

Family Violence Help Card



Everyone deserves safe and respectful relationships

knox



Violence of any kind is against the law

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 such as threatening or harming an animal

Travel Visa abuse such as controlling access to your visa documentation or threatening to impact your visa status

Aboriginal & Torres Strait Islander

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:

Boorndawan Willam

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

VACCA

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

Djirra

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

Dardi Munwurro

Building stronger families and safer communities
dardimunwurro.com.au
8456 3044



Help is available

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

1800 RESPECT

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



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

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

Child Protection

East Division
1300 360 452
After Hours 131 278

Rainbow Door

Specialist LGBTIQ+ support
rainbowdoor.org.au
1800 729 367



inTouch

Family violence services for migrant and refugee communities
intouch.org.au
1800 755 988

MensLine Australia

Counselling service for men
mensline.org.au
1300 789 978

Kids Helpline

Online and phone counselling service
kidshelpline.com.au
1800 55 1800

Seniors Rights Victoria

Helpline for people experiencing elder abuse
seniorsrights.org.au | 1300 368 821

Local services

The Orange Door

Local family violence services
orangedoor.vic.gov.au
1800 271 150

FVREE - Free from Family Violence

Supporting victim survivors of family violence
9259 4200

Eastern Access Community Health

(EACH) Family Violence Counselling
1300 003 224

Eastern Centre Against Sexual Assault (ECASA) 9870 7330

Eastern Community Legal Centre

(ECLC) 1300 32 52 00

National Relay Service

accesshub.gov.au/about-the-nrs
TTY: 133 677
NRS chat number: 1300 553 467



Interpreter Service

131 450

It can happen to anyone

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

Every person has the right to safe and respectful relationships free from violence.

knox.vic.gov.au/familyviolencesupport

