

AustralAsian Centre for Human Rights and Health Inc



ACHRRH

Empowering Communities
through Knowledge & Research

June 2020
Newsletter

Family and Mental health impacts of COVID19 show us a new way to live

We heal our emotional pain and psychological trauma through the healing power of connection. COVID 19 is causing us to follow isolation and physical distancing. Physical distancing means geographical separation and is a more correct term than social distancing. The latter refers to distancing from our loved ones and our social connections. The distancing from social connections is likely to produce loneliness. In the modern world loneliness is a serious problem with serious mental health impacts. It gives rise to feelings of acute stress and depression. It causes the body as much harm as associated serious medical illnesses such as heart attacks or high blood pressure.

In the last few weeks I have seen a number of patients who are suffering from the stress of loneliness. There are many who feel alone in the house if they are not able to connect electronically with their friends or family giving rise to feeling of depression, loss of motivation and for some people acute anxiety attacks.

Some people have taken to bed, finding it hard to get out of



**Manjula
O'Connor**

bed. Whereas others have been finding it hard to stay home alone getting panic attacks. A couple of weeks ago I had a referral to see an elderly woman who was suffering acute panic attacks for fear of catching coronavirus. She needed strong medication and education into the nature of infection and how to prevent her from catching it. I'm pleased to say that the treatment strategy has worked well and she is feeling calm, and is now able to sleep well and do her household chores without stress. Another patient told me that he was afraid of going out because he thought air was polluted outside, it was toxic and he would die. He had not been watching television as information about the spread of virus across the world was making him feel depressed and helpless. He was given latest

information into the low community transmission rate of the virus in Australia. That made him feel relieved and he agreed to go for walks every day.

It is also likely to be difficult for family violence victims who live with their perpetrators. They could be exposed to the awful fear that they will be abused. A number of such patients were due for telephone consultation last week in my Clinic but they cancelled. This may be the reason that 1800 Respect calls have dropped. Some think it might be that it is about being surrounded by neighbours all being home and that they would be caught out. Either way it is a concerning trend. An increase in NSW domestic violence services by 30% has been reported. A huge increase in the number of violent episodes in Brisbane has also been recorded by domestic violence services.

The general state of anxiety in relation to Covid 19 is very high and it has certainly changed the way we live and work. But there is a silver lining to this cloud. There is an upside to this. We will learn to connect with each other more and value people in our social

networks more. Spending family time together will certainly increase family bonding. And children have been receiving more time in one to one parenting. By staying home and not flying or driving cars we have also lowered carbon emissions in the environment. Reports of the Himalayas being visible from the North Indian city of Jalandhar and clear blue skies in Melbourne are welcome. The wonderful videos of animals and birds claiming public spaces previously occupied by humans have been a delight to see on YouTube. The economy has been hit hard and research shows that the young people are going to be most affected. I have inherent faith in Human ingenuity and we will be able to find a way out. There will be a vaccine. And more effective acute treatments of sick people are likely to emerge in the near future. And most people will survive the virus.

Three Hope workshops that trained the trainers in prevention of family violence concluded in February 2020 . Sadly due to Covid 19 the participants were not able to run future workshops. We hope to re visit the issue when face to face meetings begin.

BREAKING NEWS

1. ACHRH and Harmony Alliance have won a 3-year grant to conduct a project that will create a National Framework for the Prevention of Dowry Abuse.

This issues paper outlines the current research, gaps and basic plan of action.

<https://www.achrh.org/wp-content/uploads/2020/05/ISSUES-PAPER.pdf>

2. Blueprint for Reform: Removing Barriers to Safety for Victims/Survivors of Domestic and Family Violence who are on Temporary Visas.

https://www.wlsnsw.org.au/wp-content/uploads/Blueprint-for-Reform_web-version-021019.pdf

Reflections of social worker on the frontline during Covid 19

Jatinder Kaur - social worker & university of Melbourne Phd candidate

As a bilingual social worker supporting migrant Indian women who experience family violence is challenging. During this Covid 19 period, majority of frontline DV services reduced face to face contact and moved to telephone support. This meant that there were fewer services available to vulnerable women seeking help if they were a victim of family violence.

