

TOGETHER *we* CAN

Act now to end Family Violence in Cardinia Shire

Always remember: Family Violence is not just physical

- It is OK to ask for help

SERVICES	CALL THEM WHEN	PHONE HOURS
RELATIONSHIPS AUSTRALIA t: 5990 1900 or 1300 364 277 globe: www.relationshipsvictoria.com.au/services	You have used violence against family members and you know you need to stop.	24 hours 7 days a week
FAMILY RELATIONSHIPS ONLINE t: 1800 050 321 globe: www.familyrelationships.gov.au	Your family (whether together or separated) need information about family relationship issues.	Monday to Friday 8am to 8pm Saturday 10am to 4pm
VICTORIA POLICE t: 000 or 112 on mobile t: TTY 106 globe: www.police.vic.gov.au	If you or someone you know is experiencing family violence right now or has just been harmed ring the police. Their role is to respond, investigate and protect those affected by family violence.	24 hours 7 days a week Ask for Police
WAYSS t: 9703 0044 globe: www.wayssltd.org.au	Ask for women's services if you need immediate accommodation. Help is available for families, young women under 25 and women with children.	Monday to Friday 9am to 5pm
WINDERMERE t: 1300 946 337 globe: www.windermere.org.au	You, your children and/or your family would like support to build the skills to ensure your family is safe and have access to child and family services.	Monday to Friday 9am to 5pm
SAFE STEPS t: 1800 015 188 globe: www.safesteps.org.au	WAYSS and Windermere are closed and you need to escape a violent relationship and need accommodation.	24 hours 7 days a week
1800 RESPECT t: 1800 737 732 globe: www.1800respect.org.au	You or someone you know need counselling, helpline, information and support for people experiencing sexual assault or family violence.	24 hours 7 days a week
NGWALA WILLUMBONG INC. t: 9510 3233 globe: www.ngwala.org	You are, or you know an indigenous man or woman who needs culturally appropriate family violence support.	Monday to Thursday 9am to 5pm and Friday 9am to 4pm
SENIORS RIGHTS VICTORIA t: 1300 368 821 globe: www.seniorsrights.org.au	You need a confidential Helpline, for legal or advocacy, and or help to prevent elder abuse and safeguard yours or others rights, dignity and independence.	Monday to Friday 10am to 5pm
SOUTH EASTERN CENTRE FOR SEXUAL ASSAULT t: 03 9594 2289 globe: www.secasa.com.au	You or someone you know needs counselling for victims of sexual assault.	Monday to Friday 9am to 5pm
More local services can be found online: www.asksomeone.org.au/area-melbourne-south-east		

TOGETHER *we* CAN

Act now to end Family Violence in Cardinia Shire

You know you are respected in a relationship when:

- You are accepted
- Your feelings of self-worth are fostered
- Your points of views and beliefs are valued
- You are listened to and heard
- 'No' is accepted for an answer
- Your rights to be safe, valued and cared for are understood
- You can make mistakes and still be accepted and respected
- Your relationship is never controlling, and encourages personal growth and fulfilment
- Your relationship nurtures a culture of trust, honesty and happiness
- You are able to disagree and say what you think or feel without being put down or hurt in anyway
- You can make your own choices and form your own views consistent with your age and developmental level

If you are not feeling respected call 1800 RESPECT (1800 737 732) for 24 hour free advice.

Emotional/psychological violence

Emotional/psychological violence – can include a range of controlling behaviours such as control of finances, isolation from family and friends, continual humiliation, threats against children and/or pets or being threatened with injury or death.

Family violence

Family violence – is a broader term than domestic violence, as it refers not only to violence between intimate partners but also to violence between family members. This includes, for example, elder abuse and adolescent violence against parents. Family violence includes violent or threatening behaviour, or any other form of behaviour that coerces or controls a family member or causes that family member to be fearful. In Indigenous communities, family violence is often the preferred term as it encapsulates the broader issue of violence within extended families, kinship networks and community relationships, as well as intergenerational issues.



togetherwecan.org.au