

If you need an interpreter for any of these services, please call **TIS Interpreting Service on 131 450**. You can ask the operator for an interpreter in your language and they can connect you with the service you need.

Languages include these and more:

Khmer ភាសាខ្មែរ

Korean 한국어

Myanmar Language ဗမာ (မြန်မာ)

Sinhala සිංහල

Nepali नेपाली

Thai ไทย (ไทย)

Rohingya Ruáingga

Vietnamese Tiếng Việt

Mandarin 中文(普通话)

National Relay Service is available to help callers with a hearing or speech impairment, please call **National Relay Service 133 677**.

For 24 hour help for women and children who are experiencing family violence call

1800RESPECT on 1800 737 732.

If you are in immediate danger call the **Police on 000**.

The following has been adapted from DVRCV's (2016) *Gathering Support* resource.

Family violence is a pattern of behaviour where one person tries to dominate and control the other and causes them to fear for their own or others' safety and wellbeing.

Family Violence is against the law and is a non-virtuous action in conflict with the Buddhist precept of not harming others.

Family violence can happen to anyone. Remember, abuse is never your fault.

Violent and abusive behaviour includes

- Physical violence
- Sexual violence
- Financial abuse
- Emotional abuse
- Psychological abuse

Slapping, hitting, rape, verbal threats and name-calling, harassment, stalking, withholding money, and deliberately isolating someone from their friends and family are some examples of the types of behaviour that occur in family violence.

These questions can help you recognise the warning signs.

Does your partner, husband, carer, or a family member:

- Make you feel uncomfortable or afraid?
- Often put you down or make you feel bad about yourself?
- Constantly call or text to find out what you're doing?
- Make you feel scared of saying 'no' to them?
- Get possessive and jealous if you talk to others?

• Stop you having any money?

• Try to control who you see and where you go?

• Constantly check what you do on your phone or online?

• Scare you or hurt you by being violent?

• Threaten to hurt you, your children, pets or others?

• Threaten that you will never see your children again if you leave?

• Make you do sexual things you don't want to?

If you answered 'yes' to any of these questions, then your safety and your children's safety may be at risk. It can be hard to know what to do when someone is abusive.

You might hope the violence will stop, be afraid for your children, or worry about what will happen if you leave. You might feel that you don't have any options.

There are people and services that can support you.

You can get information and resources to help you work out what your options are.

This help card has a range of services that can help you if you are experiencing family violence or if you are using violence. If you think you may be experiencing family violence but you are not sure, you can get help to find out.



