

CALLING THE POLICE

In an emergency you may need the Police 000. If you are unable to contact them yourself ask someone to call them for you. If possible tell your neighbours about your situation and ask them to call the police if they think you are in danger.

If your partner is being violent try to leave the house and take the children with you, if you can do it safely. If your partner has a firearm you should tell the police for your own safety.

You have the right for the police to come to your home, insist on it if necessary.

Under the law the police must help you.

Telephone (07) **4968 3444** or

In an emergency phone 000

EMOTIONS & BEHAVIOURS

After leaving a violent relationship some women have said they experienced the following behaviours from the person who uses violence;

An increase in phone calls either threatening (blackmail) or promising change for the better e.g. they are attending counselling/ getting help.

An increase in coercive or threatening text messages

Threats to self harm or suicide

Legal threats to take property or children

Stalking

Threats to harm or kill pets

Threats to damage property

It's normal to feel isolated, lonely and scared after leaving, a lot of women feel this way.

If you would like to talk to someone, there are options available; you can speak to a counsellor at

Whitsunday Counselling & Support Inc

Ph: 4946 2999 contact **DV Connect** (24 hr phone counselling and support) on 1800 811 811 or contact **Lifeline** 13 11 14 (experienced counsellors 24 hrs a day).

CONTACT INFORMATION

Whitsunday Counselling & Support Inc
Monday to Friday 9am– 5pm

We offer information, counselling, confidentiality, support including court support and referral to women and children experiencing domestic violence.

DV CONNECT 1800 811 811

They offer 24 hour free, confidential, Queensland wide, crisis counselling, emergency referral and information.

POLICE

Police 000 **Bowen** 47613500

Whitsunday 49488888 **Collinsville** 47855377

Proserpine 49459666 **Mackay** 49683444

Whitsunday Housing Company 49467194

Proserpine Hospital 48139400

Whitsunday Neighbourhood Centre 49467850

ATODS 49487633

(alcohol, tobacco, other drugs counselling)

Proserpine Community Centre 49455915

CENTRELINK 13 10 21

Department of Housing Mackay (07) 4967 0888

A bond loan and rental assistance is available through application. Public rental is also available.

Legal Aid Queensland 1300 651 188

For legal information and assistance

Women's Legal Service 1800 677 278

North Queensland Women's Legal Service 1800 244 504

Provides legal information, advice, referral and support for women

Kids Helpline 1800 55 1800

Support and information for children

LIFELINE 13 11 14

(24 hours) Counselling and support



SAFETY PLAN

For Women & Children Escaping Domestic Violence

All women and children have the right to protection from domestic violence.



Human Services
Quality Standards
QUALITY CERTIFIED
ORGANISATION

HOW CAN I LEAVE SAFELY?

There are many women like you who are living with or have lived with a violent person. It is common for many women and children who experience abuse to feel totally powerless. You are not alone!

If you have fears for your safety you may want to consider making a safety plan to use in case you need to leave in a hurry.

SAFETY PLAN

Talk to someone (confidentially) about your decision to stay, or whether to leave.

Decide who you will call if you feel threatened or in danger and keep their telephone numbers in a safe and handy place.

Decide where you will go if you need a safe place. Practise getting there when it is safe.

Decide what arrangements you will make to ensure the safety of your children.

Save some money for taxi or bus fares and living expenses.

Keep an extra key to your house and car.

Pack all the medication you need.

Know where all your important papers and records are so that you can find them in a hurry e.g.

Bank Books/ Credit cards/
ATM Cards

Your own and your
children's passports

Birth Certificates

Marriage Certificate

Centrelink Concession
Cards

Driver's Licence

Deeds to the house or
other property

Your Will

Keys to the house & car

Your Address Book

Irreplaceable personal
items e.g. Photographs,
Jewellery and valuables

Consider keeping some
clothing, medications,
nonperishable food,
important papers, keys,
and some cash at a
friend's house

Evidence of the domestic
violence
e.g. photos/ video etc.

If you need the family car to leave, particularly if you have children, then you may be able to take it. However, you may not legally be able to keep it, so you should get legal advice as soon as possible.

Where possible, explore new accommodation before leaving. You may have a right to part of the furniture and other household items. Seek legal advice, particularly before leaving, if possible.

The police will escort you to go back to the property to retrieve personal items. Contact the local station with identification preferably with the home address on it and ask for POLICE ASSIST.

If you want the children to live with you then take them with you, if possible. If you cannot take them get legal advice immediately.

BEFORE YOU LEAVE IT IS A GOOD IDEA TO:

Remove your name from the property lease

Remove your name from household bills e.g. electricity, water, telephone.

Cancel any subscriptions such as Austar etc.

Contact the Department of Housing to discuss your housing options.

Speak to the principal and teachers at your child/ren/s school/s to make them aware of the situation and that you are preparing to leave.

Practise travelling to the location that you choose as a safe place when you feel safe to do so.

Obtain legal advice on separation and Protection Orders if possible. (Contact numbers over-leaf)

Open a new bank account in your name only-keeping the details confidential.

Purchase a new SIM Card or a prepaid mobile and block the number from showing on outgoing calls, only allowing trusted family/ friends the number.

Contact Centrelink to discuss crisis payment options.

ACCOMMODATION

If you do leave there are a range of options:

Staying with friends or family.

Private rental - *Bond Loans and Rent Assistance are available from the Department of Housing.*

Public Rental *through the Department of Housing. Application forms need to be completed to register your name on the list.*

All enquiries can be made to The Department of Housing (07) 4967 0888

A women's refuge - *a safe place for you and your children at a secret location.*

At the refuge you only need personal belongings for you and your children. If you have to leave in a hurry the refuge will help you out with essentials.

For information and assistance contact Whitsunday Counselling & Support Inc Ph: 4946 2999 or

DV CONNECT on 1800 811 811 or
in an emergency call 000.

CASA (Crisis Accommodation Support Association) provides short term supported accommodation for families with dependent children. For further enquiries contact CASA (07) 4951 4299.

Community Rent Scheme- provides short to medium term accommodation. For further enquiries contact Community Rent Scheme on (07) 4957 6292

Remember: Leaving could be your most dangerous time, be cautious and have a safety plan!

