



Women's Help Card

For women 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
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Family Violence Services

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

Support, information and referral service for women and their children who have experienced, or are escaping, family violence:

Women's Domestic Violence Crisis Service
1800 015 188 / 9373 0123
24 hour Emergency Help

Berry Street Victoria
Northern Region Family Violence Service **9458 5788**
9am to 5pm Monday–Friday



What is Family Violence?

Abuse by a family member to others in the family. This includes:
• Physical • Sexual • Emotional
• 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 • parents abused by children of all ages.

All types of violence are harmful. Physical and sexual violence is against the law. If you are being abused, never believe the violence is your fault.

Family Violence Hurts Kids Too

Children and young people are scared by family violence, even when they are not the ones being hurt.

Seeing or hearing 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.

Berry Street Victoria 9458 5788
9am to 5pm Monday–Friday

www.burstingthebubble.com

Kids Help Line 1800 551 800

Safety Planning

Have a plan before you leave.

• Where will you go? • How will you get there? • What will you take? (money, birth certificate, bank book, passport, spare keys, medicare card, medications, change of clothes).

Who should I tell about leaving?

Make sure telling them is safe for both you and them.
• supportive friends • family
• neighbours • children • school

Ask your neighbours to call **000** if they hear you calling for help.

Remember 24 hour help is available: **1800 015 188**

Additional Services

Centre Against Sexual Assault
24 hour service **1800 806 292**

Immigrant Women's Domestic Violence Service 8413 6800

TIS Interpreting Service 131 450

Elizabeth Hoffman House
Aboriginal Women's Services
24 hour service via **1800 015 188**

Aboriginal Family Violence
Prevention and Legal Service (VIC)
9654 3111 / 1800 105 303

Victorian Aboriginal Legal Service 9419 3888

Parentline 132 289

Men's Referral Service 9428 2899 / 1800 065 973

Additional Services

Women's Legal Service Vic 9642 0877

Court Network 1800 681 614 / 9603 7433

Melbourne Youth Support 9611 2411 / 1800 800 531

Directline (24 hour Drug counselling)
1800 888 236

Women's Information & Referral Exchange (WIRE) 1300 134 130

Women's Housing Limited 9412 6868

Child Protection
24 hour service **131 278**

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

Women's help card
quick reference guide

