Safety and you
For information, support, and emergency accommodation 24hrs call:

**Domestic Violence Line**
**1800 65 64 63**

**TTY: 1800 671 442**
(for people who are hearing or speech impaired)

If you are in immediate danger call:

**Police 000**
**Emergency TTY: 106**

This pamphlet is intended as a simple guide to legal and welfare services available to anyone involved in violent and abusive relationships. The authors disclaim liability for any loss or damage arising from its contents.

Prepared by the Children and Violence Prevention Service, CCLHD
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Making Sense of the Violence

When someone you are in a relationship with or have been in a relationship with, or someone in your family tries to control you by bullying, bashing, threatening, name-calling, harassing, frightening or isolating you, it is called:

Domestic violence

Domestic Violence is a crime. Everyone has the right to live in safe places free from violence.

Most domestic violence is inflicted by men on women and children so this book talks about the violent person as a man and the person experiencing violence as a woman. Domestic violence can happen in same sex relationships also. Babies, children and young people can be traumatised by domestic violence.

For more information: www.duluth-model.org
Who does it happen to?

Many women and children are not safe in their own homes.

- Domestic assault is the most common form of assault in Australia, therefore most women are at risk at some time in their lives.
- It doesn’t matter where you live or what your income, or age, or what country you come from.
- If it happens once it will probably happen again.
- Babies and children know about, and are affected by, domestic violence.
- While some men experience domestic violence, research collected to date indicates very different experiences and rates of victimisation reported by men and women.

Why does it happen?

There are many common ideas about why domestic violence happens:

- He had a sad or difficult upbringing.
- He has a problem with alcohol or drugs.
- He has a stressful job and can’t cope with the family.
- He has trouble expressing his feelings.
- He can’t control his anger.
- Something about you drives him to violence.

These are all excuses:

- He is responsible for his violence.
- He chooses who he is violent to.
- He is unlikely to abuse his boss, his co-workers, friends or people on the street.

It’s not your fault
How can I tell if this is happening to me?

If any of these things are happening, you are being abused:

- You are scared or frightened of someone who lives or has lived with you.
- You are being put down by someone who says they love you.
- You are always being told you are stupid, that it’s your fault, that if you had not done something he would not have hit you or got mad at you.
- You can’t have your friends or family around because you’re not sure how he will handle it, or because he embarrasses you in front of them.
- You feel like you are living with a ‘Jekyll and Hyde’ – one ‘face’ for others and one for you.
- He sees himself as more important than you and always right.
- He pressures you to have sex which is unpleasant or forced.
- He is sometimes nice for a while, then the tension and violence starts again.
- He controls all the money and insists you account for every cent spent.
- He constantly needs to know where you are.
- He uses force, threats or coercion to make you do things you don’t want to do.
- You are fearful when the children don’t behave.
- You are frightened the children will be hurt if they are not quiet.

You don’t need to experience all of these to be abused. If some of these things are happening – you are probably afraid and your safety is at risk.

TAKE THIS QUIZ: “Are you being abused?”


Domestic Violence Resource Centre Victoria
We know that over time, the violence will get worse and happen more often.

It is his responsibility to stop the abuse and change his attitudes and behaviour.

If he wants to do this it is extremely difficult without outside help so he should contact The ‘Facing Up’ Programme on 1300 130 225.

Many women leave the relationship because the man won’t take any responsibility for what he is doing.

Sometimes there may be a period where tension builds up. It feels like you’re walking on eggshells all the time.

You are very careful to make everything right – but no matter what you do, he still finds something to go off about.

Then he may change. He may say he is sorry and make promises not to do it again. He may buy gifts for you. He may say that you are the only one who can help him.

You become hopeful that this time he really means it but then it starts again.

You have probably tried many ways to stop the violence but in the end only he can change his own behaviour. Give yourself credit for everything you have tried.

