

# Family violence

**This fact sheet has been developed to assist Glen Eira residents to recognise, seek support and take action against family violence. Family violence can involve a husband, wife, partner, children or extended family members.**

**Family violence can be hard to speak about. It is against the law for anyone to hurt you or any member of your family. Help is available.**

## What is family violence?

Family violence is a pattern of behaviour that is physically, sexually, emotionally or psychologically abusive. It is a way of controlling, dominating or making a person feel scared or fearful.

Family violence includes:

- any physical violence, such as slapping or punching;
- forcing sexual relations, even if you are married;
- making threats or calling names;
- controlling contact with other people;
- denying access to money;
- threatening or hurting pets; and
- children witnessing family violence.

## What can you do if you are experiencing family violence?

We all have the right to live without abuse. However, an abusive relationship with a person you care about can be hard to leave. It may help you to:

- tell someone you trust;
- identify a safe place to go for a break;
- keep a diary with dates and times of family violence incidents;
- contact a family violence support service (see next pages);
- document your injuries;
- request a police report; and
- make a safety plan and talk it through with someone you trust.

## What if you decide to leave a family violence situation?

Follow your safety plan and contact a family violence crisis service for help and advice. If you have time, pack an emergency bag of items to take with you. Ensure that your items are in a safe place and can not be found.

You may be able to access:

- a Centrelink crisis payment to help you with immediate financial difficulties;
- free counselling through Victims of Crime or another community-based organisation;
- emergency accommodation; and/or
- increased security measures at home.

## What can you do as a community member?

There are things you can do to help stop family violence including:

- speak out if you see or hear about family violence happening in your community;
- support women and children who are victims of family violence;
- don't make jokes that insult or blame women or girls, or let others make these jokes;
- if safe to do so, stand up to anyone who is disrespectful or violent in your family or community;
- look out and listen to people who may be reaching out for help;
- be non-judgemental and provide information on support services; and
- expect the offender to be accountable for their behaviour.

Violence you may experience within a family relationship is **NEVER** your fault.

## Contacting police

If you are in danger, immediately call the police on 000 (triple zero). The police can issue a family violence safety notice which creates immediate protection. The person who is acting in a violent manner must leave the home for up to 72 hours and not contact the protected person in any way.

## Contacting a crisis service

If you want to leave or talk through a family violence situation, contact safe steps: Family Violence Response Centre on 1800 015 188 or one of the crisis services listed in the following pages.

## Technology apps

There are a range of apps available to provide information and support for those experiencing family violence. For further information, go to [www.1800respect.org.au/help-and-support/safety-apps-for-mobile-phones/](http://www.1800respect.org.au/help-and-support/safety-apps-for-mobile-phones/)

## Daisy

*Daisy* is an app made by 1800RESPECT. It connects women to services listing contact details. The information is accessible from within the app (instead of within a browser) to allow confidentiality.

# Where to get help

**Please note:** contact details correct at the time of publication — March 2020.

**If you are in danger, call the police on 000 (triple zero).**

## Immediate/crisis services 24/7

<b>safe steps: Family Violence Response Centre</b> Crisis support and referral to safe accommodation	1800 015 188 or 9322 3555	<a href="http://www.safesteps.org.au">www.safesteps.org.au</a>
<b>1800RESPECT</b> National sexual assault, domestic and family violence counselling service	1800 737 732	<a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
<b>Sexual Assault Crisis Line</b> Support services for victims/survivors of sexual assault	1800 806 292	<a href="http://www.secasa.com.au">www.secasa.com.au</a>
<b>Lifeline</b> 24 hour crisis support and suicide prevention services	13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
<b>Kids Helpline</b> Free, private and confidential 24/7 phone and online counselling service for young people aged five to 25	1800 551 800	<a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
<b>Mensline</b> Telephone and online counselling service for men with family and relationship concerns	1300 789 978	<a href="http://www.mensline.org.au">www.mensline.org.au</a>
<b>Child Protection — South Division (DHHS)</b> Reporting child abuse and/or violence	1300 655 795 13 12 78 (After hours 5pm–9am, 24 hours weekends/public holidays)	

