
What is Family and Domestic Violence?

Has your partner or other family member hurt you? Are you scared of your partner? Are you and your children in danger?

Have you been:

- Hit, kicked, pushed or physically hurt
- Threatened or made to feel scared
- Forced into sexual acts
- Told you are useless, stupid, crazy, or called names in person or on social media
- Not allowed to see or speak to your family and friends in person or on social media
- Made to feel ashamed
- Not allowed money for food or clothing
- Told you will be sent back to your country
- Told you will not be allowed to see your children, if you leave
- Had your medication or assistance aids kept from you
- Threatened to disclose your health or gender identity status
- Had your pets hurt or threatened?

How we can help

We can talk to you about what you can do to protect yourself and your children. We can help you

- Make a safety plan for you and your children
- Talk to a lawyer or legal service about what your rights are and what you can do
- Talk to Centrelink, the Tax Office, the Department of Housing, and other government services
- Make appointments and go with you to appointments if needed
- Connect you with counselling and other support services

Creche and Interpreter Services available.

Videoconferencing and phone appointments available for rural clients.

Multicultural Women's Advocacy Service (MWAS)

We assist multicultural women and children who are in family and domestic violence. This free service is for women who are recent arrivals or long-term residents.

Women may be:

- in crisis situations,
- in refuges,
- at home or
- in the community after leaving a relationship.

MWAS is a safe place. All MWAS staff are women.

We can help with:

- Discussing options
- Safety planning
- Applying for a restraining order
- Obtaining support and advice from legal services including family court and immigration
- Connecting you with counselling and other support services

Support Groups

- We also run support groups and workshops where you can meet and talk to other women who have had similar experiences.
- Groups meet once a week. This is a safe place to talk about health, parenting, migration, money and employment. We respect different cultural beliefs and practices.

When and where can I access this service?

MWAS is open Monday to Friday 9 to 5pm. We have offices in Northbridge, Fremantle, Gosnells, and Mirrabooka.

How do I make an appointment?

You do not need a referral.

Please call us for an appointment on **(08) 9328 1200** or e-mail us on **mwas@whfs.org.au**

We welcome referrals from GPs, hospitals, Police, health and community workers.

DV Services

This is a free service that helps people experiencing family and domestic violence.

DVAS Central is a safe place. We can help you with:

- Discussing options
- Safety planning
- Applying for a restraining order
- Obtaining support and advice from legal services
- Connecting you with counselling and other services

Women

We assist women with or without children. Our service is inclusive and respectful of Aboriginal and Torres Strait Islander women and women in same sex relationships.

If you live with a disability, please let us know so we can assist you in accessing our service.

Men

We can also help men who are experiencing family and domestic violence. Please call for more information.

Family and Friends

If you have a friend or relative who is experiencing family and domestic violence, you can contact us for help and support.

When and where can I access this service?

We are open Monday to Friday 9 to 5pm. Our office is in Northbridge.

How do I make an appointment?

You do not need a referral.

Please call us for an appointment on **(08) 9227 5852** or e-mail us **DVAS@whfs.org.au**

We welcome referrals from GPs, hospitals, Police, health and community workers.

OUR SERVICES ARE FREE.

Confidentiality

Our workers will not discuss anything you tell them with other agencies unless you give your permission.

You may be referred to another agency for more help. This will only be done if you say it is okay.

Safety Plan

- Tell someone you trust about your fears
- Know who to call and where to go in an emergency
- Plan how to keep you and your children safe
- Have some money saved
- Keep some clothes, medicine, important papers, keys and some cash at a friend's house
- Have an escape plan

If you are in crisis, ring Crisis Care on 9223 1111 or 1800 199 008.

Planning is the first step towards safety for you and your children.

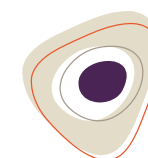
We will work with you to think about steps you may need to take to keep you and your family safe.

Emergency Numbers

Emergency, Police, Ambulance 000

DVAS	9227 5852
MWAS	9328 1200
Police	131 444
Crisis Care	9223 1111 <i>Free call 1800 199 008</i>
Women's Domestic Violence Helpline	9223 1188 <i>Free call 1800 007 339</i>
Men's Domestic Violence Helpline	9223 1199 <i>Free call 1800 000 599</i>
Sexual Assault Resource Centre	6458 1828 <i>Free call 1800 199 888</i>
Interpreter Service	131 450

Domestic Violence Services



womens health
& family services

Supporting and empowering women,
families and communities