“Mainu bechayo” (please save me)

In early April I had Punjabi women reach out and contact me via WhatsApp she lived in a regional town and her husband and in-laws were being abusive to her. She is on a student visa and husband is not yet a permanent resident. The mother in law was unhappy with the marriage as she did not get the “dowry” and gifts from brides’ family and was pressuring her son to abuse his wife so that he could remarry again.

Preet* (fake name) would reach out to me when husband was not around and then a few days later she stopped replying to my texts. I could not reach her and then called 000 Police to do a welfare check on her (as I was concerned for her safety). Preet still refused to tell police officers that she was being abused (husband had slapped her, bitten her and thrown chemicals on her face, stopped talking to her). Eventually Preet called me on a Monday morning in crisis - asking me to “save her life” while I heard screams and abuse in the background. She

managed to text me her address and I called police for an urgent response. We were able to get her to safety and into a DV refuge.

Vulnerable migrant women who are on temporary visas are experiencing family violence behind closed doors...we don’t know what the prevalence of family violence is within migrant communities

There are so many stressors due to Covid 19.. women being required to self-isolate with abusive partners (In-laws), women not being able to use their phones/email or be able to go out to seek help and assistance. Their movements were being monitored 24/7 ..

Migrant women who have limited English language skills are not told about the DV services and the supports available to them in Australia. This is intentional to maintain that power and control over the migrant women.

Within Indian cultural, patriarchal beliefs, a woman is seen as the property of the husband and in laws and a “good wife” is an obedient wife who serves her husband and in laws.

Family violence is perpetuated by the men and in laws to keep Indian women submissive and under control.

My worry is that with the increase in social stressors, high levels of unemployment, changes in

Immigration visa, poor coping skills, family breakdown and stress.

We will see a huge spike increase in family violence across all demographics not just Indian women in Australia.

Media Release

The Hon Martin Pakula MP

Minister for the Coordination of Jobs, Precincts and Regions – COVID-19
Minister for Racing
Minister for Jobs, Innovation and Trade
Minister for Tourism, Sport and Major Events



Wednesday, 29 April 2020

EMERGENCY SUPPORT FOR VICTORIA'S INTERNATIONAL STUDENTS

International students will receive a relief payment of up to \$1,100 as part of a Victorian Government emergency support package that will help tens of thousands of people across our state.

International students are a vital part of our education system, our economy and our community. They give so much to Victoria – not just through the fees they pay, but also through the economic activity they generate for our businesses, and the contribution they make to our vibrant, inclusive society.

Like so many people during this pandemic, international students have been affected by casual job losses in retail and hospitality, making it even tougher for them to make ends meet. Many have also fallen through the cracks of Federal Government programs – unable to access the support they need to support themselves.

To ensure Victoria's international students can buy the basics and get through to the other side of the crisis, the Victorian Government will establish a \$45 million *International Student Emergency Relief Fund*.

The fund will provide a one-off payment to students in need while expanding emergency provisions for those experiencing exceptional circumstances.

Up to 40,000 international students enrolled at Victorian universities, TAFEs, private vocational education and training providers and English language colleges who have lost wages and work due to the coronavirus pandemic could benefit from the relief payment, which covers demonstrated lost income up to \$1,100.

The payments, which will require co-contributions from university hardship funds, build on existing Victorian Government support provided to international students through the Study Melbourne Student Centre such as free legal aid and mental health services.

More than 150,000 international students currently living in Victoria are also eligible for the Victorian Government's rent relief program, including subsidies of up to \$2,000, and those legally allowed to work in Victoria are eligible for the Working for Victoria initiative, which helps people who have lost their jobs to find new employment.

International education generated \$12.6 billion revenue for Victoria last financial year, supporting around 79,000 jobs, with most students coming from China, India, Nepal, Malaysia and Vietnam.

For more information about the relief fund and other dedicated support, go to studymelbourne.vic.gov.au.

Quotes attributable to Minister for Jobs, Innovation and Trade Martin Pakula

"International students give so much to Victoria – it's only fair we support them in their hour of need."

"This virus doesn't discriminate and neither do we – we are in this together and we will get through it together."

Quote attributable to Minister for Education James Merlino

"It's important that we back the people who have made such a strong commitment to our state, and we will make sure that our education providers can emerge from the other side of this crisis in a position to quickly rebuild."

