

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

If you've ever:

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

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

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

Family violence is never acceptable. Family violence can include many behaviours, 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.

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.



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

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



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
1800 435 799
24/7 free professional support



If you are in immediate danger always call 000. Scan the QR code to see a list of additional support services via the Gippsland Family Violence Alliance website.



Gippsland Family Violence Alliance



Gippsland Family Violence Alliance acknowledges the support of the Victorian Government.