

Men's help card

information & services



April 2010

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Email feedback to: chs@darebin.vic.gov.au
 Designed by Yarra City Council.

1. Family Violence Services

If you or others are in danger call the Police **000**.

The Men's Referral Service helps men to make things better for themselves and their family.

You can call the Men's Referral Service for help. You do not have to give your name and your information will be kept confidential.

Men's Referral Service 9428 2899
 9.00am–9.00pm Monday–Friday

This service is provided by men for men to help stop violence in the home.



VICTORIA POLICE



Men's Referral Service

2. What is Family Violence?

It is against the law to hurt any member of your family. This includes your spouse, partner, children and in-laws. This is called family violence. Family violence includes:

- any type of physical violence, such as slapping or punching
- forcing someone to do sexual things, even if you are married
- making threats or calling names
- controlling contact with people outside the family
- denying someone access to money
- children witnessing this abuse

When family violence happens Police can issue a Safety Notice to remove a violent person from the home for up to 72 hours.

3. Family Violence Hurts Kids Too

It is against the law for children to be hit, see or hear violence in the home.

Children and young people are scared by family violence. Children have the right to feel safe and not live in fear.

Exposure to violence can cause long term harm to children.

If you do not feel safe call the Police **000**.

Men's Referral Service 9428 2899
 9.00am–9.00pm Monday–Friday

Kids Help Line 1800 551 800
Parentline 132 289

Online information for young people
www.burstingthebubble.com

4. What Can I Do?

In your family do you:

- use physical violence?
- get angry and hurt members of your family?
- force someone to do sexual things?
- control their contact outside the family?
- know the effect these behaviours have on your children?

Help is available.

Men's Referral Service 9428 2899
 9.00am–9.00pm Monday–Friday

You can call Men's Referral Service for free advice and your information will be kept confidential.

5. Additional Services

Sexual Assault and Child Abuse Police Response 000

Child Protection 1300 369 536
 After Hours **131 278**

Relationships Australia 9431 7777
Parentline 132 289

Family Relationship Advice Line 1800 050 321

Lifeline 131 114

Directline 1800 888 236
 24 hour drug counselling

Centrelink Access Line 131 794
Melbourne Youth Support Service 9614 3688 or **1800 800 531**

Victoria Legal Aid 9269 0120 or **1800 677 402**

6. Additional Services

Court Support Network 1800 681 614 or **9603 7433**

Victorian Aboriginal Legal Service 9419 3888 or **1800 064 865**

Aboriginal Family Violence Prevention & Legal Service (Vic) 9244 3333 or **1800 105 303**

MAYA Aboriginal Healing Centre 9480 1111

ChildFIRST
 Hume Moreland **1300 786 433**
 North East **9450 0955**

Victims of Crime Helpline 1800 819 817

National Relay Service 133 677
TIS Interpreting Service 131 450

7. Information Online

- www.mrs.org.au
- www.ntv.org.au
- www.familyviolence.vic.gov.au
- www.legalaid.vic.gov.au

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