

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/

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 — August 2021.

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

Immediate/crisis services 24/7

safe steps: Family Violence Response Centre Crisis support and referral to safe accommodation	1800 015 188 or 9322 3555	www.safesteps.org.au
1800RESPECT National sexual assault, domestic and family violence counselling service	1800 737 732	www.1800respect.org.au
Sexual Assault Crisis Line Support services for victims/survivors of sexual assault	1800 806 292	www.sacl.com.au
Lifeline 24 hour crisis support and suicide prevention services	13 11 14	www.lifeline.org.au
Kids Helpline Free, private and confidential 24/7 phone and online counselling service for young people aged five to 25	1800 551 800	www.kidshelpline.com.au
MensLine Australia Telephone and online counselling service for men with family and relationship concerns	1300 789 978	www.mensline.org.au
Child Protection — South Division (DHHS) Reporting child abuse and/or violence	1300 655 795 13 12 78 (After hours 5pm–9am, 24 hours weekends/public holidays)	
Local services		
The Orange Door — Bayside Peninsula Free service for adults, children and young people experiencing or have experienced family violence	1800 319 353	www.orangedoor.vic.gov.au
Peninsula Community Legal Centre Urgent legal assistance	1800 064 784 (03) 9783 3600	www.pclc.org.au
Djirra Aboriginal Family Violence Prevention/Legal Service	1800 105 303	www.djirra.org.au
Jewish Care Support services for the Jewish community	(03) 8517 5999	www.jewishcare.org.au
Connections — Uniting Care Community support groups for family violence victims/survivors	(03) 9521 5666 Windsor (03) 8792 8999 Dandenong	www.connections.org.au
Moongala Women's Community House Community organisation offering a range of low cost educational and general interest classes, self-help and support groups	(03) 9570 3468	www.moongala.org.au
Impact for Women A local volunteer organisation providing assistance to women and children fleeing family violence		www.impactforwomen.org.au
South Eastern Centre Against Sexual Assault (SECASA) Support services for victims/survivors of sexual assault	1800 806 292 (03) 9594 2289	www.secasa.org.au

Other support services

In Touch Multicultural Centre Against Family Violence Support and information for immigrant women in your language	1 800 755 988 (03) 9413 6500	www.intouch.org.au
Elizabeth Morgan House Aboriginal Women's Service Support, accommodation and information for Indigenous women	(03) 9403 9400	www.emhaws.org.au
Emerge Women and Children's Support Network Independent organisation delivering housing and support services to women and children at a time of crisis		www.emergesupport.org.au
Men's Referral Service Confidential, self referral, telephone counselling and information for men	1 300 766 491	www.ntv.org.au
Victorian Legal Aid Free legal aid for victims/survivors of family violence	1 300 792 387	www.legalaid.vic.gov.au
Seniors Rights Victoria Information and support for those experiencing or supporting someone experiencing elder abuse	1 300 368 821	www.seniorsrights.org.au
What's OK at Home? Support resource for young people experiencing family violence		www.woah.org.au
Parentline Parenting phone support service for parents and carers of children from birth to 18 years old	13 22 89 8am–midnight everyday	
Better Place Australia Affordable services for individuals, couples and families facing parenting, relationship or financial issues	1 800 639 523	www.betterplaceaustralia.com.au
Women with Disabilities Victoria Support organisation for women with disabilities	(03) 9286 7800	www.wdv.org.au
Directline Alcohol and Drug Counselling Confidential alcohol and drug counselling and referral in Victoria	1 800 888 236	www.directline.org.au
Relationships Australia Relationship support services for individuals, families and communities	1 300 364 277	www.relationships.org.au
Domestic Violence Resource Centre Victoria State wide resource centre supporting workers and families to help stop family violence	(03) 8346 5200	www.dvrcv.org.au
WithRespect Provides support for LGBTIQ+ individuals who are experiencing difficulty in their relationships including family violence	1 800 542 847	www.withrespect.org.au
Qlife Provides LGBTIQ+ peer support and referral for people needing help with a range of issues including relationships and violence	1 800 184 527 or webchat (3pm–12am everyday)	www.qlife.org.au
Women's Information and Exchange (WIRE) Telephone support and referral for women	1 300 134 130 support@wire.org.au	online chat: wire.org.au
Family Violence Outreach Program (Salvation Army) Provides outreach assistance, information, referral and support for women and children who have experienced or who are experiencing or escaping domestic violence	1 800 627 727	*Location in City of Glen Eira and other surrounding areas