Outer West Domestic Violence Network

OWDVN

STOP Domestic Violence

A Directory of Services for the Blacktown Local Government Area

Updated September 2017
What is Domestic Violence?

Domestic Violence is any abusive behaviour used by one partner (usually male) in a relationship to gain and maintain control over another’s life.

The most common example of domestic violence is the use of violence and control by men, to stop women and children living in their own home free from fear.

Some forms of violence are:

**Physical assault** - such as pushing, punching, hitting, choking or the use of weapons, kicking, throwing objects, or threatening to physically harm you, other people, or pets.

**Sexual assault** - can include any behaviour of a sexual nature that is either:
- unwanted OR
- occurs without the victim's consent OR
- makes the victim feel uncomfortable or afraid.

Sexual assault can include being forced to have sex (rape), unwanted touching, being made to look at or pose for pornography, being made to watch others perform sexual acts and sexual harassment.

**Psychological abuse** - any behaviour that threatens violence or death, emotional and verbal abuse which threatens, degrades or insults you.

**Social abuse** - being stopped from seeing friends and family. Your partner isolating you socially or geographically.

**Economic abuse** - having no access to, or control over money and other resources and being forced to live without money.

It is not always easy to leave an abusive partner, however there are many services that offer help and support and there are many people who care.

**TALKING ABOUT IT IS THE FIRST STEP**
## CONTENTS

### DOMESTIC VIOLENCE HELP - QUICK REFERENCE GUIDE

### DIRECTORY OF SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal Services</td>
<td>6</td>
</tr>
<tr>
<td>Accommodation and Housing</td>
<td>7</td>
</tr>
<tr>
<td>Emergency Accommodation and Housing Information</td>
<td>7</td>
</tr>
<tr>
<td>Medium Term Accommodation</td>
<td>8</td>
</tr>
<tr>
<td>Supported Housing</td>
<td>8</td>
</tr>
<tr>
<td>After Hours Emergency Services</td>
<td>9</td>
</tr>
<tr>
<td>Children &amp; Young People</td>
<td>10</td>
</tr>
<tr>
<td>Counselling Services</td>
<td>11</td>
</tr>
<tr>
<td>Group Work</td>
<td>13</td>
</tr>
<tr>
<td>Department of Defence Services</td>
<td>14</td>
</tr>
<tr>
<td>Drug and Alcohol Services</td>
<td>14</td>
</tr>
<tr>
<td>Family Support Services</td>
<td>27</td>
</tr>
<tr>
<td>Financial Assistance</td>
<td>28</td>
</tr>
<tr>
<td>Legal Services</td>
<td>29</td>
</tr>
<tr>
<td>Health and Medical</td>
<td>30</td>
</tr>
<tr>
<td>Migrant Women's Services</td>
<td>31</td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>32</td>
</tr>
<tr>
<td>Same Sex Support Services</td>
<td>32</td>
</tr>
</tbody>
</table>

### HELPFUL INFORMATION

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is Domestic Violence?</td>
<td>2</td>
</tr>
<tr>
<td>Culturally and Linguistically Diverse Communities</td>
<td>15</td>
</tr>
<tr>
<td>Safety</td>
<td>34</td>
</tr>
<tr>
<td>Apprehended Violence Orders</td>
<td>35</td>
</tr>
<tr>
<td>Court Advocacy</td>
<td>36</td>
</tr>
<tr>
<td>Perpetrators of Violence</td>
<td>37</td>
</tr>
<tr>
<td>Getting Ready to Leave</td>
<td>38</td>
</tr>
<tr>
<td>Staying Home Leaving Violence</td>
<td>39</td>
</tr>
<tr>
<td>Pets</td>
<td>39</td>
</tr>
</tbody>
</table>
### DOMESTIC VIOLENCE HELP
#### QUICK REFERENCE GUIDE

### Crisis

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police</td>
<td>000</td>
</tr>
<tr>
<td>Domestic Violence Line (24hrs)</td>
<td>1800 65 64 63</td>
</tr>
<tr>
<td>Lifeline (24hrs)</td>
<td>131 114</td>
</tr>
<tr>
<td>NSW Rape Crisis Line (24hrs)</td>
<td>1800 424 017</td>
</tr>
<tr>
<td>1800RESPECT (24hrs)</td>
<td>1800 737 732</td>
</tr>
<tr>
<td>Translating and Interpreting Service (24hrs)</td>
<td>131 450</td>
</tr>
</tbody>
</table>

### Legal

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic Violence Legal Advice Line</td>
<td>1800 810 784</td>
</tr>
<tr>
<td>Women’s Legal Advice Line</td>
<td>1800 801 501</td>
</tr>
<tr>
<td>Indigenous Women’s Legal Contact Line</td>
<td>1800 639 784</td>
</tr>
<tr>
<td>NSW Court Service Centre</td>
<td>1300 679 272</td>
</tr>
<tr>
<td>Wirringa Baiya Aboriginal Women's Legal Centre</td>
<td>1800 686 587</td>
</tr>
<tr>
<td>Women's Domestic Violence Court Advocacy Service</td>
<td></td>
</tr>
<tr>
<td>- Penrith/Mt Druitt</td>
<td>1800 938 227</td>
</tr>
<tr>
<td>- Blacktown/Windsor</td>
<td>4577 6847</td>
</tr>
</tbody>
</table>