Quote attributable to Minister for Training and Skills and Higher Education Gayle Tierney

"We'll continue to work closely with the sector to give international students the support they need so they can continue to focus on their studies."

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National Dowry Awareness Campaign

Gauri Kapoor

The national campaign against dowry abuse in Australia has grown from strength to strength over the past few months. Two important developments have been the formation of a 'Dowry Abuse Working Group' (DAWG) and the formation of a three-year project to construct a National Framework for the Prevention of Dowry Abuse in Australia.

The creation of the Dowry Abuse Working Group (DAWG) has helped solidify the collective advocacy of key non-governmental organisations and academic institutes - ACHRH, Harmony Alliance, UNSW, InTouch, AWAVA, and Good Shepherd. The group has been meeting monthly via Zoom over the past few months and has included the participation of several young and enthusiastic representatives from each organisation.

Under Dr Manjula O'Connor's facilitation, meetings have led to lively and productive discussions each time. Attendees of the Second National Dowry Abuse Summit had concluded proceedings by agreeing to convene this special group. The group's aim has been to develop a dynamic strategic approach to raising awareness about dowry abuse in Australia. It is responsible for shaping various advocacy efforts. Central to DAWG's mission is to propel forward the campaign for recognition of dowry abuse in federal law. There are a myriad of social, cultural, political

and legal factors DAWG must work through in achieving its aims and in formulating appropriate responses. It regularly undertakes tasks and evidence based reviews of issues relevant to developing policy coherence in this area while taking into consideration the recommendations that were presented by the Senate Inquiry into the Practice of Dowry and the Incidence of Dowry Abuse in Australia.

In addition, ACHRH and Harmony Alliance have just been awarded a large three year grant by the Federal Government to conduct a joint project that will culminate in the creation of a 'National Framework for the Prevention of Dowry Abuse'. This will be the first project of its kind to be rolled out in a Western country. There is information and research about dowry and dowry abuse in individual countries – most particularly in India. Less attention however has been paid to the form dowry and dowry abuse takes in the context of migration and settlement. ACHRH and Harmony Alliance will extensively examine dowry abuse through a range of socio-cultural factors affecting migrants in Australia in order to determine best practice in prevention. The theory of change behind the project is inspired by Our Watch's 'Change the Story'.

Coronavirus lockdown: Domestic violence complaints in Australia rise even as reports by phone fall

Women's rights activists and support services across Australia have registered an increase in the number of domestic violence cases during the coronavirus lockdown. The federal and state and governments have set aside extra funding to address this challenge.

BY RUCHIKA TALWAR

<https://www.sbs.com.au/language/english/audio/coronavirus-lockdown-domestic-violence-complaints-in-australia-rise-even-as-reports-by-phone-fall> 17/04/2020

New data released by women's support services and rights activists show that due to the COVID-19 shut down in Australia, women in abusive relationships are living with their abusers in greater proximity than before.

Highlights

- Women are hesitant to reporting domestic violence over the phone during coronavirus lockdown
- In NSW, domestic violence-related Google searches show 75% increase since first reported coronavirus cases
- Federal government has earmarked an extra \$150 million to support domestic violence victims

The federal government has set aside an extra \$150 million to address this issue, which has seen an alarming increase in recent weeks. This is in addition to their services already being provided to support victims of family violence.

75% increase in Google searches on domestic violence in NSW

A recent survey conducted by Women's Safety NSW, an advocacy group that works to address domestic violence issues in New South Wales, found that frontline services have seen a 40 per cent increase in the number of cases since the coronavirus lockdown began.

Last month, the state's Attorney General and Minister for Prevention of Domestic Violence Mark Speakman said that there had been an increase of 75 per cent in the number of Google searches related to domestic violence during the lockdown.

The state government has earmarked an extra \$34 million to fund support services for victims of domestic violence.

Rise in new cases involving migrant women in SA

Women Support Services South Australia (WSSSA) data for February-March 2020 highlights an extra layer in this social trend as it shows a significant increase in the number of cases reported by the state's migrant women.

Alarmed by this, Saru Rana, an activist from Adelaide who runs SHAMSHIR, a social service that

works for women's and child rights, has turned her personal mobile number into a hotline for those seeking help.

