

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?

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 24 hour helplines:

1800 Respect: 1800 737 732 Provides 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 state-wide service for women and children experiencing violence or abuse.

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

Lifeline: 13 11 14 Provides 24 hour crisis support and suicide prevention services.

Services for women and children

Berry Street: 5331 3558 Provides crisis support, advocacy and referrals.

WRISC Family Violence Support: 5333 3666 WRISC provides support, advocacy and referral to women and children.

Ballarat Centre Against Sexual Assault (CASA): 5320 3933 Provides free and confidential counselling to female and male adults, children and young people who have experience recent or past sexual assault.

After Hours Sexual Assault Crisis Line: 1800 806 292 Provides a state-wide, after hours, confidential telephone crisis counselling service for survivors of both recent and past sexual assault.

Grampians disAbility Advocacy: 5333 7344 Provides advocacy and support to people with a disability.

SalvoConnect: 5329 1100 Provides support, advocacy, referral and housing.

Ballarat Community Health: 5338 4500 Provides counselling and support groups.

Services for men

Child and Family Services (CAFS): 5337 3333 Provides a range of programs for men and their families.

Men's Line: 1300 789 978 Provides a national telephone and online support and information service.

Men's Referral Services: 1300 766 491 Provides anonymous and confidential telephone counselling, information and referrals to help men stop using violent and controlling behaviour.

Ballarat Centre Against Sexual Assault (CASA): 5320 3933 Provides free and confidential counselling to female and male adults, children and young people who have experience recent or past sexual assault.

Legal services

Ballarat Magistrates Court: 5336 6200 Magistrate court staff can provide information on court procedures and processes.

Central Highlands Community Legal Centre: 5331 5999 Provides free legal advice.

Legal Aid Central Highlands Ballarat Office: 1800 081 719 Free legal advice to those eligible.

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

Women's Legal Service Victoria: 1800 133 302 A state-wide service for women, that specialises in legal issues arising from relationship breakdown and violence against women.

Victims of Crime Helpline: 1800 819 817 Provides information and advice.

Court Support Network: 1800 681 614 Non legal court support service assisting people before, during and after court proceedings.

Services for children and young people

Kids Helpline: 1800 551 800 Provides a counselling service for children and young people aged between 5 and 25.

Child Protection: 1300 369 536

After Hours Child Protection Emergency Service: 13 12 78 Acts to protect children and young people at risk of harm or where families are unable or unwilling to protect them.



The City of Ballarat wishes to acknowledge the City of Greater Bendigo and Zonta Club of Bendigo for sharing this resource. Local content added in 2016.

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AN EMERGENCY
SITUATION ALWAYS RING
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