



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 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. lowering your self-esteem)
- Threatening you or your children
- 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

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



Contact Council's Community Safety Officer for more information.

9262 6333



Interpreter Service
131 450



National Relay Service
133 677

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

If in immediate danger call 000

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**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

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**National Domestic Violence
24/7 Helpline**

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

EDVOS

Specialist Family Violence Service
Access to multilingual staff

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

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**Eastern Centre Against Sexual
Assault (ECASA)**

For men, women, youth and children
9870 7330 (Office Hours)

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**Sexual Assault Crisis Line
1800 806 292 (After Hours)**

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**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

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Thorne Harbour Health

LGBTI communities
9865 6700

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**Homeless Crisis Line
(Opening Doors)**

1800 825 955 (24 hour)

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Child Protection

**1300 360 391
After hours 131278**

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Migrant Information Centre

Counselling and group program
9285 4888

**Men's Helpline
1300 789 978**

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Men's Referral Service

For men who use violence against
family members
1300 766 491

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**Centrelink Families Line
136 150**

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Ringwood Magistrates Court

Family Violence Intervention Orders
9871 4444

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Eastern Community Legal Centre

Box Hill, Boronia and Healesville
9285 4822

Also in Whitehorse

Police Station – Box Hill
8892 3200 (24hr)

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Police Station – Forest Hill
8847 3600 (24hr)

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Police Station – Burwood
9888 8377

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Kara House –
Accommodation and Outreach
1800 900 520

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Child First Family Services
1300 762 125

Mitcham Community House
Family Violence Program
Group program & support; childcare
9873 4812

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EACH Social and Community
Health Counselling services
1300 003 224

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Carrington Health
Counselling services
9890 2220

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Migrant Information Centre (MIC)
Counselling and group program
9285 4888

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Crossways Women's Centre
9886 3899