



## **Tools to Build African Australian & CaLD Men as Leaders in the Prevention of Domestic Violence Project**

### **RESOURCE INFORMATION**

#### **EMERGENCIES**

##### **SA Police**

Police assistance and emergency response

*In case of emergency within South Australia, a victim or concerned person should telephone police on **000**. For police attendance, telephone **131 444**.*

Website: [www.police.sa.gov.au](http://www.police.sa.gov.au)

##### **Lifeline**

*Crisis support and suicide prevention*

P: 13 11 14

Website: [www.lifeline.org.au](http://www.lifeline.org.au)

#### **DOMESTIC VIOLENCE SUPPORT**

##### **Domestic Violence Crisis Line**

*Emergency Accommodation & After Hours Support*

Phone: 1800 800 098

Website: [womenssafety.com.au](http://womenssafety.com.au)

##### **1800 Respect**

*National counselling helpline, information and support 24/7*

Phone: 1800 737 732

Website: [www.1800respect.org.au](http://www.1800respect.org.au)

##### **Women's Legal Service Advice Line**

*Legal advice, representation and community education*

Phone: 1800 816 349

Website: [www.wlssa.org.au](http://www.wlssa.org.au)

##### **Indigenous Women's Outreach**

Phone: 1800 685 137

##### **Centacare**

Social services organization

Adelaide SA · Phone (08) 8215 6700    Open 24 hours

**Relationships Australia:**

Phone: 1300 364 277

*Support groups and counselling on relationships, and for abusive and abused partners*

**Rural Women's Outreach**

Phone: 1800 555 850

**Northern Domestic Violence Service Inc.**

Domestic Violence Service

Elizabeth South SA ·

Phone: (08) 8255 3622

Closes 5PM

**Women's Legal Service SA Inc.**

Non-Profit Organization

Adelaide SA · Phone: (08) 8231 8929

Closes 4PM

**Women's Safety Services SA**

Website: [womenssafety.com.au](http://womenssafety.com.au)

**Legal Services Commission:** Phone: 8111 5555 or 1300 366 424

*The Legal Services Commission recognises the unique problems faced by victims of domestic violence and has put in place policies to promote access to services for victims. A legal adviser who specialises in domestic violence is available to assist victims with legal matters where domestic violence is a factor. Appointments may be made by telephoning us on the 1300 number. This service is free of charge.*

*We can advise and assist in relation to:*

- *intervention order matters*
- *the victim's role and rights in the criminal justice process*
- *family law matters, such as arrangements for children, child support and family dispute resolution*
- *care and protection (child welfare) matters*
- *credit, debt and housing matters*
- *immigration matters that may arise upon the breakdown of a relationship due to domestic violence*

*We may further assist victims to complete an application for legal aid or provide referrals to other services.*

*If a victim requires counselling and/or other practical support, including safe accommodation, they should telephone the Domestic and Aboriginal Family Violence Gateway Service on **1800 800 098**.*

*LSC Law Handbook: <https://lsc.sa.gov.au/search.php?ie=UTF-8&query=domestic+violence>*

- The website for [DV Work Aware lists services](http://www.dvworkaware.org/cald/) for women from culturally and linguistically diverse communities for different states and territories - <http://www.dvworkaware.org/cald/>.

## **SERVICES FOR MEN**

**Men's referral service:** 1300 766 491

*This service from 'No to Violence' offers assistance, information and counselling to help men who use family violence.*

**Mensline Australia :** 1300 789 978

Supports men and boys who are dealing with family and relationship difficulties. 24/7 telephone and online support an information service for Australian men.

**Relationships Australia:** 1300 364 277

Support groups and counselling on relationships, and for abusive and abused partners.

