



Men's help card

quick reference guide

Men's Help Card

For men who live in the Northern Region of Melbourne, including

Abbotsford, Broadmeadows, Brunswick, Bundoora, Carlton North, Coburg, Collingwood, Craigieburn, Diamond Creek, Eltham, Epping, Fawkner, Fitzroy, Glenroy, Heidelberg, Hurstbridge, Ivanhoe, Kinglake, Kingsbury, Lalor, Macleod, Mill Park, Northcote, Preston, Reservoir, Richmond, Rosanna, St Andrews, Sunbury and Whittlesea.

Email feedback to: chs@darebin.vic.gov.au
Designed by the City of Yarra
Printed August 2007 – 100% recycled paper

Family Violence Services

If you or others are in immediate danger call the Police on **000**

The Men's Referral Service is an anonymous and confidential phone service provided for men by men.

It provides a central point of contact for men who want to stop violence occurring in the home.

Each year thousands of Victorian men phone the Men's Referral Service to make things better for themselves and their family.

Men's Referral Service 9428 2899
12noon to 9:00pm Mon to Fri



What is Family Violence?

Abuse by a family member to others in the family. This includes:

- Physical • Sexual • Emotional
- Social • Financial

This abuse hurts people or causes them to feel afraid.

All types of relationships can be abusive. These include: • young people • older couples • people with disabilities and their carers • same sex relationships • heterosexual relationships • and parents abused by children of all ages.

All types of violence are harmful. Physical and sexual violence is against the law.

What Can I do?

If you are male and you are:

- Getting frustrated and exploding
- Being abusive to your family
- Feeling angry with the people you care about most
- Using violence in the home
- Feeling overwhelmed or confused
- Concerned about the effect of your behaviour on the children

And you want to do something about it there is a place that you can call for free and independent assistance:

Victorian Men's Referral Service (03) 9428 2899

12noon to 9:00pm Mon to Fri

Family Violence Hurts Kids too

Children and young people experience fear from family violence, even when they are not the ones being hurt.

Seeing or hearing the violence and being fearful hurts children too. It can teach children that violence is OK when it's not.

Children have the right to feel safe. They should not have to live with violence or believe it is normal.

Men's Referral Service 9428 2899

Parentline 132 289

Kids Help Line 1800 551 800

www.burstingthebubble.com

Additional Services

Relationships Australia 9431 7777

MAYA Living Free Healing Association

(for Indigenous men) **9480 1111**

Court Network

9603 7433 or 1800 681 614

Legal Aid Telephone Service 9269 0120

Victorian Aboriginal Legal Service 9419 3888 or 1800 064 865

Aboriginal Family Violence Prevention and Legal Service (Vic) 9654 3111

Telephone Interpreting Service 131 450

Additional Services

Lifeline 13 11 14

Directline 1800 888 236

(24 hour Drug Counselling)

Centrelink Appointments 131 021

Melbourne Youth Support Service 1800 800 561

Greensborough Family Relationship Centre 9404 7800

Child Protection 1300 369 536 or 131 278 (Ahrs)

Family Services:

Hume **1300 786 433**

Moreland **9355 9900**

ChildFIRST North East **9450 0955**

For more info www.ntv.org.au
www.communitylaw.org.au

