# Website content:

### Victoria Legal Aid – Specialist sexual harassment and discrimination law services

Victoria Legal Aid (VLA) provides [specialist sexual harassment and discrimination law services](https://www.legalaid.vic.gov.au/specialist-sexual-harassment-and-discrimination-law-services) to help people who have experienced sexual harassment and discrimination in the workplace.

**They can help with:**

* providing legal advice and assistance
* representation at conciliation, mediations and hearings
* conducting direct negotiations.

**They cannot help with:**

* general employment advice
* workers’ compensation claims
* defending complaints of discrimination, sexual harassment or victimisation made against you.

Victoria Legal Aid also provides free, confidential legal information about discrimination matters over the phone and online:

* call VLA’s Legal Help line 1300 792 387
* message VLA’s online [Legal Help Chat](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.legalaid.vic.gov.au%2Fspeak-to-us%23how-to-start-a-chat&data=05%7C01%7CJennifer.Arch%40vla.vic.gov.au%7Ccb7cb3416c9e478f263c08db08b1bbe8%7Cf6bec780cd1349ce84c75d7d94821879%7C1%7C0%7C638113331675867023%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2FNO%2B%2FGgnHSlbGsHNgX%2FhgMO3CnSuEbl1FR%2BrTX3yIxs%3D&reserved=0)

You can contact these services from 8 am to 6 pm, Monday to Friday. These services are closed on public holidays.

**More information**

Learn more about [sexual harassment and what you can do about it](https://www.legalaid.vic.gov.au/sexual-harassment).

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