### Community Health Centres

<table>
<thead>
<tr>
<th>Centre</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blacktown Community Health Centre</td>
<td>9881 8700</td>
</tr>
<tr>
<td>Doonside Community Health Centre</td>
<td>8670 3300</td>
</tr>
<tr>
<td>Mt Druitt Community Health Centre</td>
<td>9881 1200</td>
</tr>
<tr>
<td>St Marys Community Health Centre</td>
<td>9833 6800</td>
</tr>
<tr>
<td>Central Referral Service (CRS)</td>
<td></td>
</tr>
<tr>
<td>- Western Sydney</td>
<td>1800 600 681</td>
</tr>
<tr>
<td>- Nepean/Blue Mountains</td>
<td>1800 222 608</td>
</tr>
<tr>
<td>Blacktown Women’s and Girls’ Health Centre</td>
<td>9831 2070</td>
</tr>
</tbody>
</table>

### Support / Counselling

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mt Druitt Family Violence Service</td>
<td>8867 4900</td>
</tr>
<tr>
<td>Blacktown Women’s and Girls’ Health Centre</td>
<td>9831 2070</td>
</tr>
<tr>
<td>The WASH House</td>
<td>9677 1962</td>
</tr>
<tr>
<td>Anglicare</td>
<td>1300 651 728</td>
</tr>
<tr>
<td>CatholicCare Social Services</td>
<td>8822 2222</td>
</tr>
<tr>
<td>Wesley Family Centre Quakers Hill</td>
<td>9626 6620</td>
</tr>
<tr>
<td>Junaya Family Development Services</td>
<td>9621 3922</td>
</tr>
<tr>
<td>West Connect Domestic Violence Services</td>
<td>4732 2318</td>
</tr>
<tr>
<td>Relationships Australia</td>
<td>9806 3299</td>
</tr>
<tr>
<td>Caroline Chisholm Centre for Social Justice</td>
<td>8804 3434</td>
</tr>
<tr>
<td>Immigrant Women’s Speakout</td>
<td>9635 8022</td>
</tr>
</tbody>
</table>


Child Protection

FACS Community Services
- 14 Prince St, Blacktown 9852 3200
- 5 Mount St, Mt Druitt 8887 7400
- 225-227 Queen Street, St Marys 9851 4100
FACS Child Protection Helpline (24hrs) 132 111
Family Referral Service Western Sydney 1300 403 373

Domestic Violence Help Online

Information and resources about Domestic Violence by Women NSW and FaCS. 

Information about Domestic Violence and advice on support services in Penrith LGA 
www.dvhelppenrithregion.nsw.gov.au

Directions to keep safe on the Internet 

Young People 
www.burstingthebubble.com

LGBTIQ Relationships 
www.ssdv.acon.org.au

Sexual Assault 
www.nswrapecrisis.com.au

No To Violence - Information and resources for men to help them take action to stop using violent and controlling behaviour. 
www.ntvmrs.org.au
Aboriginal Services

INDIGENOUS WOMEN’S LEGAL CONTACT LINE 1800 639 784
Free legal information, advice and referrals for Aboriginal & Torres Strait Islander women, with a focus on domestic violence, sexual assault, parenting issues, family law, discrimination & victim’s support.

SYDNEY WEST ABORIGINAL HEALTH SERVICE 9832 1356
Provides health services and programs to Aboriginal people living in Western Sydney and the Nepean and Blue Mountains areas

WIRRINGA BAIYA ABORIGINAL WOMEN’S LEGAL CENTRE 1800 686 587
Domestic and family violence, victim’s compensation, sexual assault and child sexual assault, family law and child protection.

HEBERSHAM ABORIGINAL YOUTH SERVICE (MARIST 180) 9672 9288
Youth accommodation and development programs for Aboriginal and Torres Strait Islander.

MARRIN WEEJALI ABORIGINAL CORPORATION 9628 3031
Substance misuse, Social and Emotional Wellbeing healing centre.

MT DRUITT POLICE 9675 0699
Aboriginal Community Liaison Officer.

ABORIGINAL HEALTH LIAISON OFFICER
- Nepean Hospital (Switchboard) 4734 2000
- Mt Druitt Hospital (Switchboard) 9881 1555
- Blacktown Hospital (Switchboard) 9881 8000

CENTRELINK INDIGENOUS CALL CENTRE 1800 136 380
Free call for Aboriginal and Torres Strait Islander people to contact Centrelink about payments and services from anywhere in Australia.

Information on CAWARRA WOMEN’S REFUGE can be provided by the Domestic Violence Line on 1800 65 64 63.
Accommodation and Housing

1. Emergency Accommodation and Housing Information

HOUSING NSW 1800 422 322

BLACKTOWN - ALLOCATION/APPLICANT ENQUIRIES 9831 0866
81 Flushcombe Road, Blacktown

TEAM 7 Toongabbie, Seven Hills, Lalor Park, Prospect, Blacktown (East), Blacktown (West), Doonside (South), Woodcroft, Kings Langley.

