

Stop Family Violence



Has anyone ever:

These are forms of family violence.

- 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?
- 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?

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

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.

If you're experiencing some form of violence or feel like you are using violence, **this is not okay. Help is available for anyone.**



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

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



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



24/7 Family & Domestic Violence Support for all Victorians
1800 015 18



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

It's okay to reach out for help.



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.