



# 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](https://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](https://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](https://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](https://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](https://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](http://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.