

Safety Tips

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

Has a former or current partner used violence, threats or controlling behavior against you?

Are you concerned about your safety and that of your children? If so, contact us at **(08) 9328 1200** for support, and please tell us your language

آیا رفتار یکی از خویشان یا نزدیکان حال و یا گذشته با شما با خشونت یا به طور تهدید آمیز و به قصد کنترل شما است؟ آیا شما نگران امنیت و سلامت خود و فرزندان خود هستید؟ اگر چنین است لطفاً با شماره 0893281200 برای کمکهای لازم با ما تماس بگیرید و در اول مکالمه بفرمایید که به چه زبانی صحبت میکنید.

你的伴侣或你的前任是否使用暴力或威胁手段，或者采取强制行为，威胁到你或者你的孩子的安全或幸福？如果是这样，请拨打我们的求助电话 (08) 9328 1200，并请告知你的语言。

อดีตคู่ครอง/อดีตแฟน หรือสมาชิกในครอบครัวของคุณ ใช้ความรุนแรง หรือ มีพฤติกรรม บังคับ ข่มขู่ หรือไม่?

คุณเป็นกังวลกับความปลอดภัยของตัวเอง และลูกของคุณหรือไม่? หากคุณต้องการความช่วยเหลือ ติดต่อเราได้ที่ (08) 9328 1200 โปรดแจ้งให้เราทราบภาษาที่คุณต้องการ (ไทย หรือ อังกฤษ)

¿Una (ex) pareja o miembro de la familia usa violencia, conducta amenazante o controladora?

¿Teme por su seguridad o su bienestar o el de sus hijos? Si es así, comuníquese con nosotros al (08) 9328 1200 para obtener ayuda y háganos saber su idioma.

क्या कोई पूर्व या वर्तमान साथी आपके खिलाफ हिंसा, धमकी या नियंत्रण व्यवहार का उपयोग करता है।

क्या आप अपनी और अपने बच्चों की सुरक्षा को लेकर चिंतित हैं? यदि ऐसा है, तो समर्थन के लिए (08) 9328 1200 पर हमसे संपर्क करें, और कृपया हमें अपनी भाषा बताएं।

Service Numbers

Emergency 000
Non-emergency Police 131 444

WHFS FDV Services
9328 1200
Free call 1800 998 399

Women's Domestic Violence Helpline
9223 1188
Free call 1800 007 339

Men's Domestic Violence Helpline
9223 1199
Free call 1800 000 599

Interpreter Service
131 450

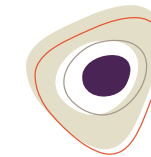


 womens health
& family services
ABN 81 007 269 571



Client Safety Services

Family Violence and
Multicultural Specialists



womens health
& family services

Supporting and empowering women,
families and communities

What Family and Domestic Violence (FDV) may look like

Has your (ex) partner or other family member hurt you? Are you scared of your (ex) partner, or another family member? 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
- Not allowed to see or speak to your family, to work, or leave home
- Not allowed money for food or essentials
- Stalked physically or over electronic devices
- Told you will be sent back to your country
- Told you will not be allowed to see your children if you leave

Do they:

- Become extremely jealous
- Pressure you about sex
- Call or email persistently
- Monitor your phone, emails, or social media
- Control your movements
- Restrict you in participating in your community, culture or religion
- Threaten to 'out you' in a same-sex relationship
- Financially take advantage of you
- Use your disability against you
- Neglect or abuse their caring duties
- Threaten or hurt your pets

How can we help?

WHFS FDV services have been supporting people for over 20 years. We have 2 main programs:

Domestic Violence Advocacy Service (DVAS)

This is a FREE confidential service that helps people experiencing current or recent family domestic violence. This service offers support for people who are experiencing abuse from (ex) partners or other family members. We support women and men in opposite and same sex relationships. This service is for people 18 years and over.

DVAS 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
- Documenting the impact of the abuse and violence in a safe and supportive environment

Multicultural Womens Domestic Violence Advocacy Service (MWAS)

This is a FREE confidential service. We assist multicultural women and children who are in current or recent 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.

MWAS is a safe place. Many of our 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
- Documenting the impact of the abuse and violence in a safe and supportive environment

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, 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