



## 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, 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, others 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 you require assistance with this information contact:



Interpreter Service  
**131 450**



National Relay Service  
**133 677**

**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](mailto:safesteps@safesteps.org.au)

— **National Domestic Violence 24/7 Helpline**

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

–  
**Eastern Domestic Violence Service (EDVOS)**

Access to multilingual staff

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

–  
**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)**

–  
**InTouch Multicultural 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**

–  
**Victorian Aids Council (VAC)**

LGBTI communities

**9865 6700**

–  
**Homeless Crisis Line (Opening Doors)**

**1800 825 955 (24 hour)**

–  
**Child Protection**

**1300 360 391**  
**After hours 131278**

–  
**Men’s Helpline**

**1300 789 978**

–  
**Men’s Referral Service**

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**

## Also in Whitehorse

---

–  
**Police Station – Box Hill**

**8892 3200 (24hr)**

–  
**Police Station – Forest Hill**

**8847 3600 (24hr)**

–  
**Police Station – Burwood**

**9888 8377**

–  
**Kara House –**

**Accommodation and Outreach**

**1800 900 520**

–  
**Child First Family Services**

**1300 762 125**

–  
**Mitcham Community House**

**Family Violence Program**  
Group program & support; childcare

**9873 4812**

–  
**EACH Social and Community Health Counselling services**

**1300 003 224**

–  
**Carrington Health Counselling services**

**9890 2220**

–  
**Migrant Information Centre (MIC) Counselling and group program**

**9285 4888**

–  
**Crossways Women’s Centre**

**9886 3899**



---

Contact Council’s Community Safety Officer for more information.

**9262 6333**



Interpreter Service

**131 450**



National Relay Service

**133 677**

---

Produced by Eastern Region Local Governments, September 2018.