There are no excuses for violence. No one ever deserves to be abused.
Aboriginal women tell us: it’s not love – it’s violence

Some people say “alcohol causes the violence.” But it’s not true. A lot of violence happens when men are sober. Alcohol does not cause violence.

Some people say “the women ask for it.” But this is not true. No one ever asks to be bashed. It is not a woman’s fault.

Some people say that a woman looking for safety “is splitting up the family and the community.” But this is not true. It is the violence that is splitting the family and the community. The woman just wants the violence to stop.

Some people say “women shouldn’t dob in their men to the police”. But this is not true. It is the woman’s safety and her children’s safety that must come first.

(Adapted with permission of NSW Womens Refuge Referral and Resource Centre)

If you are in a relationship with a violent man, or have recently left, you may have some of these feelings:

• afraid to tell anyone
• degraded and alone
• worried about what others will think
• afraid that it is your fault too
• scared of coping alone
• confused because sometimes he is loving and kind
• scared that it will get worse if you leave him
• insecure about the children’s future
• furious that he could do and say what he did and said
• depressed
• guilty about leaving him
• that you are to blame
• frustrated and sad because you have tried everything to change the situation

(Adapted with permission of Domestic Violence Incest and Resource Centre, Vic.)

See also ‘Central Coast Services with Aboriginal Workers’ in the phone number section on page 21.

Violence by Men Against Women Is Not Part of Aboriginal Tradition or Culture

You are not to blame for his violence
• **Is having nightmares and/or can’t concentrate:** Your child might seem fine on the surface but fears and anxieties may come out in other ways like while they are sleeping or when they are trying to concentrate on school work.

• **Is bullying other children:** Bullying and aggressive behaviour is a sign that your child is learning that violence is a way to get what they want.

**What happens when children live with domestic violence?**

Many children who live with Domestic Violence blame themselves for what is happening between their parents. They feel if they were just ‘better’ in some way things might be different.

You might notice your child:

• **Has a headache or tummy aches:** Often emotional stress comes out in physical ways.

• **Doesn’t want to talk or play:** Withdrawal from others is a sign of anxiety. Home should be a safe place and if your child doesn’t feel safe in their own home they are unlikely to feel safe in other situations.
How can I help my children to feel safe?

There are things you can do to help your children to feel safe:

- **Talk to your children about violent behaviour:** Tell your children that violence is never okay and tell them often. Remind them that violence is unacceptable so they learn that it is never okay for people to hurt them, or for them to hurt others.

- **Encourage your children to talk to you about their fears and worries:** If your children do talk to you, tell them that they did the right thing by telling you, you’re glad they told you, and that you believe them.

- **Give your children permission to seek help:** Think about how your children could seek help if they needed to. Who could they call or go to? Is there a neighbour you trust?

- **Make a safety plan:** Take time to practice it step-by-step with them. Use a code word for when they should use the plan and have a small backpack with important items. Make sure your children know emergency numbers, like Police 000.

Your kids learn by observing you.

It isn't always easy to protect yourself and your children from violence. Leaving a violent relationship is a big decision and there may be some things you are worried about.

“If I leave, the kids and I will be homeless”

If you’re considering leaving your partner because of violence you may be able to stay at a refuge until you decide where else you could go. Alternatively, you might choose to stay in your home and have your violent partner leave.

“He has made threats about me & the kids”

Any threat should be taken seriously. You can apply for an Apprehended Violence Order (AVO) which offers you protection against future violence, intimidation, and harassment.

You may be feeling overwhelmed or guilty, but there is a lot you can do and remember there are services available to help you and your children.
Sorting out what to do can be difficult, particularly if you have children, but it will be worth it.

You may have support from friends or family. However sometimes friends or family may not understand the danger you and your children are in.

You may be able to plan one step at a time, or you may have to act quickly. You are the best judge of how safe you are.

You can talk to others about your safety.

