

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

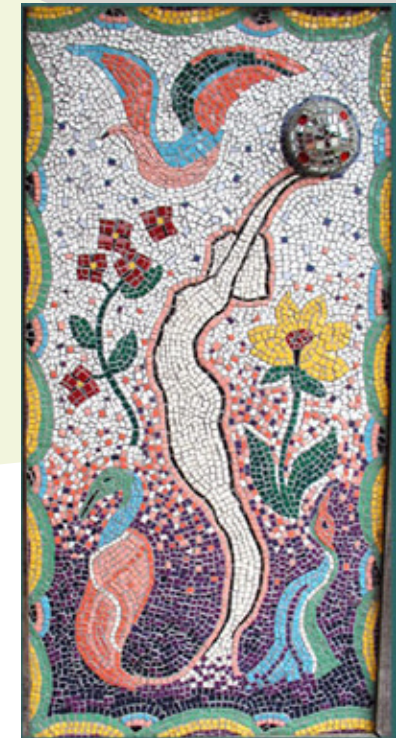
- Cash
- Marriage Certificates
- Birth Certificates
- Medicare / Healthcare cards
- Pension cards / Social Security Concession cards
- Drivers Licence
- Passports and citizenship papers
- School reports
- Medications / prescription repeats
- House keys / Car keys
- Bank books (including joint accounts)
- Cheque books /Credit cards/Automatic Teller cards
- Favourite toys and books for children
- Phone card / list of the phone numbers useful to you
- Deeds to the house or other property (if applicable)
- Jewellery and valuables / your will
- Your address / phonebook
- Irreplaceable personal items eg. photograph albums

If the children want to live with you then, if possible, take them with you. If you cannot take them, get urgent legal advice.

USEFUL NUMBERS

- POLICE -CRISIS 000
TO REPORT AN INCIDENT 131 444
- CRISIS CARE (08) 9223 1111
- PATRICIA GILES (08) 9300 1022
COUNSELLING SERVICE FOR WOMEN
- DOMESTIC VIOLENCE (08) 9328 1888
CHILDREN'S COUNSELLING SERVICE
- DOMESTIC VIOLENCE (08) 9261 6254
LEGAL AID UNIT
- JOONDALUP FAMILY (08) 9400 0707
VIOLENCE COURT
- LIFELINE 24 HOURS 13 1114
- WOMENS D.V HELPLINE 9233 1188
- SEXUAL ASSAULT 9340 1828
RESOURCE CENTRE

Women & Children's Refuge



The refuge is for single women and women with children to 18yrs old, who need to escape violence and abuse occurring in their home.

Ph: 9300 0340

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 others?
- Forbid you to go out anywhere, play sport, go shopping 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 / 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.

Did you know that physical, emotional or financial abuse can happen in all families regardless of class, education, cultural or religious background?

Physical abuse is a CRIMINAL OFFENCE in Australia.

The victim is not the guilty one.

Alcohol and drug abuse can make violence worse but they are not the cause of the violence.

Violent episodes escalate in frequency and severity and will not disappear without outside intervention.

Violence in the family has an adverse effect on the behaviour and future mental health of your children.

Accommodation

The Patricia Giles refuge can provide safe, crisis housing for you and your children (boys to 18yrs), to give you time to decide what you want to do.

If you need to come into a refuge in an emergency phone Crisis Care 9223 1111, they will assist with a taxi.

At the refuge staff will assist you with information to help you decide about housing, legal and income issues.

At the refuge you will be supplied with bedding, food, clothing and toiletries if needed.

You can see a counsellor to discuss your feelings and choices at this time.

Children

The child support staff provide:

- pre-school activities through the day for 2-5 year olds
- occasional care for younger children if you need to attend an appointment
- after school activities till 4.30pm
- will help enroll children at school
- assist you with any parenting concerns you may have

The childrens counselling service offers free counselling for all children affected by domestic violence

Fresh Start

The Centre produces Fresh Start- a handbook for women in abusive relationships, full of information on all your options when leaving a violent relationship. This is available by ringing the Patricia Giles refuge on 9300 0340, and is also available in Vietnamese, Spanish and Thai languages.

Staying in a refuge doesn't mean your relationship has finished. Time out for you and your partner gives you both the opportunity to seek advice and information. While living in an abusive relationship it is impossible to think calmly and to find the time/energy to access accurate and helpful information about your possible choices.

Emotional abuse can be as damaging as physical abuse to a woman's self confidence and feelings about herself.

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.

Also, sometimes sons abuse their mothers, sons-in-laws abuse their mothers-in-law, brothers abuse their sisters and fathers abuse their daughters. Refuges welcome these women too.