



Women's Safety Information Card

Who to contact if you are concerned about abuse or violence in your relationship.

Help is at hand...

Family violence is against the law

It is against the law for anyone to hurt you or any member of your family. Your family includes your spouse, partner, children, siblings, carer, parent, or in-law.

Family violence takes many forms and it occurs across all social groups in the community.

While physical violence may be the most visible form, other forms of violence and abuse can be equally harmful. Women and children are most commonly the victims of family violence.

Family violence hurts children too

It is against the law for children to be hit, see or hear violence in the home.

They have the right, as adults do, to feel safe in their own home and not live in fear.

Exposure to violence can cause long-term harm to children.

If in immediate danger call 000

Family violence includes

- Controlling behaviours (e.g. deciding who you can see or what you do)
- Stalking (e.g. monitoring your online activity, following you)
- Verbal abuse (e.g. put downs, threats and intimidation)
- Physical assault (e.g. pushing, slapping, punching, choking)
- Sexual assault (e.g. manipulating or forcing you to do sexual things, even if you are married)
- Emotional abuse (e.g. diminishing your self-esteem)
- Social abuse (e.g. isolating you from family and friends)
- Economic abuse (e.g. controlling access to money)
- Spiritual abuse (e.g. preventing you from practicing your spiritual beliefs)
- Harming, or threats to harm, pets
- Threats or actually self-harming and saying you are responsible
- Spousal homicide

If someone is violent, abusing and hurting you or your children, it is not your fault.

**You are not alone.
Help is available.**

If in immediate danger call 000

– safe steps Family Violence Response Centre

**24/7 crisis response
1800 015 188**

If you cannot safely call the 24/7 phone line, email safesteps@safesteps.org.au

– National Domestic Violence 24/7 Helpline

**24 hour counselling support
1800 RESPECT
1800 737 732**

If you require assistance with this information contact:



Interpreter Service
131 450



National Relay Service
133 677

If in immediate danger call 000

Centre Against Family Violence

Information in community languages
9413 6500 or 1800 755 988
10am–4pm Mon–Fri

Boorndawan William Aboriginal Healing Service

For Indigenous women and children
9212 0200

LGBTIQ+ (Previously Victorian Aids Council VAC)

LGBTI communities
9865 6700

Gay and Lesbian Liaison Officer (GLLO) at Vic Police

LGBTIQ+ communities
9247 6944

Homeless Crisis Line (Opening Doors)

1800 825 955 (24 hour)

Child Protection

1300 360 391
After hours 131278

Men's Helpline

1300 789 978 (24 hour)

Men's Referral Service

Support for men who use violence against family members
1300 766 491

Centrelink Families Line

136 150

Ringwood Magistrates Court

Family Violence Intervention Orders
9871 4444

Eastern Community Legal Service

Box Hill, Boronia and Healesville
9285 4822

In Knox

Eastern Domestic Violence Service (EDVOS) Services to support women and children (multilingual staff)

9259 4200
9am–8pm Mon–Fri,
9am–5pm Sat

Eastern Access Community Health (EACH) Family Violence Counselling & Education

1300 003 224

In Knox

Eastern Centre Against Sexual Assault (ECASA) For men, women, youth and children

9870 7330 (Office Hours)

Sexual Assault Crisis Line

1800 806 292 (After Hours)

If in immediate danger call 000

