

Domestic and Family Violence is a crime.

SAFETY PLAN

- Decide on a safe place to go (friends, family or refer to phone numbers at the back of the page).
- Choose someone you can trust as a support person and decide on a codeword that tells them you need help.
- Store the phone numbers of your support person and local police in speed dial on your phone.
- Keep mobile phone charged.
- Delete any recent call lists and messages that could alert your abuser of your plans.
- Do not tell too many people about your plans.
- Put away some emergency money and add to it a little at a time.
- Keep a spare set of keys to the house/car in a safe place.
- Have a bag packed (spare medication, documentation—passport and citizenship papers, AVO (Apprehended Violence Order), your birth certificate, children's birth certificates, medicare/healthcare cards, Centrelink concession cards, car registration papers, rent or mortgage contracts/agreement).
- If necessary just leave with the children.
- Encourage your children to stay out of adult arguments and fights.
- Ensure the children know the codeword.
- Teach your children what to do in an emergency and when to call "000".
- Give your child permission to go to the neighbours for help if they are afraid.
- If preparing to leave, take child/children's favourite things eg. toy, blanket books.
- Seek legal advice.
- Apply for an Apprehended Violence Order (AVO) and keep it with you at all times.
- If you do not feel confident in going to the police or local courts contact a local community organisation such as a Family Support Service who will help you through the process.
- Make sure that your children's school has a copy of the AVO and a photo of your partner if they have been denied legal access to the children.
- If your ex-partner breaches the AVO telephone the Police immediately.
- Redirect your mail or get a post office box. Look into online billing.
- Be careful who you give your new address or phone number to and be sure to get a 'silent' number.
- Contact the Australian Electoral Commission and ask for your name and address to be excluded from the published electoral role.
- Ensure where you are staying is as safe as possible, eg. Security doors, lockable windows, motion-sensitive external lights etc.
- Let important people know about your situation, eg. your boss and other work colleagues your children's school, including teachers, so they know not give out your details or they can screen your calls etc.
- Continue to seek support from available services during this time.
- Keep all abusive phone messages as they can be used as evidence in court.
- Change bank account details, password and pin numbers.
- Create a new email address.
- Notify Centrelink, Medicare and Real estate agent (if applicable) of changed circumstances.

CONTACTS

Police, Ambulance or Fire: 000
(Emergency Only)

St George Police: (02) 8566 7499

Hurstville Police: (02) 9375 8599

Rockdale Police: (02) 9597 2222

Domestic Violence Line: 1800 656 463
(24hr telephone support) 1800 671 442
(TTY)

Link2home: 1800 152 152

Lifeline (24 hours): 131 114

Rape Crisis Line: 1800 424 017

Kids Helpline (24 hours): 1800 551 800

Law Access NSW: 1300 888 529
(Free legal advice)

Violence Against Women, Australia Says No: 1800 200 526
Specialises in Domestic Violence and Sexual Assault counselling and referrals)

RSPCA Safe Beds for Pets (02) 9782 4408



Domestic Violence Advocacy Service & Women's legal service: 1800 810 784

Domestic Violence Advice Line

Sydney Advice Line: (02) 8745 6999

Rural Free Call Line: 1800 810 784

Monday: 1.30pm - 4.30pm

Tuesday: 9.30am - 12.30pm

Thursday: 1.30pm - 4.30pm

Friday: 9.30am - 12.30pm

Indigenous Women's Legal Contact: 1800 639 784
Staffed by Aboriginal Women

Monday: 10.00am - 12.30pm
1.30pm - 4.00pm

Tuesday: 10.00am - 12.30pm
1.30pm - 4.00pm

Thursday: 10.00am - 12.30pm
1.30pm - 4.00pm

Friday: 10.00am - 12.30pm
1.30pm - 4.00pm



St. George Family Support Services Inc.: (02) 9553 9100

St. George Domestic Violence Service: (02) 9087 8300

Southern Sydney Womens Domestic Violence Court Advocacy Service (SSWDVCAS): (02) 9589 1200

Victims of Crime Support Line:
(24 hour telephone information, support and referral for victims of crime)

Metro (02) 8688 5511

Toll Free 1800 633 063

Women needing an interpreter can contact the Telephone Interpreter Service on 131 450 and ask the interpreter to contact the DV Advocacy Service on (02) 9749 7700.