

**FAMILY VIOLENCE**

# **MEN'S HELP CARD**

**EASTERN METROPOLITAN REGIONAL  
FAMILY VIOLENCE PARTNERSHIP**



**OCTOBER 2017**

If you need an interpreter for any of these services please call **TIS Interpreting Service** on 131 450

**National Relay Service** 133 677

**For workers supporting men's and women's safety in Victoria:**

[www.thelookout.org.au](http://www.thelookout.org.au)

**For more information on family violence in the Eastern Metropolitan Region:**

[www.easternfamilyviolencepartnership.org.au](http://www.easternfamilyviolencepartnership.org.au)

**If you are in immediate danger, call the Police on 000.**

The **Men's Referral Service** helps men to make things better for themselves and their family. You can call the Men's Referral Service for help. You do not have to give your name and your information will be kept confidential.

## **Men's Referral Service**

1300 766 491

[www.ntvmrs.org.au](http://www.ntvmrs.org.au)

8am-9pm, Monday to Friday

9am-6pm, Saturday and Sunday

The Men's Referral Service is provided by men, for men, to help stop violence in the home.

## **The Law in Australia**

**It is against the law to hurt any member of your family.**

This includes your spouse, partner, children, parents and in-laws. This is called family violence.

### **Family Violence includes:**

- any type of physical violence, such as slapping or punching
- forcing someone to do sexual things, even if you are married
- making threats

## **Family Violence includes:**

- calling names or verbal abuse
- controlling contact with other people
- denying someone access to money
- threatening or hurting pets
- children witnessing any of the above

## **What Can I Do?**

In your family, do you:

- use physical violence?
- get angry and hurt members of your family?

- force someone to do sexual things?
- control someone's contact with others?
- know the effect these behaviours have on your children?

**Help is available.**

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**Eastern Community Legal  
Centre**

03 9285 4822 (Box Hill)

03 9762 6235 (Boronia)

03 5962 1665 (Healesville)

[www.eclc.org.au](http://www.eclc.org.au)

**Victoria Legal Aid**

1300 792 387

[www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)

**Ringwood Magistrates' Court**

03 9871 4444

**Boorndawan Willam Aboriginal  
Healing Service**

03 9212 0200

[www.bwahs.com.au](http://www.bwahs.com.au)

## **LGBTIQ Services**

### **Switchboard/QLife**

1800 184 527

[www.switchboard.org.au](http://www.switchboard.org.au)

[www.qlife.org.au](http://www.qlife.org.au)

### **Victorian Aids Council**

03 9856 6700

[www.vac.org.au](http://www.vac.org.au)

## **For male victims of violence:**

### **Victims Support Agency**

1800 819 817

Text service: 0427 767 891 (8am  
to 11pm, 7 days a week)



## **Family Violence Hurts Kids Too**

It is against the law for children to be hit, see or hear violence in the home. Children and young people are scared by family violence. They have the right to feel safe and not live in fear. Exposure to violence can cause long-term harm to children.

### **Australian Childhood Foundation**

1300 381 581

### **Kids Helpline**

1800 551 800

Online information for young people:

**[www.burstingthebubble.com](http://www.burstingthebubble.com)**

*The Eastern Metropolitan Regional Family Violence Partnership appreciates the assistance of the Northern Region Councils and family violence services in producing these cards.*



**EMR RFVP**

Eastern Metropolitan Region  
**Regional Family Violence  
Partnership**

[www.easternfamilyviolencepartnership.org.au](http://www.easternfamilyviolencepartnership.org.au)