These ideas may help:

• Call the Police
• Tell friends or neighbours
• Believe it isn’t your fault
• See that his violence is a crime
• Feel compassion for yourself and your children
• Accept that the abuse has caused you great pain
• Recognise that you have already done a lot to try to change things
• See a counsellor or join a domestic violence support group
• Find out your legal rights

There are places where you can get help and information. These services can help whether you are thinking of leaving or want to stay in the relationship. They will not tell you what to do or force you to make decisions against your will. Sometimes you may have to try a few of the numbers in this book before you find the person who can be of the most help to you. Don’t give up. Keep trying.

(Adapted with permission of Domestic Violence Incest and Resource Centre, Vic.)
Planning to be safe

• Keep all your important documents, some money and other things in a safe place that will be easy to get to in a hurry.

These might include:
- birth certificates
- medicare card
- health care card
- key card
- credit cards
- bank books
- passport
- Centrelink documents
- a copy of your AVO
- spare car keys
- spare house keys
- scripts for any medication
- phone card
- important phone numbers
- school records

• Decide where you will go if you need a safe place.

• Ask the neighbours to call the police if they hear the abuse starting.

• Save even just a small amount of loose change each week.

• Prepare hand luggage for you and the children with just the essentials so that you can move quickly if you need to.

• Perhaps you can leave some of these things at a friend’s place.
What family and friends can do to help

If you are worried that a friend, relation, neighbour or workmate is being hurt there are ways that you can help

**DO:**

- **Safety:** Help them look at ways of keeping themself and the children safe.
- **Be supportive:** Spend time and listen to them and don’t judge them.
- **Encourage action:** Support them to approach the police, courts or other agencies.
- **Offer practical support:** Like looking after the children or drive them to appointments.
- **Reassure them:** That they are not responsible for the violence.
- **Reinforce:** They have a right to live free from violence. Violence is a crime.
- **Information:** Make sure they know what services can assist them.
- **Be patient:** They will make decisions in their own time.

**DON’T:**

- make decisions for them.
- ask what they did to provoke the violence.
- suggest they try again.
- expect them to reach decisions in a hurry.
- call them at home without checking with them beforehand.
- inform anyone of their new address should they leave.
- get involved in justifications for the perpetrator’s actions.
- let the perpetrator of the violence know where they are.
- give up on them if they leave and then go back.

(Drawn from the National Rural Domestic Violence Information Kit with permission of the Commonwealth Office of the Status of Women.)
The Police and courts can help

If you are in immediate danger call the Police on 000 (TTY 106 for hearing impaired).

Go and see the police at the local Police Station. They can apply for an Apprehended Violence Order to protect you and the children.

The Police will...

- Apply for an Apprehended Violence Order.

The order will contain a number of conditions to keep you and your children safe. For example, it can:
  - stop him assaulting, harassing, molesting or intimidating you and the children.
  - stop him coming near your home or work.
  - stop him contacting you.
  - you and your children can stay living at home if you feel safe and he will have to leave.

- You can apply for an order to stop him abusing you even if you are still living together and just want the violence to stop.
- You can apply for separate orders to protect your children.
- The Police Prosecutor will represent you when you go to court.

If he has physically hurt you or damaged your property

- Police can arrest and charge him if he has broken the law.
- Police will apply for an Apprehended Violence Order to protect you and the children.
- Police will tell you their names and an ‘event number’. They will also give you a copy of the Apprehended Violence Order and tell you the bail conditions. Ask for this information if they do not give it to you. Keep it with you.
- You may have to give evidence in court as a witness. The Police and Domestic Violence Court Advocacy Service will support you to do this (phone number on page 16).
• Police or the Courts will decide whether he is released and on what bail conditions until the court case.
• This can be a confusing time. It’s hard to take it all in. Remember you have the right to be safe and to understand what is happening.

Keep Asking Questions

• Think about taking a friend with you to the police station.
• If you want more information or to speak to a more senior Police Officer, ask to speak to the Station Manager or the Duty Officer. The Domestic Violence Liaison Officer may also be able to help you.
• If you are not satisfied, contact: NSW Police Force Customer Assistance Unit 1800 622 571.