"WSSSA's Migrant Women's Support Program (MWSP) has registered 69 new cases from South Australia's culturally and linguistically diverse backgrounds between February and March this year. This alarmed me because usually that number is maximum 30-35 in two months. I then decided to make my personal phone number a hotline for women and children in domestic crisis during this

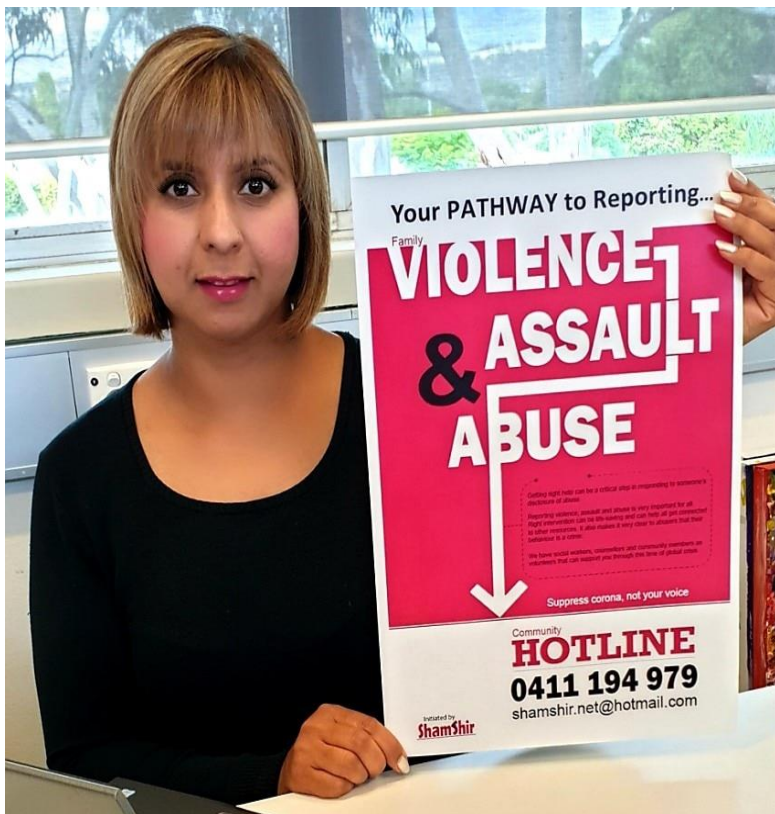


Figure 1 Saru Rana has turned her mobile phone into a domestic violence hotline for SA's victims during the coronavirus lockdown.

lockdown," says Ms Rana, who is also a school teacher and political activist.

Many victims, she says, cannot make calls because they fear being overheard by their abusive partners or are stopped from stepping out of the house.

"Alarmingly, calls on my phone for help have dropped sharply, and have been replaced by desperate text messages and emails, which are then deleted for the purpose of confidentiality," adds Ms Rana.

Referring to the MWSP data, Ms Rana adds that five out of these 69 are of Indian background.

"People might question why 'only five' new domestic violence victims from Indian women alarm me. This number has been recorded within this two-month period, which is officially the lockdown period. These women have shown the courage to report while living with their perpetrators 24x7," she explains, adding such cases can rise soon.

"Based on this data, we can expect an explosion in the number of such cases once the lockdown ends because then, more victims of domestic violence will relatively be at a safe distance from their perpetrators, which will give them the space to complain," Ms Rana adds.

30% drop in phone calls from victims in Victoria

Over the past two weeks, Dr Manjula O'Connor, a Melbourne-based psychiatrist and influential activist against domestic violence, has noted a steep fall in the number of phone calls that she and other social support services in Victoria usually receive from domestic violence victims.

"A drop of 30 per cent has been reported in the number of calls from victims to 1800 RESPECT. I

have also heard of an increase in calls by migrant women. People working as respondents at such services are worried that women may not be ringing them because they are at home with the perpetrator," Dr O'Connor says.

As chair of the Family Violence Psychiatry Network of the Royal



Figure 2 Dr Manjula O'Connor expects the drop in phone calls during the coronavirus lockdown to bounce back.

Australian New Zealand College of Psychiatrists, she has a steady stream of patients who consult her for mental health issues.

