



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, other forms of violence and abuse can be equally harmful. Women and children are most commonly the victims of family violence.

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

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.

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)
- 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 practising your spiritual beliefs)
- Threats to harm you, your children or pets.
- Threats or actually self-harming and saying you are responsible

**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

**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

Mon–Fri 9am–8pm; Sat 9am–5pm

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

Mon–Fri 10am–4pm

Boorndawan Willam Aboriginal Healing Service

For Indigenous women and children

9212 0200

Thorne Harbour Health

LGBTI communities

9865 6700

Homeless Crisis Line

(Opening Doors)

1800 825 955 (24 hour)

Child Protection

1300 360 391

After hours 131 278

Migrant Information Centre (MIC)

Counselling and group program

9285 4888

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 Centre

Box Hill, Boronia and Healesville

9285 4822

Also in Boroondara

Police Station – Kew

8851 1111 (24hrs)

Child First Family Services

1300 762 125

Access Health and Community

Health and counselling services

9810 3000

Camcare

Wellbeing and counselling services

9831 1900

Women's Liberation Halfway House

Accommodation and outreach

1800 811 565 (Mon-Fri 9am-5pm)



BOROONDARA
City of Harmony

Contact Council's Safer Communities
Planner for more information.

9278 4898



Interpreter Service

131 450



National Relay Service

133 677

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