## Local services

<b>The Orange Door — Bayside Peninsula</b> Free service for adults, children and young people experiencing or have experienced family violence	1800 319 353	<a href="http://www.orangedoor.vic.gov.au">www.orangedoor.vic.gov.au</a>
<b>Peninsula Community Legal Service</b> Urgent legal assistance	1800 064 784 (03) 9783 3600	<a href="http://www.pclc.org.au">www.pclc.org.au</a>
<b>Djirra</b> Aboriginal Family Violence Prevention/Legal Service	1800 105 303	<a href="http://www.djirra.org.au">www.djirra.org.au</a>
<b>Jewish Care</b> Support services for the Jewish community	(03) 8517 5999	<a href="http://www.jewishcare.org.au">www.jewishcare.org.au</a>
<b>Connections — Uniting Care</b> Community support groups for family violence victims/survivors	(03) 9521 5666 Windsor (03) 8792 8999 Dandenong	<a href="http://www.connections.org.au">www.connections.org.au</a>
<b>Moongala Women's Community House</b> Community organisation offering a range of low cost educational and general interest classes, self-help and support groups	(03) 9570 3468	<a href="http://www.moongala.org.au">www.moongala.org.au</a>
<b>Impact for Women</b> A local volunteer organisation providing assistance to women and children fleeing family violence		<a href="http://www.impactforwomen.org.au">www.impactforwomen.org.au</a>
<b>South Eastern Centre Against Sexual Assault (SECASA)</b> Support services for victims/survivors of sexual assault	1800 806 292 (03) 9594 2289	<a href="http://www.secasa.com.au">www.secasa.com.au</a>

## Other support services

<b>In Touch Multicultural Centre Against Family Violence</b> Support and information for immigrant women in your language	1 800 755 988 (03) 9413 6500	<a href="http://www.intouch.org.au">www.intouch.org.au</a>
<b>Elizabeth Morgan House Aboriginal Women's Service</b> Support, accommodation and information for Indigenous women	(03) 9403 9400	<a href="http://www.emhaws.org.au">www.emhaws.org.au</a>
<b>Emerge Women and Children's Support Network</b> Independent organisation delivering housing and support services to women and children at a time of crisis		<a href="http://www.emergesupport.org.au">www.emergesupport.org.au</a>
<b>Men's Referral Service</b> Confidential, self referral, telephone counselling and information for men	1 300 766 491	<a href="http://www.ntv.org.au">www.ntv.org.au</a>
<b>WIRE</b> Free support, referral and information for all Victorian women, non-binary and gender-diverse people	1 300 134 130	<a href="http://www.wire.org.au">www.wire.org.au</a>
<b>Victorian Legal Aid</b> Free legal aid for victims/survivors of family violence	1 300 792 387	<a href="http://www.legalaid.vic.gov.au">www.legalaid.vic.gov.au</a>
<b>Seniors Rights Victoria</b> Information and support for those experiencing or supporting someone experiencing elder abuse	1 300 368 821	<a href="http://www.seniorsrights.org.au">www.seniorsrights.org.au</a>
<b>What's OK at Home?</b> Support resource for young people experiencing family violence		<a href="http://www.woah.org.au">www.woah.org.au</a>
<b>Parentline</b> Parenting phone support service for parents and carers of children from birth to 18 years old	13 22 89 8am–midnight everyday	
<b>Better Place Australia</b> Affordable services for individuals, couples and families facing parenting, relationship or financial issues	1 800 639 523	<a href="http://www.betterplaceaustralia.com.au">www.betterplaceaustralia.com.au</a>
<b>Women with Disabilities Victoria</b> Support organisation for women with disabilities	(03) 9286 7800	<a href="http://www.wdv.org.au">www.wdv.org.au</a>
<b>Directline Alcohol and Drug Counselling</b> Confidential alcohol and drug counselling and referral in Victoria	1 800 888 236	<a href="http://www.directline.org.au">www.directline.org.au</a>
<b>Relationships Australia</b> Relationship support services for individuals, families and communities	1 300 364 277	<a href="http://www.relationships.org.au">www.relationships.org.au</a>
<b>Centrelink Financial Information Service</b> Free service to inform and educate on financial matters	13 23 00	
<b>Domestic Violence Resource Centre Victoria</b> State wide resource centre supporting workers and families to help stop family violence	(03) 8346 5200	<a href="http://www.dvrcv.com.au">www.dvrcv.com.au</a>