

Domestic and Family Violence – You Are Not Alone

**If you or someone you know is
in immediate danger, call SA
Police on 000**

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Aim of the fact sheet

It is important to understand that there is help out there if you need it, and that you don't have to suffer alone. The aim of this fact sheet is to provide you with information on where you can seek help, whether that is through your local council, or information, referral and specialist support services.

What is domestic violence?

In an abusive relationship, one partner tries to dominate the other through physical harm, criticisms, demands, threats or sexual pressure. For the victim and (if applicable) their children, this behaviour can be dangerous, frightening and damaging.

Psychological or emotional abuse can be just as harmful as physical abuse. Abuse happens because the abuser wants to control and to manipulate the other person, and is never the fault of the person being abused. Physical and sexual assault, threats and stalking are crimes and can be reported to the police.

If you are experiencing any of the following:

- you are afraid of your partner and always anxious to please;
- you are isolated from family and friends;
- you receive criticism or humiliation in front of others;
- your partner is jealous, bad tempered, possessive;
- you have become anxious or depressed, lost confidence or are unusually quiet;
- you suffer physical injuries (bruises, broken bones, sprains, cuts); and
- your children seem afraid, have behavioural problems or are withdrawn and anxious.

....there are a range of resources that you can reach out to for help.

Local council resources

Although councils don't have an obligation to support victims of domestic and family violence, many of them do. It is widely recognised that local leaders must work with other organisations like the state government, police and not for profit organisations, to ensure that services vital to those suffering from domestic and family violence can be accessed in their local communities.

General information, referral and support is available at most councils in South Australia. Many councils are members of local or regional networks that provide a coordinated approach to the provision of services and programs to support victims of domestic and family violence.

The services provided by councils vary and can't all be listed in this fact sheet. However, services will be listed on each individual council's website. You can also visit your local community centre, customer service centre or library to find out more about the domestic violence services available in your community.

Other resources

In most cases, front line domestic violence information, referral and support services will be provided through specialist organisations. Services include financial, legal aid, accommodation, counselling and childcare assistance.

They all work tirelessly to support victims of domestic violence and would welcome your call. There are many organisations that provide support, but they can't all be listed in this fact sheet.

We have however, listed some of the main service providers below:

Information, referral and support services

Crisis Care

131 611

Crisis Care is a telephone information and counselling service for people in **crisis** needing urgent help.

1800RESPECT

1800 737 732

www.1800respect.org.au

1800RESPECT is a national 24 hour online and telephone service offering counselling and support to anyone experiencing domestic and family violence and/or sexual assault, and their friends.

Domestic Violence Crisis Line

1800 800 098 (24 hours)

www.womenssafetyervices.com.au

The Domestic Violence Crisis Line is a state-wide service offering assistance to women experiencing domestic violence in South Australia by providing information, counselling and safe accommodation options.

Yarrow Place

8226 8777

1800 817 421

www.yarrowplace.sa.gov.au

Yarrow Place Rape and Sexual Assault Service is an inclusive service for anyone in South Australia sexually assaulted and includes medical and counselling services.

Victim Support Service

1800 842 846 (Victim Helpline)

www.victimsa.org

The Victim Support Service provides information and practical support to people affected by family and domestic violence in South Australia.

Women's Information Service

1800 188 158

www.wis.sa.gov.au

Providing information to South Australian women online, over the phone and in person. You can talk to them about family life and relationships, domestic/family violence, housing and accommodation options, health and wellbeing and any other topic.

South Australian Elder Abuse Prevention Phone Line

1800 372 310 – Monday to Friday

The South Australian Elder Abuse Prevention Phone Line is a confidential phone line that members of the community can call if they or someone they know is concerned about elder abuse. Phone line staff can help you find services, provide you with important information about your rights, or advice that can help your situation.

Accommodation services

Homelessness Gateway Service

1800 003 098

The Homelessness Gateway Service is a 24/7 telephone service which can help you with support and access to emergency accommodation in South Australia.

Youth Gateway

1300 306 046 (Weekdays 9am-5pm)

1800 807 364

The Youth Gateway (Trace-A-Place) is a service aimed specifically at young people aged between 15-25 in South Australia who are experiencing homelessness or at risk of experiencing homelessness. This includes young parents with accompanying children.

Catherine House

(08) 8232 2282

www.catherinehouse.org.au

Catherine House offers accommodation and support services for women experiencing homelessness, who are 18 years or older, and unaccompanied by children.

Legal services

Legal Services Commission

1300 366 424 (Free Legal Help Line)

www.lsc.sa.gov.au

The Legal Services Commission provides legal information, legal advice and grants of legal aid to South Australians.

Women's Legal Service

8221 5553

1800 816 349

www.wlsa.org.au

The Women's Legal Service is a community legal centre, providing women with a range of free legal services, including legal advice and information, education, training and resources.

Community Legal Centres

Community Legal Centres are independent, not-for-profit organisations, which provide legal advice, case work, referral and, in some cases, legal representation to members of the community.

There are a number of community legal centres located throughout metropolitan and rural South Australia. Most centres serve people who live or work in their geographical area.

To find your nearest centre visit the South Australia Council of Community Legal Centres website at www.saccls.org.au

Women's Domestic Violence Court Assistance Service

Victim Support Service

1800 842 846

www.victimsa.org

This service being delivered by Victim Support Service (VSS) directly assists victims of domestic and family abuse to navigate legal matters regarding Intervention Orders and tenancy disputes. Lawyers provide legal advice and represent women who need to apply for a private Intervention Order, vary a confirmed Order, or terminate a tenancy agreement.

Other

Free mail redirection

Australia Post has expanded the free special circumstances mail redirection service to include support for victims of domestic and family violence. For further information see [Australia Post website](#).

RSPCA – Safe Kennels DV Project

1300 4777 222

The RSPCA Safe Kennels Project provides emergency boarding for the pets of people affected by domestic violence.



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The voice of local government.

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