"Yesterday, I have had four patients cancel their telly consult who are usually very keen to consult me. Possibly, they are at home with the perpetrator. Anxiety during the coronavirus lockdown is quite high among women," views Dr O'Connor.

A possible explanation to the drop in the number of such calls, says Dr O'Connor, is that during the coronavirus lockdown, almost everyone is at home.

"The neighbours are all home and the perpetrators might be concerned that they will hear the noise and might report it to the police. But it is temporary and sooner or later, the calls will bounce back," she reasons.

Many domestic violence refuges centres in Queensland are full

Jatinder Kaur, a Brisbane-based women's rights activist says that in the past month, she has observed "an increase in calls" related to domestic violence made to her directly or through the police and hospitals.

"Two of them were high-risk cases with physical injuries and needed urgent emergency accommodation. I know that all domestic violence refuge centres, were full in Queensland recently," Ms Kaur elaborated.

If you or someone you know is impacted by family violence or sexual assault, please call 1800 RESPECT (1800 737 7328) or call Mens' Referral Service on 1300 766 491. In an emergency, please call 000.

Coronavirus symptoms can range from mild illness to pneumonia, according to the Federal Government's website. Symptoms can include a fever, coughing, sore throat, fatigue and shortness of breath.

If you develop symptoms within 14 days of returning from overseas, you should call to seek medical attention.

If you don't have symptoms but you have been in contact with a confirmed COVID-19 case, you should also call to seek medical attention.

If you believe you may need to get tested, call your doctor, don't visit. Or contact the national Coronavirus Health Information Hotline on 1800 020 080.

If you are struggling to breathe or experiencing a medical emergency, call 000.

Listen to [SBS Punjabi](#) Monday to Friday at 9 pm. Follow us on [Facebook](#) and [Twitter](#).

Why did seven women from one area of Melbourne die by suicide within months of each other?



Figure 3 Monica* contemplated suicide after moving to Australia from India. Source: Supplied

Exclusive: A cluster of suspected suicides among Indian women in one area of Melbourne in 2018 and 2019 is concerning authorities, with family violence concerns linked to several of the deaths.

<https://www.sbs.com.au/news/why-did-seven-women-from-one-area-of-melbourne-die-by-suicide-within-months-of-each-other> 02/06/2020

BY LIN EVLIN

Content warning: Contains descriptions of family violence and suicide

Seven suspected suicides with disturbing similarities have left lawyers and police questioning what circumstances were surrounding those in the Indian community of Melbourne's City of Whittlesea.

With evidence some of the women had experienced family violence prior to their deaths - five of which were in 2018 and two in 2019 - a principal solicitor has now chosen to speak out.

Chris Howse from the Whittlesea Community Connections Community Legal Service first brought the cases to the attention of the Coroners Court of Victoria early last year and is calling for a public inquest in the hope it will and bring about meaningful change.

Mr Howse, who has provided legal assistance to survivors of domestic violence for the past seven years says the pattern of the deaths was unusual.

“All the women were mothers, they all lived in the same area, they had all died by suspected suicide and the method of suicide was considered disturbing in nature to police,” he told SBS News.

“Women don't do this unless they are absolutely desperate, this is a widening tragedy.”



Figure 4 'Women don't do this unless they are absolutely desperate', solicitor Chris Howse said.

Sergeant Damian Lehmann from Victoria Police, who attended a number of the initial incidents, said the correlation in the cases left him so troubled he decided to escalate the matter in late 2018 to his superiors and then to senior members of the local council. It was that referral which ultimately led to the matters being brought to the attention of the coroners court.

“I've been in the police force for 23 years and what I saw when I attended those suicides, it was different to anything I'd seen in the past,” he said.

Sergeant Lehmann said the initial reports on the deaths provided no indication that "family violence was the primary driver in these women deciding to end their lives" but that there is suggestion in some of the cases that there had been prior violence, as well as other isolating and controlling behaviours observed in police investigations.

Calls for a public inquest

Victoria Police, with the support of health and legal community groups, have since late 2018 been working on ways to prevent suicide in the area, with a particular focus on newly-arrived migrant communities who might be struggling without a support system and with possible language or cultural barriers.

“Our feeling is that social isolation is one of the major factors in these deaths,” Sergeant Lehmann said.

“There is an overwhelming despair for these women and we want the community to work through these issues with themselves. The focus is on empowering our community more than anything.”