## **HOMELESSNESS & HOUSING**

### **Homelessness Gateway**

*Anyone who is homeless or at risk of homelessness*

Phone: 1800 003 308

Website: [www.sa.gov.au/topics/housing/emergency-shelter-and-homelessness/homelessness-service-providers/homelessness-gateway](http://www.sa.gov.au/topics/housing/emergency-shelter-and-homelessness/homelessness-service-providers/homelessness-gateway)

### **Housing SA**

*Provides information about housing in South Australia, and includes a wide range of contacts*

Phone: 131 229

Website: [www.sa.gov.au/topics/housing](http://www.sa.gov.au/topics/housing)

### **Housing Legal Clinic**

*Free legal advice for anyone who is homeless or at risk of becoming homeless*

Phone: (08) 8232 5835

Website: <http://wrcsa.org.au>

## **CHILDREN & YOUTH SUPPORT**

### **Kids Help Line**

*Free, private and confidential, phone counselling service specifically for young people aged between 5 and 25*

Phone: 1800 551 800

Website: <https://kidshelpline.com.au>

### **Child Abuse Report Line**

*Report child abuse*

Phone: 13 14 78

Website: <https://my.families.sa.gov.au>

### **Youth Gateway**

*Assistance to secure emergency housing and long term accommodation for young people aged 15 to 25 years*

Phone: 1300 306 046 OR Freecall 1800 807 364

Website: <https://www.hypa.net.au>

## **COMMUNITY SUPPORT**

### **SA Community**

*SA Community is South Australia's community information directory. Its purpose is to enable you to find out about help available from government, non-government and community services and find out how you can connect and get involved in your community*

Website: <http://sacommunity.org>

## **FURTHER RESOURCES**

### **Translating & Interpreting Service: 131 450.**

*Gain free access to a telephone or on-site interpreter in your own language. Immediate phone interpreting is available 24 hours, every day of the year.*

### **Suicide Call Back Service: 1300 659 467**

*Free counselling 24/7, whether you're feeling suicidal, are worried about someone else, or have lost someone to suicide.*

### **Alcohol and Drug Information Service (ADIS)**

*Confidential telephone counselling, information and referral service for the general public, concerned family and friends, students and health professionals*

Phone: 1300 131 340

Website: <http://www.sahealth.sa.gov.au>

### **Gambling Helpline**

*Support for anyone affected by gambling*

Phone: 1800 858 858

Website: [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

### **Sexual Health Line**

*Speak confidentially to a SHINE SA nurse for free about any sexual health question you may have*

Phone: 1300 883 793

Website: <https://www.shinesa.org.au/health-services/sexual-healthline/>

## **FLEURIEU**

If you live in the Fleurieu region (Yankalilla, Victor Harbour and Alexandrina) you can contact the Fleurieu Domestic Violence Service:

Phone: 1300 694 961 or (08) 8555 0817

Email: [fdvs@junctionaustralia.org.au](mailto:fdvs@junctionaustralia.org.au)

Hours of Service: Monday, Tuesday and Friday 9.00am to 5.00pm and Wednesdays 9.00am to 12.00pm.

## **KANGAROO ISLAND**

If you live on Kangaroo Island you can contact the Kangaroo Island Domestic Violence Service:

Phone: (08) 8553 2877 or 0408 384 920

Email: [kidvs@junctionaustralia.org.au](mailto:kidvs@junctionaustralia.org.au)

**You can also drop into the Kangaroo Island Community Centre:**

16 Telegraph Road, Kingscote, SA, 5223

Hours of service: Monday, Tuesday, Wednesday and Thursday 9:00am to 5:00pm

### **Ask Izzy**

*When you're looking for support Ask Izzy can help you find the services you need, right now or nearby*

Website: <https://askizzy.org.au>

## **Safety planning**

**1800Respect website: <https://www.1800respect.org.au/help-and-support/safety-planning/checklist>**

- Safety planning is thinking about things you can do to be safer when living with violence or abuse
- The best way to make a safety plan is with the help of a support service
- Trusted friends and family members can also play a role, as well as
- If you would like support with making a safety plan, you can contact 1800RESPECT on 1800 737 732 or through our online chat service

### **What is safety planning?**

You can make a simple safety plan for yourself, with help from a friend or someone in your family. You can also contact a support service for help making a detailed safety plan. Every

plan is different as every person has different needs. It's a good idea to create a new safety plan as things change, for example if you move house or leave your relationship.

If you are making a safety plan for yourself, you will already have good ideas about things you can do when you feel unsafe. These might be as simple as contacting a friend when there is violence where you live. You can start your safety plan by writing these ideas down. Keep your plan somewhere that no one else will see it. You might choose to share your safety plan with a friend or other support person. Let them know you may be calling them if you feel unsafe at home.