Courts can help you

How to apply for an Apprehended Violence Order to stop him abusing you through the local Court;

• You need to ring the NSW Court Service Centre 1300 679272 and ask for an AVO kit.
• The Court Service Centre will send an AVO kit out to you. This can happen by email, fax or post.
• Once you have filled in the AVO kit, take it to be lodged at your local court.

• The Local Court officer will then make an appointment for you to see the Chamber registrar to discuss the application further.
• It can be difficult to tell a stranger about what has been happening to you and the appointments are only short, so think about who can support you. Perhaps you can take a friend or contact Domestic Violence Court Advocacy Service (phone number on page 16).
• Ask the Chamber Registrar or Domestic Violence Court Advocacy Service about who can represent you when your case goes to Court.

Websites

www.localcourt.lawlink.nsw.gov.au
For further information about the local court, including your nearest court house.

www.legalaid.nsw.gov.au
For brochures on domestic violence and going to court.

www.lawaccess.nsw.gov.au
or phone 1300 888 529 for legal information and referrals.

An Apprehended Violence Order does not give him a criminal record.
At Court...

- Whether the police or Court apply for an Apprehended Violence Order you will have to attend Court for the Order to be made. It may take two weeks before your case goes to court.

- Domestic Violence Court Advocacy Service will support you. They will go into Court with you, explain what is happening and provide a private waiting room at Court. Ring them to get more information.

- The Apprehended Violence Order does not come into effect until it has been served on the offender by the police.

- If the offender breaks the conditions of the AVO, this is called a breach. Police need evidence of this breach to charge and arrest the offender. The offender has now committed a criminal offence.

- He or his family or friends may try to blame you if he breaks the order but it is his choice to break the law.

- If things change for you and you don’t want part or all of the Order any more, you must change the order at the Court.

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**73.9% of people surveyed in 2008 said that they felt safe because of the Apprehended Violence Order**

NSW Bureau of Crime Statistics and Research 2008
1800 numbers are free and do not show up on your telephone bill unless you use a mobile phone. Mobile phone numbers do show up on your bill.

If he checks up on you by pressing the redial button, clear your phone by dialling another number after you have hung up.

## Accommodation

*(see also ‘Services for Young People’ and ‘Services with Aboriginal Workers.’)*

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<tr>
<th>Service</th>
<th>Phone Number</th>
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<td>The Domestic Violence Line (24hrs)</td>
<td>1800 65 64 63</td>
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<tr>
<td>Link2Home</td>
<td>1800 152 152</td>
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<tr>
<td>Housing NSW:</td>
<td></td>
</tr>
<tr>
<td>Gosford</td>
<td>4323 5211</td>
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<tr>
<td>Wyong</td>
<td>4352 4400</td>
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<tr>
<td>NSW Contact Centre</td>
<td>1300 468 746</td>
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<td>Wesley Family Accommodation Support Central Coast</td>
<td>4320 1277</td>
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<tr>
<td>Kara Women’s and Children’s Refuge</td>
<td>4323 1709</td>
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<tr>
<td>Elandra Women’s and Refuge</td>
<td>4396 4263</td>
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<tr>
<td>Nelah’s Women’s and Children’s Refuge</td>
<td>4340 1052</td>
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<tr>
<td>Domestic Violence Response Enhancement Project</td>
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<tr>
<td>- Rondelay Programme</td>
<td>4340 7088</td>
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<td>Uniting Burnside Doorways</td>
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Doorways offers a drop-in service to people who are homeless or at risk of becoming homeless. Doorways Youth Caseworkers assist young people aged 16-25 years.

