



## Qalalaasaha Guriga iyo qoyska. Waa wakhtigii la oran lahaa bes.

Lama aqbali karo qalalaasaha guriga iyo qoyska.

Qalalaasaha guriga iyo qoyska waa dabecad qof u keeni karta in cabsidiisu badato.

Waxay noqon kartaa:

- waxyeelo jireed, afka ah, maskaxeed, galmo ama nafsadeed
- dayacaad
- waxyeelada lacageed
- dabagal
- kontoroolida qof
- waxyeelaynta qof, xayawaan ama hanti
- joojinta ka qaybgalka dhaqameed ama diimeed, iyo
- u muujinta dabecadahaan carruurta.

Dhammaan dadku waxay soo mari karaan qalalaasaha guriga iyo qoyska. Waxayna ka dhici kartaa dhammaan noocyada xiriirada oo ay ku jiraan:

- xiriiradii hore ama kuwa hadda, micne ma leh jinsigooda ama hab galmoodkooda
- masuulada iyo qaraabada
- xannaaneeyayaasha dadka waaweyn, dadka iinta leh ama xaalad caafimaad qaba, iyo
- Kooxaha qoys ahaan iyo dhaqanba la aqoonsan yahay.

Dadka uu saameeyey qalalaasaha guriga iyo qoyska waxaa laga yaabaa inay noloshooda iyo ta qoyskooda ku noolaadaan cabsi. Tani waxay xitaa dhici kartaa markaad ka tagto xiriir dagaal leh.

## Taageerada la helayo

Haddii adiga ama qof aad taqaan ay saameysay, waxaan kula xiriirin karnaa adeegyada bulshada dhexdeeda, oo ay ku jiraan kuwo takhasusleh, hoy degdeg ah, guriyeyn iyo caawimaad sharciyeed.

Waxaan sidoo kale jeegaraynaa haddii aad xaq u leedahay adeegyadeena iyo lacag bixinteena, oo ay ku jiraan:

- Lacag bixinta dakhliga taageerida
- Crisis Payment
- Ka dhaafida shaqo raadinta
- Qaadashada taageerada calagta
- Adeegyada shaqada bulshada.

Waxaan leenahay turjumaano qoraal iyo af ah oo bilaash ah. Si aad noogula hadasho luuqadaada:

- Ka wac **131 202** wixii ku saabsan lacagaha Centrelink iyo adeegyada, ama
- Translating and Interpreting Service (TIS National) ee **131 450** kuna saabsan Medicare iyo adeegyada lacag bixinta Child Support.

Waxaad sidoo kale geli kartaa [humanservices.gov.au/enough](https://humanservices.gov.au/enough) ama booqo xarunta adeega.

## Wixii macluumaad dheeraad ah

*Family Safety Pack* waxaa lagu helayaa Ingiriis iyo luuqado badan oo kale. Wuxuu leeyahay macluumaad ku saabsan shuruucda Australia ee la xiriira qalalaasaha guriga iyo qoyska, waxyeelada galmada, fiisaha lamaanaha iyo guurka khasabka ah. Gal [dss.gov.au/familysafetypack](https://dss.gov.au/familysafetypack)

Waxaa sidoo kale jira adeegyo taageero bulsho oo kala duwan oo la helayo, oo ay ku jiraan:

- **1800RESPECT**  
Ka wac **1800 737 732**—adeegyada turjumaada waa la helayaa— ama gal [1800RESPECT.org.au](https://1800RESPECT.org.au)  
1800RESPECT waa adeega la talinta waxyeelada galmada iyo qalalaasaha qoyska ee qaranka. Adeegu waa qarsoon yahay waana bilaash. Waxaa la helaa 24 saacadood maalintii, toddoba maalmood isbuucii.
- **Family Relationship Advice Line**  
Ka wac **1800 050 321** ama gal [familyrelationships.gov.au](https://familyrelationships.gov.au)  
Family Relationship Advice Line wuxuu bixiyaa tallo iyo macluumaad ku saabsan arimaha xiriirka qoyska iyo hababka waalidnimo ka dib kala tagga. Wuxuu leeyahay macluumaad la turjumay oo ku yaal bogga internetka wuxuuna kuu gudbin karaa adeegyada xaafadda ee ku caawin kara.  
Lana helayo 8 subaxii ilaa 8 galabtii Isniinta ilaa Jimcaha iyo 10 subixii ilaa 4 galabtii (fasaxyada dadweynahana waa xiran yahay).
- **MensLine Australia**  
Ka wac **1300 789 978** ama gal [mensline.org.au](https://mensline.org.au) wixii macluumaad Ingiriis ah kaliya.  
MensLine Australia waxay bixisaa taageerada taleefaanka internetka ah ee ragga loogu talagalay, adeeg u gudbinta iyo macluumaadka. Waxay sidoo kale siisaa taageero takhasusleh kuwa geysta ama uu soo gaaro qalalaasaha guriga iyo qoyska.

