The law in Victoria provides protection for any person who feels unsafe at home. Family violence can occur in many different forms including emotional, sexual and physical intimidation and control.

Does your partner:
- Read your SMS messages?
- Monitor your online activity and access private sites like Facebook and email?
- Discourage you from spending time with certain friends and family?
- Take or manage your income?
- Scrutinise your spending?
- Make frequent and unfounded threats to break up?
- Humiliate, manipulate or intimidate you?
- Make threats to, or actually, self-harm?
- Pressure, manipulate, trick, force or blackmail you into sexual acts?

Are you:
- Losing interest in activities that you used to enjoy?
- Becoming increasingly anxious and worried about what your partner will think?
- Concerned your partner will get angry about something you do or say?
- Making excuses for your partner’s behaviour?
- Avoiding social activities that don’t involve your partner?
- Joking about your partners violent outbursts?
- Offering excuses for unexplained physical injuries?

Did you know it is against the law for children to be hit, or to see or hear violence in the home if there is an intervention order in place.

Family violence can also have a devastating impact on children in terms of their emotional and physical development.

Service information:
Have your responses to the above questions made you think more about your situation? Did you know there are services that you can call to discuss in confidence what you are experiencing and how you are feeling? There are a number of local and state based services that can offer a variety of assistance and support. Services are outlined on the back of this information booklet.
A good place to start are the following helplines:

1800 Respect: 1800 737 732
1800 Respect is a national sexual assault, domestic family violence counselling service that provides information and support 24/7.

safe steps Family Violence Response Centre: 1800 015 188
A free, 24/7 telephone service is available for women and children. Women experiencing violence or abuse can call 24/7 and speak to a specially trained female worker for information on family violence support services, legal rights and accommodation options.

National Disability Abuse and Neglect Helpline: 1800 880 052
The National Disability Abuse and Neglect Helpline is an Australian wide service to report abuse and neglect of people with disability.

Other services include:

- Centre for Non Violence (CVN) – Women and Children: 1800 884 038 or 5430 3000
  The Centre delivers a range of services to respond to family violence and homelessness.

- Centre for Non Violence (CVN) – Men’s Behaviour Change Program: 1800 884 038 or 5430 3000
  The Centre provides support for men wishing to end their use of violence towards family members.

- Castlemaine District Community Health (CDCH): 5479 1000 (business hours)
  CDCH is based in Castlemaine and provides Counselling support for individuals, family, children and young people.

- Castlemaine & District Accommodation & Resource Group (CADARG): 5472 4299 (business hours)
  CADARG is based in Castlemaine and provides emergency accommodation and crisis support.

- Lifeline: 13 11 14
  Lifeline provides 24/7 crisis support and suicide prevention services.

- Loddon Campaspe Community Centre
  1800 606 292
  The Sexual Assault Crisis Line is a state-wide, after hours, confidential telephone counselling service for both recent and past victims of sexual assault.

- After Hours Sexual Assault Crisis Line: 1800 806 292
  The Sexual Assault Crisis Line is a state-wide, after hours, confidential telephone counselling service for both recent and past sexual assault. This service operates from 5pm weekdays to 9am the next morning and throughout weekends and public holidays.

- Loddon Campaspe Community Legal Centre: 5444 4364
  Loddon Campaspe Community Legal Centre provides legal information, advice, advocacy, case work and outreach services across the Loddon Campaspe region.

- Women’s Health Loddon Mallee: 5443 0233 or 1800 350 233 (Toll free)
  Women’s Health Loddon Mallee is a specialist health service working to support the goal of optimal health and wellbeing for all women in the Loddon Mallee region.

- Men’s Referral Service: 1800 766 491
  A support service for men who want to stop using violent and controlling behaviour.

- Aboriginal Family Violence Prevention and Legal Service Victoria (FPVLS Victoria): 1800 105 303
  FPVLS is a state-wide service that provides assistance to victims of family violence and sexual assault and works with families and communities affected by violence.

- Victorian Aboriginal Legal Service Co-operative Limited (VALS): 1800 064 865
  VALS provides legal advice and representation for Aboriginal and Torres Strait Islander people.

- Women’s Legal Service Victoria (WLSV): 1800 133 302
  WLSV provides a range of free legal information, advice and assistance for women that specialises in legal issues arising from relationship breakdown and violence against women.

- Victims Support Helpline: 1800 819 817
  The helpline provides information and advice. They can also direct you to other services if they have access to it.

- Court Support Network: 1800 681 614
  The Court Support Network is a non-legal court support service that assists people before, during and after court proceedings.

- Child Protection: 1300 369 536 or after hours 13 12 78
  Meeting the needs of children and making sure they are safe in the family is a shared responsibility between individuals, the family, the community and the government.

- Child FIRST: 1800 260 338 or 5440 1147
  Referrals to protect children and young people from significant harm or abuse.

- Parentline: 13 22 89
  Parentline offers a statewide telephone counselling service to parents and carers of children from birth to 18.

- Victoria Legal Aid: 1300 782 387 (business hours)
  Victoria Legal Aid provides free general information about the law and how they can assist.

- Kids Help Line: 1800 551 800
  Kids Help Line is a counselling service for Australian children and young people.