Doorways Housing Connectors assist people over 25 years. 4355 8900
Specialist domestic violence services

The Domestic Violence Line (24hrs) ................................................................. 1800 65 64 63
TTY................................................................. 1800 671 442

Catholic Care's Staying Home Leaving Violence Program - Central Coast,

Staying Home Leaving Violence is a free service that helps women and their children escape a domestic or family violence relationship and stay safely in their home or a home of their choice. We’ll support you through the separation, legal, police and family law matters and help make your home and family safer.

Phone ............................................................................................................. 4356 2600

Domestic Violence Court Advocacy Service

The Central Coast Domestic Violence Court Advocacy Service can:

• Talk to you about Apprehended Violence Orders.
• Meet with you or talk on the phone before your court date.
• Provide a solicitor for court mentions
• Go into Court with you and they have a private waiting room.
• Tell you about other support services.
• Advocate for you.

Gosford ............................................................................................................. 4321 0099
Wyong ............................................................................................................ 4350 3064
Information, counselling and support groups

National Sexual Assault, Domestic Family Violence
Counselling Service (1800Respect) ................................................................. 1800 732732
Domestic Violence Line (24 hrs) ................................................................. 1800 65 64 63
TTY ........................................................................................................ 1800 671 442
NSW Rape Crisis Centre (24 hrs) ................................................................. 1800 424 017
Child Protection Helpline ........................................................................ 13 21 11
LIFELINE (24 hrs) .................................................................................. 13 11 14
Salvo Care Line (24 hrs) .......................................................................... 1300 363 622
Central Coast Community Women’s Health Centre (Mon-Thurs)
Wyoming................................................................. 4324 2533
Wyong................................................................. 4351 1152
Peninsula ................................................................. 4342 5905
CCADVICE Central Coast Area Domestic Violence
Integrated Case Management & Education (NSW POLICE)
Gosford ................................................................. 4323 5524
Wyong................................................................. 4356 6280
Central Coast Family Support Service Inc .................................................. 4340 1585
Horizons Central Coast Family Services .................................................. 4351 5008
Catholic Care Family Centre Warnervale.................................................. 4356 2600
Catholic Care Staying Home Leaving Violence ........................................ 4356 2600
Central Coast Local Health District Child and Family Health .................. 4328 7900
Unifam Counselling & Mediation ............................................................. 4325 9666
Biala Cottage Sexual Assault Service ....................................................... 4320 3175
Mental Health Access Line ...................................................................... 1800 011 511
Victims of Crime Access Line .................................................................. 1800 633 063
San Remo Neighbourhood Centre .......................................................... 4390 7888
Kincumber Neighbourhood Centre .......................................................... 4363 1044
Information, counselling and support groups cont.

Watanobbi Community Centre................................................................. 4351 2860
Green Point Community Centre............................................................. 4367 7591
BaptistCare Relationship Services......................................................... 1300 130 225

Uniting Burnside Early Family Options
Support for expectant mothers & families with children 0-8 years. Young parents under 25 years coastwide.
Families in the Wyong and Gosford areas ........................................... 4350 9000

Uniting Burnside Brighter Futures
Support for expectant mothers & families with children 0-8 years. Providing support & services that help to give your children a better start in life. Parenting education, Playgroups, Childcare, Home Visiting.
Gosford .................................................................................................... 4325 9600
Wyong ..................................................................................................... 4350 9000

Information and resources in Domestic Violence
www.cccava.org.au
www.domesticviolence.nsw.gov.au
www.1800respect.org.au
www.dvirc.org.au

Daisy is an app that connects women around Australia to services.
Daisy can link you up with a service phone number, be used to search the internet for more information and let you know what to expect when contacting a service. Family members and friends can use Daisy to gather information and support a loved one’s decision making.
The Daisy app can be found at www.1800respect.org.au/daisy/
Financial or welfare assistance

