

Stop Family Violence



Need help?

Help is available for anyone.



Has anyone ever:

- Made you feel unsafe in your home?
 - Taken control of your money/income?
 - Threatened or hurt you?
 - Monitored where you go or who you see?
 - Damaged your property?
 - Made you feel like you couldn't say no?
- These are forms of family violence.**
- Taken your picture or a video without your permission?
 - Not allowed you to practice your religion/culture?
 - Not allowed you to visit your family or friends?

What you're experiencing is a form of family violence.

Family violence can include many behaviours, such as:

- Physical
- Emotional
- Psychological
- Sexual
- Financial

Or any behaviour that causes someone to fear for themselves or other family member's wellbeing. **Help is available for anyone.**

Scan here for a full list of family violence support services.



Forms of Violence can occur to anyone despite their gender, age, race or sexual orientation.

If you or someone you know is in immediate danger, always call 000.

Family Violence Support Services

Family violence services are **free and available to anyone**. They can help you manage and assess your risk, link you in with other services and provide access to appropriate resources.



Orange Door Inner Gippsland
Latrobe, Baw Baw, South Gippsland & Bass Coast
1800 319 354 MON-FRI 9AM-5PM

Orange Door Outer Gippsland
Wellington & East Gippsland
1800 512 358 MON-FRI 9AM-5PM



24/7 Family & Domestic Violence Support for all Victorians 1800 015 188



Yarning Safe 'N' Strong
Aboriginal & Torres Strait Islander Peoples
1800 959 563 24/7

Are you concerned about your behaviour?

Or the behaviour of a friend or family member?

Help is available for anyone. No matter the situation.



Family violence comes in many forms.

There are many forms of Family Violence. Scan the QR code to see a list via the Gippsland Family Violence Alliance website.



gippslandfamilyviolencealliance.com.au

Have you ever:

- Controlled the family finances?
- Made threats, yelled, screamed at family members?
- Hurt a partner/family member? Either intentionally or unintentionally?
- Damaged property?
- Hurt pets?
- Felt entitled to sex?
- Made children feel scared?
- Felt the need to limit your family members/friends interactions with others?
- Blamed your behaviour on the use of alcohol or other substances?

These are forms of family violence and are not okay. Help is available for anyone.

You are using a form of family violence.

Family Violence is **never acceptable**. Family violence can include many behaviours, such as:

- Physical
- Emotional
- Psychological
- Sexual
- Financial

It takes a lot of strength to acknowledge that things may not be right. You can seek help for your use of violence and abuse, and start your journey towards better relationships. **Help is available for anyone.**

Scan here for a full list of family violence support services.



It's okay to reach out for help.

Family violence services are **free and available to anyone**. They can help you manage and assess your risk, link you in with other services and provide access to appropriate resources.

If you or someone you know is in immediate danger, always call 000.



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Men's Referral Service
1300 766 491 MON-FRI 8AM-9PM
SAT-SUN & PUBLIC HOLIDAYS 9AM-6PM



Brother to Brother First Nations Men's Healing Line
24/7 free professional support 1800 435 799