

Are you safe at home?

Abuse and violence in relationships and the family



We all deserve to feel safe and protected at home. But for some of us, home is not always a safe place...

Is it family violence?

Family violence is when a partner, family member or ex uses threatening, controlling or violent behaviour that makes you feel scared or afraid.

Family violence is not just physical violence. It can involve many harmful, abusive behaviours.

- Threats
- Stalking
- Putdowns
- Strangling
- Hitting
- Sexual abuse
- Limiting contact with others
- Monitoring who you speak to
- Controlling you or your finances
- Restricting your access to healthcare and essentials

Violence is never okay

This is a tough time for many of us. But stress and hardship are never excuses to abuse our loved ones.

Everyone has the right to live free from fear and violence.

Family violence is not your fault.

You don't have to face this alone

If you are experiencing abuse, there is support available. The services on the back of this flyer can help. They can work with you to explore your options to keep you and your family safe.

Remember: Even during COVID-19 restrictions, **it's okay to leave home if you're escaping violence.**

Thinking about your safety

As well as reaching out to a support service, there are other things you can consider doing to help keep safe:

- Tell trusted friends, family members or professionals about what's happening at home.
- Plan where you will go and how you will get there if you need to leave in a hurry.
- Keep essential items like spare keys, money and important documents somewhere easily accessible.
- Keep a list of emergency and support contacts handy or stored in a safe, private phone.
- Teach your children that during an incident their responsibility is to stay safe.
- Create signals to alert your neighbours, family or friends to intervene or call triple zero (000).



Getting help

These services are still open during the pandemic. **If you are in immediate danger, call the police on triple zero (000).**

If you need an interpreter or translator, call the National Translating and Interpreting Service on 13 14 50 and ask them to contact the support service.

safe steps

Support for women and children experiencing family violence.

Tel: 1800 015 188 (24 hours)

Webchat: safesteps.org.au

Email: safesteps@safesteps.org.au

Men's Referral Service

Confidential support for men at risk of using family violence

Tel: 1300 766 491 (7 days, varying hours)

ntv.org.au

inTouch

Tailored support for women from migrant and refugee communities experiencing family violence, available in many languages.

Phone: 1800 755 988 (Monday-Friday, 9am-5pm)



For more information about tailored support services for LGBTIQ+ people, Aboriginal and Torres Strait Islander people, older people, men who have experienced family violence and people who have experienced sexual assault visit areyouafeathome.org.au