Coast Shelter Coast Community Centre
Food hampers, no interest loans, electricity vouchers, laundry and shower facilities
11am - 1pm Monday-Friday ................................................................. 4346 1263
Gosford/Narara Neighbourhood Centre
Financial counselling ........................................................................ 4329 4477
Wyong Neighbourhood Centre
Financial counsellor, electricity vouchers, food vouchers ...................... 4353 1750
San Remo Neighbourhood Centre
Financial counsellor, food and electricity vouchers ............................ 4390 7888
St Vincent de Paul:
Financial Counsellor, furniture clothing vouchers, budget counsellor,
  Gosford........................................... 4323 6081
  Wyong........................................... 4353 5614
Salvation Army: Gosford/Erina.
Financial support .............................................................................. 4325 5733
  ......................................................................................... 1300 371 288
Tuggerah Lakes .................................................................................. 4393 1686
Credit and Debt Hotline .................................................................... 1800 007 007
Legal advice/assistance

Central Coast Community Legal Centre ................................................. 4353 4988
(Legal Advice, Complaints, Victims of Crime Compensation)
Central Coast Domestic Violence Court Advocacy Service
  Gosford ........................................ 4321 0099
  Wyong ........................................ 4350 3064
Legal Aid NSW (Gosford) ................................................................. 4324 5611
Legal Aid Early Intervention unit ....................................................... 1800 551 589
Domestic Violence Legal Contact Line .............................................. 1800 810 784
Central Coast Community Women’s Health Centre .......................... 4351 1152
Women’s Legal Contact Line .......................................................... 1800 801 501
Central Coast Tenants’ Advice and Advocacy Service ....................... 4353 5515

www.legalaid.nsw.gov.au  Online brochures on legal issues including domestic violence and going to court.
www.humanservices.gov.au  Centrelink, family assistance, child support
www.lawlink.nsw.gov.au  Information on victim services in NSW.
www.lawaccess.nsw.gov.au

DOMINIC:
Central Coast services with Aboriginal workers

If you are not sure about using the non-Aboriginal services take someone with you for support.

Nunyara Aboriginal Health Unit................................................................. 4320 2698
Eleanor Duncan Aboriginal Health Centre................................................... 4351 1040
Community Services
  Wyong and Lakes ......................... 4352 6500
  Gosford and Pensinsula ............ 4321 7500

Central Coast Domestic Violence Court Advocacy Service
  Gosford ........................................ 4321 0099
  Wyong........................................ 4350 3064

Legal Help

Indigenous Women’s Legal...................................................................... 1800 639 784
Wirringa Baiya Aboriginal Women’s Legal Centre..................................... 1800 686 587

Services for kids and young people

1800 numbers are free

Kids Help Line (24 hrs)................................................................. 1800 551 800
Lifeline ..................................................................................... 13 11 14
Youth Health Service ..................................................................... 4356 9333
Child and Family Health.............................................................. 4328 7900
Gosford Regional Youth Support Services ........................................ 4323 2374
Child Protection Helpline ................................................................ 13 21 11
BaptistCare Relationship Services ................................................... 1300 130 225
(Includes ‘kids times’ groups and ‘REACTT’ young people’s support groups)
Services for kids and young people cont.

Accommodation for young people:

- Woy Woy Youth Cottage: 4341 9027
- Wyong Youth Refuge: 4351 1922
- Maya Young Womens Refuge: 4323 1636
- Youth Angle: 4341 8830
- Rumbalara Lodge: 4325 7555
- Youth Emergency Accommodation (24hrs): 1800 424 830

- www.reachout.com: For kids and young people
- www.burstingthebubble.com: Young people and domestic violence

Services for women with disabilities

- Domestic Violence Line: 1800 656 463
  TTY: 1800 671 442
- Central Coast Disability Network: 4324 2355
- Ageing, Disability & Home Care (ADHC) Gosford: 4320 4100
- Intellectual Disability Rights Service: 1800 666 611
- People with Disability Aust. Inc: 1800 422 015
  TTY: 9318 2138

Deaf Community

- National Relay Service: 133 677
  TTY: 1300 555 727
Services for lesbian, gay, bisexual, transgender, intersex and queer communities

