

Family Violence Help Card



Everyone deserves safe and respectful relationships



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 threatening or harming an animal

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

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:

VACCA

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

Boorndawan Willam

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

Djirra

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

Dardi Munwurro

Building stronger families and safer communities
dardimunwurro.com.au
1800 435 799



Help is available

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Local Services

It can happen to anyone

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

1800Respect

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



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



If you are in immediate danger call 000

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 Sexual Assault, Family
Violence Counselling Service
1800Respect.org.au
1800 737 732

Child Protection

East Division
1300 360 391
After Hours 131 278



With Respect

LGBTIQ+ support, referral
and telecounselling service
withrespect.org.au | 1800 542 847



inTouch

Multicultural Centre Against Family
Violence
intouch.org.au | 1800 755 988

Men's Helpline

Counselling for Men
mensline.org.au | 1300 789 978

Kids Helpline

Phone Counselling Service
kidshelpline.com.au
1800 55 1800



Seniors Rights Victoria

SeniorsRights.org.au
1300 368 821

The Orange Door

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

Eastern Domestic Violence Services

(EDVOS) - for women and children
(multilingual staff)
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



Interpreter Service
131 450



Phone 1800 555 660
TTY 1800 555 630
SMS 0416 001 350

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

Some people are more vulnerable to family violence such as children, older people and people with a disability.

It is against the law for parents, carers, friends, neighbours or relatives to abuse, neglect or take advantage of children, older people and people with disabilities regardless of the caring relationship.

