

Domestic Violence Safety Card

Ring Domestic Violence and Aboriginal Family Violence Gateway

1800 800 098

(free call 24 hours)

What other services can assist me?

Yarrow Place (1800 817 421) can:

- Provide free and confidential 24 hour counselling and medical care for recent sexual assaults.

Legal Services Commission (1300 366 424) can:

- Provide free legal advice on domestic violence, family law and legal aid.

Victim Support Service

(8231 5626 or 1800 182 368 - toll free, country) can:

- Provide advice and referral and in some cases, counselling services.

The Staying Home Staying Safe Program can provide:

- Advice and support about safety in your home.
- Security for your home to help make it safer.
- Personal safety items to help you stay safe.

Other Useful Phone Numbers

Women's Legal Service - **8221 5553 - 1800 816 349** (toll free, country)

Culturally & Linguistically Diverse (CALD) Statewide Domestic Violence Service - **8346 9417**

National Sexual Assault Family and Domestic Violence Counselling Line - **1800 737 732**

Things to consider to improve your safety

- Your Safety.
 - Do you need to apply for an Intervention Order?
 - Have you made a safety plan?
 - Do your children know what to do in an emergency?
- Your home security if you stay or leave.
 - Silent phone number
 - Home security and duress alarms
 - Changing locks
- Your technological safety.
 - Set privacy settings to communicate privately, not publicly
 - Create a new profile on social media with only non-identifiable info
 - Turn your GPS locating functions to "off" on your smart phone
 - Talk to your children about using technology safely
- Telling your trusted friends and relatives about the violence to see what help and support they can provide.
- Informing neighbours and asking for help in a crisis.
- Informing others (eg. work, doctors, lawyers) about the importance of maintaining your privacy.
- Remove any money to which you have legal entitlement and then open a new bank account and arrange for income to be redirected urgently.
- Telling schools and others who take care of your children, the names of people who are allowed to have contact with them.
- Avoid places where your partner might expect to see you (eg. shops).
- Being careful who you give your new address and phone number to.

What is Domestic Violence?

Domestic violence is abusive behaviour by a partner, ex-partner, someone you are in an intimate relationship with, or from a member of your family including across generations, which is used to control or scare you. Abuse can take a variety of forms including physical, sexual, emotional, psychological or economic abuse.

Remember, it is not your fault that you are being abused. There is help. You are not alone. There are options.

There are domestic violence services covering all regions of South Australia who can help and support you in a variety of ways. To be connected to one of these services ring the state-wide 24 hour free call telephone service 1800 800 098, and they will provide information, advice and a referral to a local service to suit your particular needs.

If you want telephone support or decide to leave home, ring **1800 800 098**.

How can they help?

In conjunction with your local Domestic Violence Service, they can provide:

- Information and support.
- Counselling and advocacy.
- Emergency accommodation.
- Assistance with longer term accommodation.
- Financial assistance.
- Support and information for Intervention Orders.

If I need to leave what should I take with me?

- Cards – ATM/bank book, driving licence, Medicare and Centrelink information.
- Other documentation - birth, marriage, and divorce certificates, passport, family court orders, rental agreement, utility bills, car registration.
- Medication and toiletries.
- Keys to house, car, work.
- Money, change for public phone.
- Mobile phone and charger.
- Telephone numbers for family and friends.
- Change of clothes and basic food.

What about my children?

- Take children with you away from the violence.
- Take baby formula, changes of clothes, favourite toys or books, school uniforms, school books, medical records.

What about my pets?

Ask friends if they can look after pets; or call:

- Animal Welfare League on 83481300.
- RSPCA on 1300 477 722.

What other services can assist me?

South Australia Police (131 444 or 000) can:

- Ensure that you and your children are safe from further harm and facilitate transport for you and your children to a safe place in an emergency.
- Investigate matters and possibly lay charges.
- May assist you to obtain an Intervention Order (a court order which forbids a person from behaving in a harassing, threatening or violent manner towards you, and may prevent the person attending or remaining at your home or workplace).

Centrelink (13 61 50) can:

- Sort out your obligations for continued payments.
- Assist with making changes to your payments.
- May be able to provide you with financial assistance.

Families SA 8226 1000

Housing SA (13 12 99) can provide, in some circumstances:

- Temporary crisis accommodation.
- Assistance with bond and rent to obtain private accommodation.
- Housing SA tenants with advice about safety and security measures.
- Housing SA applicants with a re-assessment of their wait list application.