Waxaa la helaa 24 saacadood maalintii, toddoba maalmood isbuucii.

- **Financial Counselling Australia**

Ka wac **1800 007 007** ama gal **financialcounsellingaustralia.org.au** for wixii macluumaad Ingiriis kaliya ah.

Financial Counselling Australia waxay siisaa la talinta lacageed oo qarsoon bilaashna ah dadka ay heysato dhibaatooyinka lacageed. Waxay ka caawin kartaa dadku inay ka baxaan wareega deynta.

Waxaana la helayaa 9.30 subaxnimo ilaa 4.30 galabnimo Isniinta ilaa Jimcaha (fasaxyada dadweynahana waa xiran yahay). Lambarku wuxuu si toos ah kuugu toosinayaa adeeg bixiyaha gobolka ama territory ga kuugu dhow.



## Family and domestic violence. It's time to say enough.

Family and domestic violence is not acceptable.

Family and domestic violence is behaviour that can cause a person to be fearful.

It can be:

- physical, verbal, emotional, sexual or psychological abuse
- neglect
- financial abuse
- stalking
- control of someone
- harm to a person, animal or property
- stopping spiritual or cultural participation, and
- exposing children to these behaviours.

All people can experience family and domestic violence. It can happen in all types of relationships including:

- past or current relationships, it doesn't matter the gender or sexuality
- relatives and guardians
- carers of older people, people with disability or a medical condition, and
- culturally recognised family groups.

People affected by family and domestic violence may live in fear for themselves and their family. This can happen even when they've left a violent relationship.

## Support

If you or someone you know is affected, we can connect you to services in the community, including specialists, emergency accommodation, housing and legal assistance.

We can also check if you are eligible for our payments and services, including:

- income support payments
- Crisis Payment
- exemptions from seeking employment
- collecting child support
- social work services.

We have free interpreters and translators. To speak to us in your language:

- call **131 202** about Centrelink payments and services, or
- the Translating and Interpreting Service (TIS National) on **131 450** about Medicare and Child Support payments and services.

You can also go to **humanservices.gov.au/enough** or visit a service centre.

## More information

A *Family Safety Pack* is available in English and in a range of languages. It has information about Australia's laws regarding family and domestic violence, sexual assault, forced marriage and partner visas. Go to **dss.gov.au/familysafetypack**

There are also a range of community support services available, including:

- **1800RESPECT**  
Call **1800 737 732**—interpreting services are available—or go to **1800RESPECT.org.au**  
1800RESPECT is the national family violence and sexual assault counselling service. The service is free and confidential. Available 24 hours a day, seven days a week.
- **Family Relationship Advice Line**  
Call **1800 050 321** or go to **familyrelationships.gov.au**  
The Family Relationship Advice Line provides information and advice on family relationship issues and parenting arrangements after separation. It has translated information on its website and can refer you to local services that can help. Available 8 am to 8 pm Monday to Friday and 10 am to 4 pm Saturday (closed public holidays).
- **MensLine Australia**  
Call **1300 789 978** or go to **mensline.org.au** for English information only.  
MensLine Australia provides telephone and online support for men, information and a referral service. It also provides specialist support to those who inflict or experience family and domestic violence.  
Available 24 hours a day, seven days a week.

- **Financial Counselling Australia**

Call **1800 007 007** or go to **financialcounsellingaustralia.org.au** for English information only.

Financial Counselling Australia offers free confidential financial counselling for people experiencing financial problems. It can help people to get out of the cycle of debt. Available 9.30 am to 4.30 pm Monday to Friday (closed public holidays). The number will automatically direct you to a service provider in a state or territory closest to you.