

- Change or improve the door and window locks.
- Install external sensor lights and high veranda lights .
- Keep external doors locked when at home.
- Ensure your meter box and manhole are padlocked.
- Keep side gates, garage and sheds locked.
- Trim shrubs and bushes away from entrance ways
- 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.
- Get an unlisted phone number
- Keep a good torch and spare batteries handy at home and in the car.
- Keep a personal alarm on your key ring.
- Change your routines, where and shop, bank, exercise
- TRUST YOUR INTUITION.

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

Crisis Care
(08) 9223 1111

Patricia Giles Counselling Service for women
(08) 9300 1022

Pat Giles 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



Funded under the Homelessness National Partnership agreement.

September 2012

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: 9562 4453

www.patgilescentre.org.au

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.

Children stay home and the violence leaves

- This is a positive way to protect children and give them a safe future.
- Children live in a small world made up of their bed, their friends, their family, their home.
- Children have right to live safely in their own home.



Information and Counselling

The Safe at Home staff understand that you may have conflicting emotions about your situation and concerns for your children.

Counselling for yourself is available at no cost to give you the opportunity to discuss your feelings and emotions. Emotional support can also be provided by a children's counselor for your children.

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.

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.

