

Family Violence is unacceptable in any culture

Family violence is not just physical. It includes different types of abusive and controlling behaviour that can make you and your children feel afraid.

Family violence can be perpetrated by any family member including: intimate partners, siblings, sons and daughters, in-laws or same-sex partners.

Technological abuse

He always checks my phone messages.

Financial abuse

He spends all of our money. Now we don't have enough for bills. He refuses to let me work.

Verbal abuse

His family tells me that I'm not a good wife. He uses silence to control and punish me.

Sexual abuse

He says it's my duty as a wife.

Emotional abuse

He puts me down and calls me names. They play mind games and make me think I'm crazy.

Social abuse

He controls who I see and talk to. His family said I will be deported from Australia if I leave him.

Spiritual abuse

He uses religion to control me. His family disrespects my beliefs.



Seeking support will help you keep safe.

If you and/or your children are experiencing family violence and are living in fear, it is important to talk to someone. It doesn't mean you have to leave your relationship if you don't want to.



Getting help

The Orange Door

is a free service for anyone experiencing family violence.

☎ 1800 319 355

Safe Steps

can help you explore options to increase your safety including: counselling and legal services, crisis accommodation and organising a safety plan to keep you safe at home.

☎ 1800 015 188

inTouch Women's Legal Centre

provides services, programs and responses for women experiencing family violence in migrant and refugee communities.

☎ 1800 755 988



Call the free National Translating and Interpreting Service on **13 14 50** and ask them to contact the support service for you.



If you fear for your safety call the police (000)

Rainbow Door

provides support, advice and referrals for LGBTIQ+ people.

☎ 1800 729 367

Victoria Legal Aid

provides free legal help Monday to Friday 8am to 6pm.

☎ 1300 792 367

Whittlesea Community Connections

provides free legal advice to people in the City of Whittlesea.

☎ 9401 6666



Whittlesea Community Connections acknowledges the support of the Victorian Government.