Family Violence Help Card

Vietnamese Tiếna Việt Mandarin 中文(普通话)

If you need an interpreter for any of these services, please call **TIS** Interpreting Service on 131 450. You can ask the operator for an interpreter in your language and they can connect you with the service vou need.

Languages include these and more: Khmer ភាសាខែរ Korean 한국이 Myanmar Language ဗမာ (မြန်မာ) Sinhala सि॰कट Nepali नेपाली Thai ใทย (ใทย) Rohingya Ruáingga

National Relay Service is available to help callers with a hearing or speech impairment, please call

Family Violence Service

National Relay Service 133 677.

safety and wellbeing. For 24 hour help for women and children who are experiencing Family Violence is against the law and is a non-virtuous action

What is Family Violence?

Family violence is a pattern of

behaviour where one person

tries to dominate and control

the other and causes them to

fear for their own or others'

in conflict with the Buddhist

precept of not harming others.

Family violence can happen to

anyone. Remember, abuse is

never vour fault.

1800RESPECT on 1800 737 732.

If you are in immediate danger call the **Police** on **000**.

family violence call

Support resource.

The following has been adapted from DVRCV's (2016) Gathering Violent and abusive behaviour includes

What is Family Violence?

- Physical violence
- Sexual violence
- Financial abuse
- Emotional abuse
- Psvchological abuse

Slapping, hitting, rape, verbal threats and name-calling. harassment, stalking, withholding money, and deliberately isolating someone from their friends and family are some examples of the types of behaviour that occur in family violence.

These questions can help you recognise the warning signs.

Warning signs

Does your partner, husband, carer, or a family member:

- Make you feel uncomfortable or afraid?
- Often put you down or make you feel bad about
- yourself? Constantly call or text to

you talk to others?

- find out what you're doing?
- Make you feel scared of saying 'no' to them?
- Get possessive and jealous if

 Threaten to hurt you, your children, pets or others? Threaten that you will never see your children again if

Stop you having any money?

Try to control who you see

Constantly check what you

Scare you or hurt you by

being violent?

you leave?

you don't want to?

do on your phone or online?

and where you go?

Warning signs

that can support you. Make you do sexual things

You might hope the violence will stop, be afraid for your children, or worry about what will happen if you leave. You might feel that

you don't have any options.

This help card has a range of services that can help you if you are experiencing family

You can get information and

what your options are.

resources to help you work out

Getting Help

There are people and services

If you answered 'yes' to any

of these questions, then your

safety and your children's safety

may be at risk. It can be hard to

know what to do when someone

Warning signs

is abusive.

violence or if you are using violence. If you think you may be experiencing family violence but you are not sure, you can get help to find out.

The Police 000	Legal Help & Intervention	For Women	For Women	For Men	For Men	For Children	For Children	Notes
The Police 000 (24 hour) If someone has threatened you or used violence against you, you can call or go to your local police station. Even if you are not ready to end the relationship, the police can take action to protect you. If the police believe that you are in immediate danger, they may take action to protect you even if you have not asked them to.	Intervention Orders Even if you still live together, an Intervention Order can order a person to stop using violence against you or your children. If a person disobeys the conditions of the order they can be charged with a crime. Victoria Legal Aid 1300 792 387 Mon to Fri 9am – 5pm www.legalaid.vic.gov.au Free legal advice on family violence matters and other legal matters.	Family Violence & Sexual Assault Support Safe Steps Family Violence Response Centre 1800 015 188 (24 hours) A 24/7 family violence support service providing a range of services including emergency accommodation. Centres Against Sexual Assault (CASA) 1800 806 292 (24 hours) Support for people who have experienced sexual assault.	Support for Women from Migrant & Refugee Backgrounds InTouch Multicultural Centre against Family Violence 03 9413 6500 or 1800 755 988 A family violence service for women from migrant and refugee backgrounds.	There is support available if you need help to stop using violent and/or controlling behaviour. You can call the Men's Referral Service for free, anonymous, and confidential telephone counselling, information, and referrals. Men's Referral Service 1300 766 491 Mon to Fri 8am - 9pm Sat-Sun 9am - 6pm	Victims of Crime 1800 819 817 or text 0427 767 891 (8am to 11pm every day) If you are an adult male victim of family violence you can get support from Victims of Crime.	Family Violence does affect children. Even if they do not see or hear the abuse, they know it is happening. They may feel frightened or helpless. They may try to protect you or even think it is their fault. Child FIRST 1300 721 383 A voluntary service that provides support to families with difficulties that impact on their parenting and family life.	Child Protection 13 12 78 (24 hours) A service that can investigate allegations of child abuse and neglect and provide protection for children and families when there is concern for the immediate safety of the child.	