Figure 5 The seven suicides all occurred in the City of Whittlesea area of Melbourne.

Mr Howse has formally requested the Coroners Court of Victoria to intervene. The court has confirmed to SBS News that two of the seven deaths are now the subject of a coronial investigation, which is held privately with consultation from various associated parties. SBS News understands one of the deaths has been determined by the Coroner to be via “natural causes” but Sergeant Lehmann still has concerns around the circumstances which led to the death.

“As with all cases referred to the court, the investigations are focused on determining the circumstances of the deaths and, where possible, making recommendations to prevent similar deaths,” a statement from the Coroners Court of Victoria said.

“As the investigations are open and ongoing, we are unable to provide further comment.”

(Select the link below to READ MORE)

[Domestic violence inquiry to focus on experiences of Indigenous and migrant women](#)

An application by Whittlesea Community Connections for a coronial inquest to be conducted in relation to the 2019 suicides is still pending.

“We have and will continue to press for a public inquest into these deaths,” Mr Howse said.



Figure 6 'Our feeling is social isolation is one of the major factors in these deaths', Sergeant Damian Lehmann said.
Source: Google Maps

"We need more than just a private inquiry that no-one hears about, we need a public discussion so people who can help, can contribute."

The Whittlesea municipality, which includes the suburbs of Epping and Mill Park, had the second-highest reported number of family violence

incidents in Melbourne in 2018 behind only Hume, with more than 3,100 reports, according to Victoria Police data.

It is one of the most diverse areas in Victoria with almost half of all local residents speaking a language other than English at home.

Multi-faceted issues

Dr Manjula O'Connor, a Melbourne-based psychiatrist and anti-dowry campaigner who was consulted by Victoria Police on the cluster of suicides says some newly arrived Indian women are faced with a multitude of challenges.

"For those who have recently arrived in the country, they simply don't know where to get help," she said. "For some of these women in this cluster, they lived so far away from public transport, and didn't have a driver's licence, so there was absolutely no mobility.

"And when you superimpose that with the patriarchal family system where women can be controlled, where they can't use a phone to call family, she's not introduced to friends or neighbours or discouraged from making social connections, it creates complete social isolation."

Social worker and anti-domestic violence campaigner Jatinder Kaur is researching family violence among Indian migrants in Australia as part of her PhD at the University of Melbourne.

"This is not a single factor issue," she said. "Indian migrant women often lack English skills, have no idea where to seek assistance or what support services may be available and so social isolation is a real challenge."



*Figure 7 Migrants from India are the biggest emerging group in the area.
Source: Google Maps*

"You couple that with what research has told us about the strong patriarchal belief system which still exists within the Indian subcontinent - the notion that a daughter is seen as a burden and when she is married off, she is then betrothed to the husband and his family - so there is no sense that the woman has an independent sense of identity.

"Women that come here on temporary visas, may not have access to critical health and social services, such as Medicare and housing, meaning many feel pressured to stay in even violent relationships."

In Australia, approximately one in four women have experienced at least one incident of violence by an intimate partner, according to a 2017 survey from the Australia Bureau of Statistics.

Melbourne-based couples and family therapist Muktesh Chibber said more needs to be done by authorities at the baseline level regarding education.

"Often there is a lack of attachment bonding - in the case of arranged marriages which are quite common in South Asia - couples don't know each other before they get married.

"I'm a firm believer that what needs to happen is education through professional experts of both genders in the community at a pre-preventative level where individuals are encouraged to take on responsibility for their behaviour."



Figure 8A high number of family violence incidents have been reported in The City of Whittlesea, in the north of Melbourne. Source: Google Maps

A 2013 World Health Organisation report on violence against women found that physical and/or sexual intimate partner violence within South-East Asian countries had the highest prevalence globally at 37.7 per cent, with the Eastern Mediterranean region and African region following at 37 per cent and 36.6 per cent respectively. The report also

found partner violence to be a major contributor to women's mental health issues, particularly depression and suicidality.

A 2018 study published by The Lancet found that while 18 per cent of the global population lives in India, the country accounted for 37 per cent of the global suicide deaths among women and 24.3 per cent among men.

The latest available data for Australia found there were 3,046 deaths by suicide in 2018. Of those, 593 were in Victoria and the rate was three times greater for men than women.

