app information is available on the ReachOut website.

Further trauma information and resources are available on the SARC website.

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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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