

Let us help:

If you are suffering a rough time, do not be nervous, try to use our service to know your condition better and learn how to deal with such situation.

Other Places to go for help:

- For immediate help if you are in danger, call the police on 000
- The National Sexual Assault, Family & Domestic Violence Counselling Line: 1800RESPECT (1800 737 732)
Their website:
<https://www.1800respect.org.au/>



- Each State or Territory has its own network of services that can help deal with domestic & family violence. Find a local service in your area at
<https://www.respect.gov.au/services/>
- For men who use violence or male survivors of domestic & family violence, contact Mensline on 1300 78 99 78



- For specific information about same-sex domestic violence:
<https://www.acon.org.au/what-we-arehere-for/domestic-family-violence/>
- For information about receiving a Centrelink crisis payment to help you with immediate financial difficulties, contact Centrelink on 13 2850 or find information online at
www.centrelink.gov.au/internet/internet.nsf/payments/crisis.htm
- For help finding services whether you are a survivor or a person who uses violence, contact Lifeline on 13 11 14