Monica* knows what it's like to contemplate suicide.



Figure 9 Monica* contemplated suicide after moving to Australia from India. Source: Supplied

She moved to Australia from India three years ago to marry a man who was living in Melbourne. She said when she arrived, she did not know anyone.

“Before I got a job, I was not allowed to go out or even speak to the neighbours, I had no idea what services or help was out there,” she said.

In the ensuing year, she was beaten by her husband, who she says was a regular binge drinker, something she was not aware of prior to coming to Australia.

“He used to drink and he used to lose his temper. He would sit on my stomach with his knees and he would punch me, punch me until I would lose my senses,” she said.

She said during the time of the abuse, she felt suicide was her only way out.

(Select the link below to READ MORE)

['My father murdered my mother. Domestic violence survivors need better support'](#)

“Many times, even after I left, I would feel like instead of living this life, I should die because my parents’ respect is gone and all our money is gone.”

Monica says she felt trapped and alone and her husband’s family contributed to her trauma.

“There were times when his mother would be there and she would say, ‘if your head would get crack[ed], the police will come after you’, so [she] took no care for my safety.”

It was only after she was forced to visit the doctor because of injuries she sustained from the abuse that she was able to get help and leave her husband.



Figure 10 It is hoped a focus on the deaths will help to provide strategies for intervention support.
Source: Google Maps

Dr O'Connor hopes the findings from the coronial investigation will be made public and help to provide strategies for suicide intervention in the community.

"We know that domestic violence is one of the reasons some of these women may have been struggling but we don't have detailed in-depth study on the women and their surrounding circumstances, so more collection of

this data is really important," she said.

Mr Howse agrees. "The seven women have no voice, the circumstances of the deaths suggests there may be more women in similar situations and suffering similar despair," he said. "We hope after the [COVID-19] social restrictions are removed, people can get out of the house ... and bolster community links."

"Something is terribly wrong and we need to help the community, we can't abandon it."

**Name has been changed*

Do you know more about this story? Contact linevlin@protonmail.com (secure email).

If you or someone you know is impacted by sexual assault, family or domestic violence, call 1800RESPECT on 1800 737 732 or visit 1800RESPECT.org.au. In an emergency, call 000.

Readers seeking support can contact Lifeline crisis support on 13 11 14, Suicide Call Back Service on 1300 659 467 and Kids Helpline on 1800 55 1800 (for young people aged 5 to 25).

More information is available at BeyondBlue.org.au and lifeline.org.au.

WHERE TO GO FOR HELP

- **POLICE IN EMERGENCY -- 000**
- **YOUR GP -- they are helpful, easy to reach, they will refer you to the right place.**
- **NATIONAL SEXUAL ASSAULT, DOMESTIC AND FAMILY VIOLENCE COUNSELLING SERVICE -- 1800 RESPECT**
- **INTOUCH MULTICULTURAL CENTER AGAINST FAMILY VIOLENCE -- 1800 755 988**
- **WOMENS DOMESTIC VIOLENCE CRISIS SERVICE (WDVCS) 24 Hour state wide line 1800 015 188**
- **MEN'S 24 HOUR REFERRAL SERVICE 1800 065 973 (FREE CALL VICTORIA ONLY)**
- **VICTORIA IMMIGRANT AND REFUGEE WOMEN'S COALITION 03 9654 1243**
virwc@virwc.org.au, www.virwc.org.au
- **WOMEN'S INFORMATION & REFERRAL AGENCY (WIRE) 03 9348 9416**
inforequests@wire.org.au
- **DR MANJULA O'CONNOR, FOUNDING DIRECTOR ACHRH 03 9654 5271**
manjula@achrh.org

WHY GET HELP?

- ❖ Domestic Violence damages our culture
- ❖ Domestic violence breaks our homes
- ❖ Domestic Violence causes:
 - Anxiety,
 - Depression,
 - Suicide,
 - Homicide in women, men and children

WHAT CAN YOU DO?

- ❖ Support those who may be victims
- ❖ Encourage victims to seek help and become survivors
- ❖ Encourage perpetrators to seek help
- ❖ DO NOT BE SILENT ON DOMESTIC VIOLENCE

*Say No to Family Domestic
Violence*