

# BREAKING THE SILENCE

*You're not alone!*

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**1 IN 3**

women  
will experience  
some form of  
violence during  
their lifetime.  
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**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.**

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**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?

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**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?

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**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.

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**Family violence can also have a devastating impact on children in terms of their emotional and physical development.**  
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**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** safe steps is a state-wide service for women and children. Women experiencing violence or abuse can call 24/7 and speak confidentially to another woman for information on family violence support services, legal rights and accommodation options.

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

**Other services include:**

**Centre for Non Violence (CNV) – 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 (CNV) – 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 Centre Against Sexual Assault (CASA): 5441 0430 (business hours)** CASA responds to the needs of both recent and past survivors 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 crisis counselling service for survivors of both recent and past sexual assault. This service operates from 5pm weeknights to 9am the next day 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: 1300 766 491** A support service for men who want to stop using violent and controlling behaviour.

**Aboriginal Family Violence Prevention and Legal Service Victoria (FVPLS Victoria): 1800 105 303** FVPLS 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 is a state-wide legal service 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 that can help.

**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 years.

**Victoria Legal Aid: 1300 792 387 (business hours)** Victoria Legal Aid provides free general information about the law and how they can assist.

**Kids Help Line: 1800 551 800** Kids Helpline is a counselling service for Australian children and young people aged between 5 and 25 years.



Mount Alexander Shire Council wishes to acknowledge the City of Greater Bendigo and Zonta Club of Bendigo for sharing this important resource. Content is correct as at December 2015.

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**IF AT ANYTIME YOU FEEL YOU’RE IN  
AN EMERGENCY  
SITUATION ALWAYS RING  
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