

How to support someone experiencing family violence

Abuse is often hidden, but there are ways to recognise its signs.

Does the person you know:

- show signs of being afraid of their partner or a family member?
- appear anxious to always please their partner?
- appear withdrawn or act 'out of character'?
- struggle financially, socially, emotionally?

Support and respect her choices even if she chooses to stay in the relationship.

Listen and believe them.

Let them know that you are there for them.

Reassure her that it's not her fault.

Never ask "why don't you leave?" This is judgemental. They need your trust and support.

They need your trust and support. Give information about support services...

Make sure she is safe. Ask her: "will you and your children be in danger if you go home"?



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



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

inTouch Women's Legal Centre

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

☎ 1800 755 988

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



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



Whittlesea Community Connections acknowledges the support of the Victorian Government.