



ንናይ ስድራን ኣብ ስድራቤት ውሽጢ ዝፍጠር ጐንጺ፣ ኣብዚ እዋን ይኣክል ንብል።

ናይ ስድራን ኣብ ስድራቤት ውሽጢ ጐንጺ ተቐባልነት የብሉን።

ስድራን ብስድራቤት ውሽጢ ጐንጺ ምፍጠር ባሕሪ ሓደ ሰብ ንክፈርሕ ምክንያት ክኸውን ይኽእል።

እዚውን:

- ምሕራም፣ ምጽራፍ፣ ስሚዒታዊ ምኃን፣ ብጾታዊ ወይኻዓ ብስነ-ልቦናዊ ጸቕጢ ምግባር
- ምግላል
- ብገንዘብ ብልሽው ኣጠቓቕማ
- ምጽራፍ
- ንሓደ ሰብ ምቁጽጻር
- ኣብ ሓደ ስብ፣ እንስሳ ወይኻዓ ንብረት ጉድዓት ምብጻሕ
- ናብ መንፈሳዊ ወይኻዓ ባሕላዊ እምነት ንክይሰተፍ ጠጠው ምግባር፣ ከምኡ'ውን
- ንሕጻውንቲ በዘም ባሕሪያት ምቅላዕ።

ንናይ ስድራቤት ጐንጺ ኩሉ ሰብ ከጋጥሞ ይኽእል። ብናይ ኩሉ ዓይነት ርክቢ ዝምድና ክፍጠር ይኽእል፣ በዚ ዚካተት:

- ብዝሓለፈ ወይኻዓ እዋናዊ ዝምድና ርክቢ፣ ብዘየግድስ ጾታዊ ወይኻዓ ወሲባዊ ድሌት
- ኣዝማድን መጉዚታት
- ብዕድመ ዓበይቲ ንዝኸኑ ሓልዮት ውሃቢ፣ ናይ ኣካል ጉድዓተኛ ወይኻዓ ሕሙም ዝኸኑ ሓልዮት
- ብባህላዊ ተውቐባልነት ምስዘለዎ ስድራቤ ጉጅለ።

ብናይ ስድራቤት ጐንጺ ምፍጠር ጸገም ዘለዎ ሰብ ንባዕሎምን ንስድራቤቶም ብፍርሓት ክነብሩ ይኽእሉ። እዚውን ካብቲ ጐንጺ ዘለዎ ዝምድና ርክቢ እንተገዲፍኻ'ውን እዚ ፍርሓት ክፍጠር ይኽእል።

ደገፍ ሓገዝ

ንስካ ወይካ ዓይነት ትፈልጉ ዝኾነ ሰብ ጸገም እንተሃልዎ ብናይ ማሕበረሰብ ውሽጥ ንዘሎ ኣገልግሎት ክነራኽብ ንክእል፣ በዚ ዚካተት ናብ ፍሉይ ሰበሰባዎታት፣ ናብ ህጹጽ እዋን መጽሊሊ ቦታ፣ መንበሪ ገዛ ከምኡውን ናብ ሕጋዊ ዝኾነ ሓገዝ ዝሕቡ ድርጅት ይኸውን።

ከምኡውን ብናትና ክፍሊትን ግልጋሎት ዝፍቐደልኻ እንተኾይኑ ክነጻርይ ንክእል፣ በዚ ዚጠቓለል፡

- ንናይ እቶት ደገፍ ክፍሊታት
- Crisis Payment
- ካብ ሥራሕ ምዕላሽ ግዴታ ናጻ ምኽን
- ናይ ሕጻን ደገፍ ምእኻብ
- ማሕበራዊ ሥራሕ ኣገልግሎታት።

አስተርጓሚዎችና ተርጓሚዎች ያለክፍያ በነጻ ይኖርዎታል። በራስዎ ቋንቋ እኛን ለማነጋገር፡

- ስለ Centrelink ክፍያዎች እና ኣገልግሎቶች በስልክ **131 202** መደወል፣ ወይም
- ስለ Medicare and Child Support ክፍያዎችና ኣገልግሎቶች ለ Translating and Interpreting Service (TIS National) በስልክ **131 450** መደወል።

እንዲሁም በ humanservices.gov.au/enough ላይ ገብቶ ማየት እንደሚቻል ወይም በአካል ወደ ኣገልግሎት ማእከል ሄዶ ማየት።

