

**VIOLENCE
IS NEVER OK**

**THERE IS NO
EXCUSE
FOR BLAMING
VICTIMS**

**YOU ALWAYS
DESERVE
RESPECT**

**FAMILY VIOLENCE INCLUDES
MANY TYPES OF VIOLENT BEHAVIOURS**

PHYSICAL ABUSE

ASSAULT INCLUDING SEXUAL ASSAULT, CHOKING, SHAKING, BITING, SLAPPING, PUSHING SPITTING, PUNCHING, KICKING, USING WEAPONS, STRANGLING, TORTURING, DAMAGING PROPERTY

SEXUAL ABUSE

PRESSURED, UNWANTED OR NON-CONSENSUAL SEXUAL ACTIVITY, DEGRADING, FORCING SEX WITHOUT PROTECTION, TAKING OR DISTRIBUTING INTIMATE IMAGES WITHOUT CONSENT (IMAGE BASED ABUSE)

EMOTIONAL ABUSE

INTIMIDATING, BLAMING, THREATENING, IGNORING, GIVING SILENT TREATMENT, CONTROLLING, UNDERMINING, BULLYING, LYING, ISOLATING, BLACKMAILING, MAKING SUICIDAL THREATS

VERBAL ABUSE

THREATENING, COERCING, INTIMIDATING, CRITICISING, BULLYING, MAKING PUT DOWNS, SWEARING, HUMILIATING, YELLING, UNDERMINING, NAME CALLING

STALKING AND ABDUCTION

WATCHING, HARASSING INCLUDING USING TELEPHONE AND ONLINE, FOLLOWING, LOITERING, ENTERING OR INTERFERING WITH PROPERTY WITHOUT CONSENT, MONITORING, ABDUCTION

ECONOMIC ABUSE

CONTROLLING MONEY, NOT ALLOWING ACCESS TO BANK ACCOUNTS OR MONEY, PREVENTING OR RESTRICTING PARTICIPATION IN FINANCIAL DECISIONS, WITHHOLDING FINANCIAL SUPPORT, SELLING PROPERTY WITHOUT CONSENT, MONITORING SPENDING

**WANT TO
KNOW MORE?**

www.theline.org.au
www.girlsgottaknow.com.au
www.guysgottaknow.com.au

**IF YOU OR SOMEONE YOU KNOW
IS AFFECTED BY FAMILY VIOLENCE
CALL THE FAMILY VIOLENCE
RESPONSE AND REFERRAL LINE
ON 1800 633 937**

**IN AN EMERGENCY
ALWAYS CALL
000**



HELP AND SUPPORT IS AVAILABLE IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING FAMILY VIOLENCE



24 HOUR HELPLINES

IN AN EMERGENCY ALWAYS CALL 000

TASMANIAN FAMILY VIOLENCE RESPONSE AND REFERRAL LINE

Calls answered by Tasmanian Police staff who will provide a police response or refer to services including counselling

1800 633 937
www.safeathome.tas.gov.au

TASMANIAN SEXUAL ASSAULT CRISIS LINE

Crisis response and support service for survivors of sexual assault and their support persons

1800 697 877

1800RESPECT

National sexual assault, domestic and family violence counselling service. Support available by phone or online chat

1800 737 732
www.1800respect.org.au

KIDS HELPLINE

Support service for children and young people under 25

1800 55 1800
kidshelpline.com.au



COUNSELLING AND SUPPORT SERVICES

FAMILY VIOLENCE COUNSELLING AND SUPPORT SERVICE

Mon - Fri: 9am - midnight
Sat/Sun: 4pm - midnight
Call 1800 608 122

SHE (SUPPORT, HELP, EMPOWERMENT)

Mon - Fri: 9am - 5pm
Call (03) 6278 9090
www.she.org.au

SAFE CHOICES

Mon - Fri: 9am - 5pm
Call 1800 806 189
www.safechoicestas.org.au

AUSTRALIAN CHILDHOOD FOUNDATION

Service for people
17 and under
Call 1300 381 581
www.childhood.org.au

DAISY APP

Download Daisy for free
from the App Store or
Google Play
www.1800respect.org.au/daisy

HEADSPACE

Help and support for
people aged 12-25
Call 1800 650 890
www.eheadspace.org.au

WORKING IT OUT

Tasmania's gender,
sexuality and
intersex support
service
Call 0429 346 122 (South)
Call 0438 346 122 (North and North West)
www.workingitout.org.au

Q-LIFE

LGBTI counselling and
referral service
3pm - midnight
Call 1800 184 527
qlife.org.au



SEXUAL VIOLENCE SUPPORT SERVICES

SEXUAL ASSAULT SUPPORT SERVICE

Mon - Fri, 9am - 5pm
South-based service
03 6231 1811
www.sass.org.au
Crisis line (24/7) 1800 697 877

LAUREL HOUSE

Mon - Fri, 9am - 5pm
North and North-West
based service
North 03 6334 2740
North West 03 6431 9711
Crisis line (24/7) 1800 697 877



LEGAL SERVICES

LEGAL AID COMMISSION OF TASMANIA

Mon - Fri, 9am - 5pm
Call 1300 366 611
www.legalaid.tas.gov.au

TASMANIAN ABORIGINAL COMMUNITY LEGAL SERVICE

Legal services for
Aboriginal and
Torres Strait Islander people
Call 1800 064 865

WOMEN'S LEGAL SERVICE TASMANIA

Legal services for women
Mon - Fri (excl. Wed):
10am - 12:30 pm,
and 1:30pm - 3:30pm
Wed: 2pm - 4pm
Call 1800 682 468
www.womenslegaltas.org.au

You could also talk to someone you trust - a relative or friend. If you are at school, or involved in a community group or sports club, you could talk to a teacher, support staff, coach, or social worker.

