

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

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

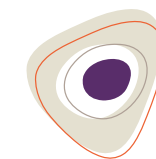
We will work with you to think about steps you may need to take to keep you and your family safe.

Service Numbers

Emergency 000
Non-emergency Police 131 444

Crisis Care	9223 1111
	<i>Free call</i> 1800 199 008
Women's Domestic Violence Helpline	9223 1188
	<i>Free call</i> 1800 007 339
Men's Domestic Violence Helpline	9223 1199
	<i>Free call</i> 1800 000 599
1800RESPECT	1800 737 732
Sexual Assault Resource Centre	6458 1828
	<i>Free call</i> 1800 199 888
Interpreter Service	131 450
WHFS DV Services	9328 1200

Domestic Violence Services



womens health & family services

Supporting and empowering women, families and communities

What is Family and Domestic Violence? (FDV)

**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 or put-down
- Forced into sexual acts
- Not allowed to see or speak to your family and friends in person
- 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 pets hurt or threatened?
- Does your partner or other family member control your phone, emails or social media?
- Have your children witnessed family violence?

How can we help?

WHFS DV Services have 2 main programs:

Multicultural Womens Domestic Violence Advocacy Service (MWAS)

We assist multicultural women and children who are in family and domestic violence. This is a FREE service for women who are recent arrivals or long-term residents. It is for women 18 years and over.

Women may be:

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

MWAS is a safe place. All MWAS staff are women from Multicultural backgrounds. We can help with:

- Discussing options around FDV
- Safety planning
- Connecting you with legal, counselling & community services (e.g VRO's)
- Advocating to other support and government services

Domestic Violence Advocacy Service (DVAS)

This is a FREE service that helps people experiencing family and domestic violence. This service is for people 18 years and over.

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

- Discussing options around FDV
- Safety planning
- Connecting you with legal, counselling & community services
- Advocating to other support and government services

Support Groups

We also run support groups and workshops where you can meet and talk to other women who have had similar experiences.

Where and when can I access this service?

- MWAS & DVAS Intake enquiries are open Mon to Fri (9:30am – 4pm).
- We have offices in Northbridge, Fremantle, Gosnells Joondalup and Mirrabooka where you can have an appointment.

How do I make an appointment?

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

You do not need a referral unless you are a service provider.

WHFS welcome women of All Ages, All Cultures, All Beliefs, All Identities, and All Abilities.

If you live with a disability or require an interpreter, please let us know so we can assist you in accessing our services.

We welcome referrals from GPs, hospitals, Police, Health and Community workers. Please go to our website for a referral form www.whfs.org.au or enquire at mwas@whfs.org.au or dvas@whfs.org.au

Our Services Are Free

Confidentiality

Our workers will not discuss anything you tell them with other agencies unless you give your permission or if you or your children are unsafe. We would still talk with you beforehand whenever possible.

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