

If you decide to leave & have time, take with you:

- Cash
- Marriage Certificates
- Birth Certificates
- Medicare and Health Care cards
- Pension cards and other Centrelink concession cards
- Driver's Licence
- Passports and Citizenship papers
- School reports
- Medications and prescription repeats
- House and car keys
- Bank documents, including joint accounts
- Credit cards, EFTPOS cards and cheque books
- Favourite toys and books for children
- Your mobile phone
- Any deeds to the house or other property
- Jewellery or other valuables
- Your Will
- Your address book and list of useful phone numbers
- Sentimental items that can't be replaced, such as photo albums

If your children want to live with you, take them with you if you can. If you can't take them, get urgent legal advice.

USEFUL NUMBERS

- Police - Crisis 000
To report an incident 13 14 44
- Crisis Care (08) 9223 1111
- Patricia Giles Centre Women's Counselling Service (08) 9300 1022
- Patricia Giles Centre Children's Counselling Service (08) 9328 1888
- Legal Aid Domestic Violence Unit (08) 9261 6254
- Joondalup Family Violence Court (08) 9400 0707
- Lifeline 24 Hours 13 11 14
- Women's DV Helpline (08) 9233 1188
- Sexual Assault Resource Centre (08) 9340 1828

Postal Address

PO Box 2069 Clarkson WA 6030
Fax: 9305 9279

September 2012

Patricia Giles Centre

Rebecca West House

Women's and Children's Refuge



Safe accommodation and support for women and children escaping family violence, or who are homeless.

Ph: 9562 3811

www.patgilescentre.org.au

Does your partner

- Physically abuse you and/or your children?
(hitting, punching, slapping, pushing etc)
- Threaten to hurt you, or your children, or your pets?
- Force you to have unwanted sexual contact with him?
- Put you down in front of friends and other people?
- Stop you going out anywhere, playing sport, going shopping etc by yourself?
- Keep you short of money for food, clothes and other basic needs?
- Make you feel stupid, mad, worthless, that it's all your fault?
- Ridicule you and your culture or beliefs?

All these behaviours are Domestic Violence!

Do you:

- Have trouble sleeping?
- Frequently get headaches or backaches?

Do you feel:

- Fuzzy in the head?
- Depressed?
- Lacking in energy?
- Anxious and tense most of the time?
- As though you are going mad?
- Guilty or ashamed of what is happening?

If the answer is YES to some or all of these questions, you are being physically or emotionally abused. Maybe both.

About domestic violence

- Abuse of any type happens in families regardless of class, education, cultural or religious background.
- Physical abuse is against the law in Australia.
- The victim is not to blame.
- Alcohol and drug abuse can make violence worse, but they do not cause violence.
- Abuse tends to get worse and happens more and more often; it won't stop unless there is help from outside the situation.
- Violence in the family will have a negative effect on children's behaviour and future mental health.
- Abuse takes different forms including physical, sexual, emotional and financial.
- Emotional abuse can harm a woman's self-confidence and how she feels about herself, just as much as physical abuse can.

How can Rebecca West House help?

Refuges welcome all women who have been abused, not just those who have been physically abused and not just those who have been abused by their husbands, boyfriends or live-in partners.

Women can also be abused by their sons, sons-in-law, brothers and fathers. These women are also welcomed at refuges.

Children

The refuge provides occasional child care for children under school age. Staff will also help to enrol children in the local school. There is counselling available for all children affected by domestic violence.

Accommodation

Rebecca West House can provide you and your children with a safe place to live during a crisis. At the refuge, you and your children will share your own bedroom. Bedding, food, clothing and toiletries are available if you need them. If you need transport to come into a refuge in an emergency, call Crisis Care on 9223 1111; they will help with a taxi.

Information and Counselling

The staff at the refuge can help you with information about housing, legal resources and income, so that you can decide what to do. You can also see a counsellor to discuss your feelings and choices. Staying in a refuge doesn't mean your relationship has finished. When you are in an abusive relationship, it's impossible to think calmly and find the time and energy to get the information and advice you need. Having some time out gives you and your partner the chance to get this help and think about your choices.

Support

Rebecca West House provides support to women in the local area who are experiencing family violence. Support is also available for women at risk of losing their accommodation. The support includes:

- Ongoing emotional and practical support.
- Help in dealing with government agencies such as Centrelink and the Department of Housing.
- Support at appointments, such as going to the doctor.
- Information about and referrals to useful services in your local area.