Support services can help you think about actions you can take when you feel unsafe. Contacting a support service to make a safety plan is the best place to start if you are living with sexual assault, domestic or family violence.

***Staying safe does not mean changing your behaviour so that someone doesn't get angry. You are never responsible for another person's violence.***

How can I support someone with safety planning?

For someone living with violence or abuse, having the support of a friend or family member can be one of the best ways to increase safety. If you are a support person, start by listening. The other person knows their own situation best and will be able to tell you about things they are already doing to keep safe. Remember not to judge or make decisions for them. 'Just leaving' is not always a safe option. In fact immediately after a separation is the time of greatest risk of violence. Work with the person you are supporting to make a plan that meets their needs.

Support services, like 1800RESPECT, are also available to help family and friends as well as workers supporting someone affected by violence.

To learn more about making a safety plan, watch the video 'How to make a plan to look after yourself'

#### **SAFETY PLANNING CHECKLIST**

This checklist suggests some of the things you might want to include in your safety plan

- Talk to a support service for more ideas on keeping yourself and your children safe
- The best way to make a safety plan is with the help of a support service

#### **Safety at home**

- Speak to neighbours you know and trust. Ask them to call the police on 000 if they hear violence or abuse
- If you are in assisted living, speak to a carer or other person you trust about what is happening
- If you have children, help them to know the warning signs of danger.  
Visit [www.1800respect.org.au/violence-and-abuse/children-and-violence/impacts](http://www.1800respect.org.au/violence-and-abuse/children-and-violence/impacts) to find out more
  - Children should be able to discuss, plan and practice steps they can take to be safer at home when there is violence or abuse

- Children need lots of affection and care when they are exposed to violence or abuse in their home
- You may have mandatory reporting responsibilities if children are at risk of harm. Visit <https://www.1800respect.org.au/resources-and-tools/reporting-and-protection> to find out more.
- Have a safe place to go if you need to leave
- In your wallet or mobile phone keep a list of important contacts you can call on in an emergency:
  - Local taxi services
  - Crisis accommodation centre
  - Phone number of the local police station
- Download the <https://www.1800respect.org.au/help-and-support/safety-planning/checklist> to your mobile phone to connect to local services
- Learn how to increase your safety when you are using technology, like mobile phones or social media. Visit <https://www.1800respect.org.au/help-and-support/technology-and-safety> to find out more.
- If possible, have a spare mobile phone with prepaid credit. This will mean you can contact support people and services without being monitored through phone bills or call logs.
- Pack an escape bag in case you need to leave the house quickly
- Have an escape plan ready for when you feel that it's not safe to stay where you are

### **Making an escape plan**

- Plan and practice the quickest way to leave where you are
- Have a small escape bag ready with keys, money and other important things
- Leave spare keys and copies of important papers with a family member, friend or someone you trust
- Let a trusted person know that you may be calling on them if you have to leave quickly. Some people have a code word they agree to use. That way you can call even if the perpetrator can hear you.
- If you have any mobility issues or disability arrange in advance for a friend or other support person to come straight away if you ring or text them
- If you plan to leave and are worried about your pet, the RSPCA may be able to help with their <https://www.rspcansw.org.au/our-work/programs-community-services/safe-beds-for-pets> program. Contact your local RSPCA to see if they have a program in your area.

### **Safety after leaving a violent situation**

- Look at ways to increase security at home, like outdoor lights, extra window or door locks, or gates, if you can
- If possible, park your car on the street instead of in the driveway so you can't be blocked in
- Consider changing your mobile phone number and setting it to 'private'. Use email if you need to stay in contact with the perpetrator. This is also an easier way to keep a record of your conversations.
- Get a PO Box for important mail if the perpetrator has or could get access to your home or letter box
- If you see the perpetrator, get into a public or busy place as soon as possible

- After leaving, try to change your normal routines. This could be catching different trains or buses, leaving home or work at different hours, shopping in different places.
- Talk to a domestic and family violence service, a community lawyer or the police about getting a protection order if you don't already have one. Visit <https://www.1800respect.org.au/help-and-support/violence-and-the-law/> to find out more.
- Tell your employer of any protection orders that prevent the abuser from coming near your work. Keep a copy of your order at work or in your bag

To learn more about keeping kids safe, watch the video 'Domestic and family violence: children's safety'