Gay and Lesbian Counselling Line ................................................................. 1800 184 527
(4.00pm to midnight 7 days)                                            TTY: .................................................... 9283 2088
Inner City Legal Centre ........................................................................... 1800 244 481
Central Coast Community Women's Health Centre .................................. 4324 2533
Police Gay and Lesbian Liaison Officer: Gosford ..................................... 4323 5599
Wyong .................................................. 4356 6099

www.anothercloset.com.au
www.twenty10.org.au
www.qlife.org.au
www.acon.org.au

Information for women about men’s change programs

Women often ask for information on where men can get help to stop using violence. These services are available for men who want to stop using violence.

We know that the majority of perpetrators of domestic violence are men. We also know that some men want to stop being violent and change the way they relate to their families. This information is a guide for men who have used violence but want to stop.

Counselling

BaptistCare Relationship Services .............................................................. 1300 130 225
Lifeline ......................................................................................................... 13 11 14
Men's Line .................................................................................................. 1300 789 978
Men's Referral Service ................................................................................ 130766491

Support Groups

BaptistCare (Wyong) Facing Up ................................................................. 1300 130 225
What Centrelink services are available?

People who have experienced or who are at risk of domestic or family violence need assistance and support: that’s where Centrelink can help.

Centrelink has professional Social Workers who can assist people with government support payments as well as with links to local community organisations.

Centrelink will work out what you are entitled to and help you with your claim.

People at risk of domestic or family violence may be eligible for a one-off Crisis Payment through Centrelink. Crisis Payment is available to assist you if you have had to leave home because of domestic violence, or if you remain in your home after the family member responsible has left or been removed. Assessment is conducted by a Centrelink Social Worker.

For more information about Centrelink social workers or assistance for people experiencing domestic or family violence visit your local Centrelink office or go to www.humanservices.gov.au.

Complaints about service providers

For complaints about Police:
First contact the Duty Officer or Station Manager of the Police Station involved or the Domestic Violence Liaison Officer:

Gosford............................................ 4323 5599
Wyong............................................. 4356 6099

If you are not satisfied, contact:

Police Customer Assistance................................................................. 1800 622 571
Central Coast Community Legal Service............................................... 4353 4988

Information about how to make complaints about other services contact

Law Access N.S.W.............................. 1300 888 529
TTY.................................................. 1300 889 529

www.lawaccess.nsw.gov.au
Many women are not safe in their own homes. They cope with insults, threats, bashings and sexual assault from the men they know and live with.

If you would like assistance you can ring 1800 65 64 63 and say what language you require. Or call the Local Police or go to the Police station. Tell them your language and ask them to call the interpreter service.

In an emergency call the Police on 000

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**ARABIC**

إن العديد من النساء لا يشعرون آمنات في بيوتهم، إنهم يعانون من النتائج والتهديد بالضرب والاعتداء الجنسي من الرجال الذين يعرفونهم أو يعيشون معهم. إذا كنت تشعر أنك متضرريك من العنف وتعمل في صمت، تبدي الميل أن تتوقف، فاتصل بخدمات الترجمة على الرقم 13 14 60 أو اتصل بالرقم 000 في حالة الضرورة.

**BOSNIAN**


**CROATIAN**

*Mnoge žene* nisu sigurne u svom domu. Bore se s uvredama, prijetnjama, zlostavljanjima i seksualnim nasiljem od strane muškaraca koje poznavaju i s kojim žive. Ako tražite nasilje i želite to prekinuti, možete pozvati prevodilačku službu na 13 14 50 i zamoliti ih da Vas spoje s 1800 65 66 463 za daljnje obavijesti. Il možete pozvati policiju ili otići u policjsku postaju. Recite im koji jezik govorete i zamolite neka pozovu prevodilačku službu.

