

# Steps you can take



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Everyone deserves safe and healthy relationships and there are steps you can take to get advice or help if you need support.

### What to do if you think you're experiencing domestic and family violence (DFV)

#### Talk with someone you trust

This might be:

- a close friend
- your doctor
- a disability support worker.

You can ask them for support and advice, or they can help connect you with a DFV support service.

It's important to find a service that you are comfortable with and that understands your personal situation. They can support you to consider the options available to you in your individual situation.

#### Contact a disability advocacy organisation

A disability advocate helps protect your rights and ensures you are treated with the respect and care you have the right to.

Your disability support advocate will support you, speak up for you and give you advice.

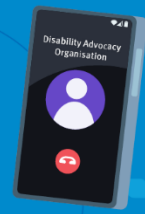
If your advocate finds you a DFV support service, the service will discuss your options and support your decisions about what steps you would like to take.

A DFV service can also help you make a safety plan.

These plans are made with you to improve your safety and meet your individual needs if:

- your relationship continues
- you end or leave the relationship
- you have already ended or left the relationship.

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## Support is available and there are steps you can take to be safe

Remember, everyone has the right to feel safe, be safe and enjoy healthy relationships.

If you need more information to help you make a decision or would like to learn more about DFV and healthy relationships, you can watch our video resources at [www.qld.gov.au/neverok](http://www.qld.gov.au/neverok).