

Our service

Women's Health West is committed to improving the health, safety and wellbeing of women in Melbourne's western region.

How we can help

We provide crisis and short-term support to women and their children. We offer:

- Someone to talk to
- Support to develop a safety plan
- Information about your rights. Family violence is a crime. You have a right to report it to police
- Information about housing. You may not have to leave the family home
- Information about income and other financial support

Court support

Outreach workers can support you when talking to the police or attending Sunshine, Werribee and Melbourne Magistrates' Court. Outreach workers can:

- Help you understand what happens in court
- Provide information on legal options
- Help you fill in forms (e.g. Intervention order applications)
- Refer you to other support services e.g. lawyers



How to contact us

Call **(03) 9689 9588** or
visit our website at www.whwest.org.au
317-319 Barkly Street Footscray Vic 3011

After-hours support

If you need support because of family violence outside working hours, call the Women's Domestic Violence Crisis Service on **1800 015 188**

Telephone interpreter service

If you need an interpreter call **131 450**



FAMILY VIOLENCE CRISIS OUTREACH SERVICE

**Supporting women and their
children to live free from
family violence**



PHONE: 9689 9588
www.whwest.org.au

WHAT IS FAMILY VIOLENCE?

Family violence isn't always about physical assault it can also be:

Threats - Your partner saying they will hurt you or the children if you do not do what they want

Intimidation - Making you afraid with looks, actions and gestures

Using children - Using contact visits to harass you or forcing children to relay threatening messages

Isolation - Controlling what you do, who you see or talk to. Smothering you with attention so you can't contact others

Economic abuse - Controlling and withholding access to money and property

Sexual assault - Any sexual act not fully agreed to by both partners including rape, indecent assault and forcing you to view pornography

Spiritual abuse - Manipulating you with religious or spiritual beliefs, stopping you from practicing your beliefs, forcing the children to be reared in a particular faith

HOW WILL THE VIOLENCE AFFECT ME?

These are some of the things women have reported, you may also feel:

- Powerless, afraid, depressed, humiliated, withdrawing from others
- Angry, frustrated, anxious, sad
- Like you've tried everything and nothing works
- Ashamed or embarrassed
- Worried about money
- Confused because sometimes your partner is loving and kind
- Failure about the relationship
- Afraid of more violence and harassment if you leave
- Guilty about leaving or scared of coping alone

*Family violence is a crime.
Never believe that the
violence is your fault.*

VIOLENCE ALSO AFFECTS CHILDREN

Children suffer emotionally, physically and psychologically when they witness family violence. They may:

- Feel unsafe
- Feel helpless and overwhelmed with anxiety
- Blame themselves for causing the abusive behaviour
- Become withdrawn and fearful
- Have difficulty relating to others
- Find it hard to concentrate at school
- Want to protect others in the family
- Have trouble sleeping, headaches or stomach aches

*You and your children have the
right to live free from
violence and fear.*



PLEASE CALL THE POLICE ON 000 IF YOU ARE IN IMMEDIATE DANGER