Ako je hitno, pozovite policiju na 000.
CHINESE

許多婦女在自己的家並不安全。她們受到來自她們認識和不認識的女人的侮辱、威脅、毆打和騷擾。如果你一直在忍受暴力並希望停止暴力，你可以致電131450 聯系傳譯員服務處，通過他們接通1800 656 463 獲得訊息。另一方法是致電當地警察或直接前往警察局。告訴他們你的遭遇，請他們聯系傳譯員服務處。出現緊急情況撥000叫警察。

FILIPINO


HINDI

अनेको महिलाओं अपने घर में सुरक्षा नहीं है। वो जिन पुरुषों को जानती हैं व जिनके साथ रहती हैं उनके से अपराध, घायली, फिक्रियां व काफूँ-कूफ़ी रहती हैं। यदि आप भिड़ा रहती रहती है और उसे रोकना चाहती है तो आप इंग्लिश सेवा के 131450 पर पहले करके कहिए। आपको अधिक जानकारी के लिए 1800 656 463 से किन्नर। आपका आपका रासायन पुलिस को पोन करने का निर्देश दें या फ़ुर्रिया स्टेशन से। उठे आपकी आपकी बातें कहिए व कहिए कि आप सहयोग सेवा को पोन करें । आपका भाषा सेवा के पुलिस को 000 पर पोन करें।

RUSSIAN

Многие женщины не чувствуют себя безопасно в своем собственном доме. Они страдают от оскорбления, угроз, избиения и сексуальными домогательствами со стороны мужчин, которых они знают и с которыми они живут. Если вы до сих пор молчали о насилии, но хотите положить этому конец, вы можете позвонить в переводческую службу по номеру 131450 и попросить связаться с вами по номеру 1800 656 463, чтобы получить соответствующую информацию. Вы также можете позвонить или явиться в местный полицейский участок. Скажите, какой ваш родной язык, и попросите позвонить в переводческую службу. В чрезвычайных случаях звоните в полицию по номеру 000.
SPANISH

Muchas mujeres no están seguras en sus propias casas. Tienen que hacer frente a insultos, amenazas, golpes y agresión sexual por parte de hombres a quienes conocen y con quienes viven. Si usted ha estado soportando esta violencia y desea ponerle término, puede contactar al servicio de intérpretes llamando al 131450 y pedir que les comuniquen con el 1800 656 463 para pedir información. O bien llame a la policía local o vaya a la comisaría. Dígaselo cuál es su idioma y pídale que llamen al servicio de intérpretes.
En una emergencia llame a la Policía al 000.

THAI

ผู้หญิงหลายคุณไม่ปลอดภัยในบ้านของตนเอง พยาบาทต้องยอมทน ต่อถอยหรือถูก การรุกรานความ การละเมิด และการละเมิดทางเพศ จากชายที่พัฒนารู้จักและอยู่ติด ถ้าทนต่อการความรุนแรงเหลือ โทรโทรศัพท์ต่อ 1800 65 46 63 ได้ และแจ้งภาษาที่ท่านต้องการ
หรือโทรศัพท์ต่างไม่ต้องเกี่ยว หรือไปที่สถานีตำรวจ และขอให้เข้า
โทรศัพท์ติดต่อบริการباء

ในการณ์ผู้เสียหายโทรศัพท์ต่างงานหมายเลข 000
Numbers for women of culturally and linguistically diverse communities

Northern Settlement Services .......................................................... 1800 813 205
    Central Coast ................................................. 4334 3877
    Newcastle .................................................. 4969 3399

Centrelink Multilingual Service......................................................... 131 202

Housing NSW All graduates interpreting and translating services.............. 1300 652 488

Immigrant Women's Speakout............................................................. 9635 8022

Language Services Interpreters......................................................... 1300 651 500

Translating and Interpreting Service (TIS) 24 hrs.................................. 131 450

www.iwss.org.au Information for women and children of families from a culturally and linguistically diverse background.

www.speakout.org.au Information for women and children from other countries on domestic violence.

www.iarc.asn.au Immigration advice and rights centre