ዝበለጸ መረዳእታ

ናይ *Family Safety Pack* ብእንግሊዝኛን ብዝተፈላለዩ ቋንቋታት ይዳለው እዩ። ብዛዕባ ናይ ኣውስትራሊያ ሕገ ማለት ብዛዕባ ስድራን ኣብ ስድራቤት ውሽጢ ጌንዲ ባዕሲ፣ ጸታዊ በደል፣ ብግዴታ መርዓን ናይ ሰብዓይ/ሰበይቲ ሺዛ ዚምልከት ሓበሬታ ኣለዎ። በ dss.gov.au/familysafetypack ላይ ገብቶ ማየት።

ከምኡውን ዝተፈላለዩ ናይ ማሕበረሰብ ደገፍ ኣገልግሎታት ከምዘለዉ እሞ በዚ ዚኸተት፡

- **1800RESPECT**
በስልክ **1800 737 732** መደወል እና— የአስተርጓሚ ኣገልግሎት ይቀርባል — ወይም በ **1800RESPECT.org.au** ላይ ገብቶ ማየት።
1800RESPECT ናይ ሃገራዊ ስድራቤት ጌንዲን ብጸታዊ በደል ንዝበጽሑም ናይ መማኸርቲ ኣገልግሎት እዩ። እቲ ኣገልግሎት ብዘይኸፍሊት ብናጻን ሚስጢራዊ ብዝኾነ መገዲ እዩ። እባ መዓልቲ ን 24 ሰዓታት፤ ኣብ ሰሙን ሽውዓተ መዓልታት ይኸውን።
- **Family Relationship Advice Line**
በስልክ **1800 050 321** መደወል ወይም በ familyrelationships.gov.au ላይ ገብቶ ማየት።
ናይ Family Relationship Advice Line ብዛዕባ ስድራቤት ርኽቢ ዝምድና ጌንዲን ድሕሪ ወለዲ ምፍልላይ ዘዕቢ ወለዲ ምድላው ዚምልከት ሓበሬታን ምኽሪ ይህብ እዩ። በቲ ዌብሳይት ዝተተርጎመ መረዳእታ ከምዘለዎን ክሕግዝኻ ዝክእል ናይ ከባቢ ኣገልግሎታት ክልእኸካ ይክእል።

ከብ ሰኑይ ክሳብ ዓርቢ ሰዓት 8 am ንጉሆ ክሳብ ሰዓት 8 pm ከምኡ'ውን ቐዳም ከብ ንጉሆ ሰዓት 10 am ክሳብ ሰዓት 4 pm (ሕዝባዊ በዓላት ይጸጸው እዩ)።

- **MensLine Australia**

ብእንግሊዝኛ ጥራይ መርዳኢታ ንምርካብ ብስልኪ **1300 789 978** ምድዋል ወይኻዓ ኣብ

mensline.org.au ኣቲኻ ምርኣይ።

MensLine Australia ንኣወዳት ብተለፎን ከምኡ'ውን ኣብ መስመር ሓገዝ ከምዘዳልውን እዚ'ውን ሓበሬታ መርዳኢታ ምድላውን ኣድላጊ ናብዝኸኖ ግልጋሎት ብምልኣኽ ይኸውን። ብተወሳኺ'ድማ ናይ ስድራቤት ጌንጺ ንዘጋጠሞ ስድራ ፍሉይ ዝበለ ሓገዝ ይዳልው እዩ።

እባ መዓልቲ ን 24 ሰዓታት፤ ኣብ ሰሙን ሸውዓተ መዓልታት ይኸውን።

- **Financial Counselling Australia**

ብእንግሊዝኛ ጥራይ መርዳኢታ ንምርካብ ብስልኪ **1800 007 007** ምድዋል ወይኻዓ

financialcounsellingaustralia.org.au ኣቲኻ ምርኣይ።

Financial Counselling Australia ናይ ገንዘብ ጸገም ንዘጋጠሞም ሰባት ብዘይኸፍሊት ብናጻን ሚስጢራዊ ብዝኸነ መገዲ መማኽርቲ ይህብ እዩ። ብናይ እዳ ጸገም ንዘለዉ ሰባት ናጻ ንክኸኑ ክሕግዝ ይኸእል።

ከብ ሰኑይ ክሳብ ዓርቢ ንጉሆ ሰዓት 9.30 am ክሳብ ድሕሪ ቐትሪ ሰዓት 4.30 pm ይውሃብ (ሕዝባዊ በዓላት ይጸጸው)። እቲ ቁፅሪ ብቐጥታ ብከበቢኽ ዝርኽብ ዘሎ ኣገልግሎት ውሃብቲ ናይ መምሕድዳር ግዝ ዓት ወይኻዓ ተሪቶርይ የማሓላልፈኻ እዩ።



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.