

# Family Violence Help Card



Everyone deserves safe and respectful relationships



Family violence takes many forms. It affects the entire community and all areas of society, regardless of location, socioeconomic and health status, age, culture, gender, sexual identity, ability, ethnicity or religion.

## Family Violence includes:

**Physical assault** within any family or caring relationship

**Verbal abuse** such as threats or intimidation

**Sexual assault** including in marriage or other intimate partnerships

**Emotional abuse** such as frequent criticism

**Controlling behaviours** including limiting access to family and friends, making decisions for you or preventing you from practising your spiritual beliefs

**Stalking** such as monitoring online activity or physical movement

**Financial abuse** such as controlling or limiting access to money, or taking money without permission

**Pet abuse** threatening or harming an animal

**Travel Visa abuse**, controlling access to your visa documentation or threatening to impact your visa status

Family Violence is 'an issue focused around a wide range of physical, emotional, sexual, social, spiritual, cultural, psychological and economic abuses that occur within families, intimate relationships, extended families, kinship networks and communities.

It extends to one-on-one fighting, abuse of Indigenous community workers as well as self-harm, injury and suicide.'

- Victorian Indigenous Family Violence Task Force



## Additional services are available:

### VACCA

For cultural or violence support for men, women and children  
VACCA.org | 9287 8800

### Boorndawan Willam

Aboriginal specific family violence service for families - men, women, children and extended family  
bwahs.com.au | 9212 0200

### Djirra

Aboriginal Family Violence Prevention & Legal Advice  
djirra.org.au | 1800 105 303

### Dardi Munwurro

Building stronger families and safer communities  
dardimunwurro.com.au  
1800 435 799



Help is available

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Local Services

It can happen to anyone

**If you or someone you know is in immediate danger call 000**

**Safe Steps**

Family Violence Response Centre  
safesteps.org.au  
1800 015 188 (24/7)  
safesteps@safesteps.org.au

**1800Respect**

Sexual Assault and Family Violence  
Counselling  
1800respect.org.au  
1800 737 732 (24/7)



Knox City Council  
knox.vic.gov.au  
9298 8000



**If you are in immediate danger call 000**

**Safe Steps**

24/7 Family Violence  
Response Centre  
safesteps.org.au | 1800 015 188

**Sexual Assault Crisis Line**

Crisis response for people who  
have experienced sexual violence  
sacl.com.au | 1800 806 292

**1800 Respect**

National Sexual Assault, Family  
Violence Counselling Service  
1800Respect.org.au  
1800 737 732

**Child Protection**

East Division  
1300 360 391  
After Hours 131 278



**With Respect**

LGBTIQ+ support, referral  
and telecounselling service  
withrespect.org.au | 1800 542 847



**inTouch**

Multicultural Centre Against Family  
Violence  
intouch.org.au | 1800 755 988

**Men's Helpline**

Counselling for Men  
mensline.org.au | 1300 789 978

**Kids Helpline**

Phone Counselling Service  
kidshelpline.com.au  
1800 55 1800



**Seniors Rights Victoria**

SeniorsRights.org.au  
1300 368 821

**Orange Door**

Information about family violence  
services can be found at  
orangedoor.vic.gov.au

**Eastern Domestic Violence Services**

(EDVOS) - for women and children  
(multilingual staff)  
9259 4200

**Eastern Access Community Health**

(EACH) Family Violence Counselling  
1300 003 224

**Eastern Centre Against Sexual**

**Assault** (ECASA) 9870 7330

**Eastern Community Legal Service**

(ECLC) 1300 32 52 00



**Interpreter Service**  
131 450



**Phone** 1800 555 660  
**TTY** 1800 555 630  
**SMS** 0416 001 350

**If someone is violent or abusive to you or your children, it is never your fault.**

Some people are more vulnerable  
to family violence such as children,  
older people and people with a  
disability.

It is against the law for parents,  
carers, friends, neighbours or  
relatives to abuse, neglect or take  
advantage of children, older people  
and people with disabilities  
regardless of the  
caring relationship.

