

- Change or improve the door and window locks.
- Install external sensor lights.
- Install a peephole and safety chain on the front door.
- Inform close neighbors that your partner has left and to call the police if they observe this person near the house.
- Carry a copy of your Violence Restraining Order on you at all times.
- Plan and practice with your children what they are to do to get help.
- Teach your children how to make a collect call if they are somewhere unsafe.
- Inform your employer ,school staff or childcare centre staff if you have safety concerns.
- Use an answering machine to screen calls.

POLICE - Crisis **000**
To report an incident
131 444

Crisis Care
(08) 9223 1111

Patricia Giles Counselling Service for women
(08) 9300 1022

Domestic Violence Children's Counselling Service
(08) 9328 1888

Domestic Violence Legal Aid Unit
(08) 9261 6254

Joondalup Family Violence Court
(08) 9400 0707

Womens DV Helpline
(08) 9233 1188

Sexual Assault Resource Centre
(08) 9340 1828

Safe at Home



The Safe at Home program is a support service for women and women with children who wish to remain living in their home after separation from domestic and family violence.

Ph: 9304 3832

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 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 back aches?

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 the Safe at Home program help?

The Safe at Home staff can help you assess your safety to remain at home, advise you on how to improve the physical safety of your home and help you make safety plans to protect yourself and your children.

The staff will provide practical and emotional support to assist you to remain in the home and re-establish your life free from violence.

Information and Counselling

The Safe at Home staff can help you with information about Violence Restraining Orders, financial options, Parenting orders and other forms of support, so that you can decide what to do.

Counselling for yourself and your children to discuss your feelings and choices is also available.

Fresh Start Handbook

The Patricia Giles centre has produced a handbook for women in abusive relationships.

It is full of information about your options when leaving a violent relationship.

It is available in English, Vietnamese, Spanish and Thai languages. You can get a copy by ringing the Patricia Giles Centre on 9300 0340.