

Getting help – Call DVConnect Womensline
1800 811 811
(24 hours, seven days a week)
Counselling, information, support and refuge placements

DVConnect Mensline
1800 600 636
(9 am — midnight, seven days a week)
Counselling, support and information

Aboriginal and Torres Strait Islander Women’s Legal and Advocacy Service
(07) 3392 3177

Legal Aid Queensland
1300 651 188

Immigrant Women’s Support Service
(07) 3846 3490

Gallang Place: Indigenous counselling service
(07) 3844 2283

Elder Abuse Prevention Unit Helpline
1300 651 192

Disability Information Service
1800 177 120
TTY: 1800 010 222

Kids Helpline (Free Call)
1800 55 1800
(5-25 years)
24 hours

Translator Interpreter Service
National
131 450

Getting protection

You can get a domestic violence order if you are in one of these relationships:

Intimate personal – if you are of the same or opposite sex and:

- are a couple
- live together or have lived together
- are married, or were engaged to be married, defacto or divorced
- have a child together
- have been betrothed or promised under cultural or religious tradition
- are or were previously dating.

Family – if you:

- are a relative by blood or marriage
- are regarded as a relative under cultural or religious grounds.

Informal care – if there is **no** payment involved in the care and you were or are either:

- providing informal care to someone
- receiving care from someone as a result of your illness or disability.

Police can apply for a domestic violence order on your behalf or you can apply for one yourself by going to the nearest Magistrates Court.

Domestic violence court assistance workers may be able to assist you to complete the application and support you in court.

Police also have the power to issue a police protection notice which is a short-term domestic violence order that requires the person who is abusive or violent to be of good behaviour and not commit domestic violence towards you. It is for a short period of time until the matter can be heard by a Magistrate which in most cases will be within seven days.

A child under 18 can apply for a domestic violence order, or have one taken out against them only if he/she is in an

intimate personal or informal care relationship.

You can apply for a domestic violence order even if you are not a permanent resident of Australia.

You have the right to protection and safety from domestic and family violence. You can apply for a domestic violence order.

You can remain in the relationship and still apply for a domestic violence order.

**Department of Communities,
Child Safety and Disability Services**

It’s your right to feel safe

Domestic and family violence occurs when one person in a relationship uses their power to control the other person in **any** way. It can be:

Physical abuse
Hitting, shoving, slapping, choking or strangling you.

Emotional abuse
Criticising your personality or looks; threatening to hurt you, your children, someone close to you, or your pets; threatening you with deportation from Australia; or putting you down because you have a disability or illness.

Verbal abuse
Name-calling, yelling, or swearing at you or your children.

Sexual abuse
Touching you in a way that makes you feel upset or afraid and/or forcing you to have sex when you don't want to.

Financial abuse
Taking your money or controlling your money, or not giving you enough money to meet basic needs.

Social abuse
Controlling where you go, locking you in the house or stopping you from seeing friends, family or kin.

Stalking
Worrying or frightening you by watching, phoning or following you. Stalking is also a crime.

Spiritual abuse
Not allowing you to practise your chosen religion, or not respecting your spiritual beliefs and values.

Cultural abuse
Preventing you from practising your cultural beliefs or participating in significant cultural ceremonies; preventing you from having contact with people from your own cultural background.

It is also domestic and family violence for the person you are in a relationship with to get someone else to abuse you.

Children
Children can also be affected by violence in the home. Kids can be the target of violence too. They might get in the way during the violence or get hurt while trying to help you. Seeing or hearing the violence can hurt children as well.

Children need to know that the violence in the home is not their fault.

If you are in danger right now...
Telephone the police on 000.
Tell the police you are in danger.
They can apply, or help you to apply, for a domestic violence order.

Local service contact details:

Domestic and family violence can get worse over time.

It's your right to feel safe.

Plan ahead for your safety.
If possible:

- keep money for emergencies
- keep a spare set of house and car keys handy
- keep medications, clothes and important papers in a safe place
- have contact numbers of friends, relatives or support people ready if you need help

- try to arrange a safe place away from the home that you can go to in emergencies
- apply for a domestic violence order or update an existing one
- try to keep in contact with a domestic violence service for support and information.

If in danger call the police on 000 (triple zero)