

# Information about family violence and support services



**Aboriginal Family  
Violence Prevention  
& Legal Service Victoria**  
Standing Firm Against  
Family Violence

## How can legal assistance help?

Speak to a lawyer about your options.

A lawyer can explain your rights and help you with legal processes such as:

- intervention orders to keep the violent family member away from you, your children and your home; or to stop family violence in the home
- family law orders to ensure safe parenting arrangements for your children
- application for victims of crime assistance to help you with expenses and recovery
- advocacy regarding child protection issues.

## Who else can assist?

If you are not safe, dial 000 for Police or Ambulance

### Police:

- can apply for intervention orders or a safety notice
- lay criminal charges
- investigate abuse that happened in the past.

### Family violence or sexual assault support services:

- 24 hour crisis support
- emergency accommodation
- safety planning
- help to talk with Police.

### Doctor/Counsellor:

- see a doctor if you have been injured

- contact a professional counselling service to talk through what is happening.

### A trusted adult:

- talk to a person you can trust
- if you are a young person, talk with an adult you trust such as a family friend, or the Student Welfare Coordinator or School Nurse.

## Useful contacts:

Police or Ambulance: **000**

Safe Steps Family Violence Response Centre:  
**1800 015 188** (24hrs)

FVPLS Victoria: **1800 105 303**

Victorian Aboriginal Legal Service:  
**1800 064 865**

Sexual Assault Crisis Line:  
**1800 806 292** (24hrs)

Aboriginal Women's Family Violence Crisis Accommodation & Support

- Elizabeth Morgan House:  
**03 9482 5744**
- Meminar Ngangg Gimba (Mildura): **03 5022 5000**
- Orana Gunyah (Morwell):  
**03 5120 0600**

Men's Referral Service:  
**1800 065 973**

Women's Information and Referral Exchange:  
**1300 134 130**

Victims of Crime Helpline:  
**1800 819 817**

Lifeline: **131 114**

## Family violence includes:

- physical harm (punching, hitting, kicking)
- sexual assault (any sexual activity to which you have not freely agreed)
- emotional and verbal abuse (putdowns, threatening to self harm, not letting you see family or friends)
- threats of violence or revenge to you or other people
- stalking (by phone calls, text messages, emails or being physically followed)
- controlling your money
- harming pets
- damaging your property and belongings
- exposing a child to any of the behaviours listed above.

## How can family violence affect you?

Family violence can result in:

- physical injury or death
- psychological trauma
- extreme fear
- isolation from family, friends and community
- depression
- negative feelings such as shame, anger, worthlessness and hopelessness
- use of drugs or alcohol to block out the pain
- health problems
- physical and/or emotional harm to children
- DHHS Child Protection Unit investigating your family.



**FVPLS Victoria**

**Aboriginal Family Violence Prevention  
& Legal Service Victoria**

**Standing Firm Against Family Violence**

**Servicing Victoria with offices in:**

**Melbourne  
Warrnambool  
Bairnsdale  
Mildura**

**1800 105 303**

The information in this card is general information only. It is not legal advice. You should contact a lawyer for legal advice.

The information is current at time of publishing in March 2017 but may change without notice.