MOUNT DRUITT - APPLICATION/APPLICANT ENQUIRIES 9675 8950
6 Dawson Mall, Mount Druitt

TEAM 9 Bidwill, Shalvey, Blackett, Glendenning, Oakhurst, Hassall Grove, Plumpton, Dean Park, Doonside, Riverstone, Schofields.


DOMESTIC VIOLENCE LINE 1800 65 64 63
24 hour service providing telephone counselling, information and referral, as well as advice on vacancies at women’s refuges.

Link2home 1800 152 152
24 hour information, assessment and referral to homelessness support and accommodation services.

WEST CONNECT DOMESTIC VIOLENCE SERVICES 4732 2318
Short term crisis accommodation and support for women with and without accompanying children (contactable 24 hours)

DOMESTIC VIOLENCE SERVICE MANAGEMENT (ROAR) 9621 0800
Domestic violence women's refuge, short term crisis accommodation and outreach support. Women with children & pets.

THE SIDING (MARIST 180) 9672 9288
Emergency accommodation for girls and boys (16 to 22 years).
2. Medium Term Accommodation

The following agencies do not provide emergency accommodation, they provide short to medium term housing and will assist women in obtaining long term housing.

**WENTWORTH COMMUNITY HOUSING**
- Borec House, Suite 1001, Level 1, 29-57 Station Street, Penrith.
- Not-for-profit housing company providing affordable rental housing and support for people who are on low to moderate incomes.

**COMMUNITY HOUSING LTD**
- Affordable rental accommodation for low income households.

**EVOLVE HOUSING**
- Henry Dodd House, 9-13 Argyle Street, Parramatta.
- Affordable rental accommodation for low income households.

**HUME COMMUNITY HOUSING ASSOCIATION**
- Affordable accommodation for those on low to moderate incomes.

**MISSION AUSTRALIA HOUSING**
- Affordable housing those on low to moderate incomes.

**WEST CONNECT DOMESTIC VIOLENCE SERVICES**
- Supported accommodation (3-6 months) for women with and without accompanying children.

**TRANSITION TO INDEPENDENT LIVING PROGRAM (MARIST 180)**
- Independent transitional accommodation (3-12 months) for young adults aged 18 to 25 years.

**WOMEN’S HOUSING COMPANY**
- Affordable housing for single women without dependent children.

3. Supported Housing

**BARNARDOS SUPPORTED ACCOMMODATION PROGRAM**
- Housing and support for families.

**MAGGIE’S PLACE (MARIST 180)**
- Accommodation (up to 3 months) for girls & boys aged 16 to 22 years.

**WEST CONNECT DOMESTIC VIOLENCE SERVICES**
- Supported accommodation (3-6 months) for women with and without accompanying children.
# After Hours Emergency Services

<table>
<thead>
<tr>
<th>Servicevaluator</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DOMESTIC VIOLENCE LINE</strong></td>
<td>1800 65 64 63</td>
</tr>
<tr>
<td>24 hour telephone counselling, information and referral.</td>
<td></td>
</tr>
<tr>
<td><strong>DOMESTIC VIOLENCE SERVICE MANAGEMENT (ROAR)</strong></td>
<td>9621 0800</td>
</tr>
<tr>
<td>Support for women with children and single women escaping domestic violence (referrals via DV-Line or Link2Home).</td>
<td></td>
</tr>
<tr>
<td><strong>BLACKTOWN/MT DRUITT SEXUAL ASSAULT SERVICE</strong></td>
<td>9881 8000</td>
</tr>
<tr>
<td>24 hour crisis counsellor available through hospital switchboard.</td>
<td></td>
</tr>
<tr>
<td><strong>NSW RAPE CRISIS CENTRE</strong></td>
<td>1800 424 017</td>
</tr>
<tr>
<td>24 hour, 7 days per week service.</td>
<td></td>
</tr>
<tr>
<td><strong>WESTMEAD HOSPITAL (SWITCHBOARD)</strong></td>
<td>8890 5555</td>
</tr>
<tr>
<td>Call Casualty/ Emergency Department at Westmead Hospital and ask to be put through to the on-call sexual assault worker.</td>
<td></td>
</tr>
<tr>
<td><strong>LIFELINE</strong></td>
<td>131 114</td>
</tr>
<tr>
<td>24 hour phone counselling service.</td>
<td></td>
</tr>
<tr>
<td><strong>QLIFE - GAY &amp; LESBIAN COUNSELLING SERVICE</strong></td>
<td>1800 184 527</td>
</tr>
<tr>
<td>Phone counselling, information &amp; referral service (3pm - Midnight). Webchat available at qlife.org.au.</td>
<td></td>
</tr>
<tr>
<td><strong>TRANSLATING AND INTERPRETING SERVICE</strong></td>
<td>131 450</td>
</tr>
<tr>
<td>24 hour immediate phone interpreting for non-English speaking people.</td>
<td></td>
</tr>
<tr>
<td><strong>SUICIDE CALL BACK SERVICE</strong></td>
<td>1300 659 467</td>
</tr>
<tr>
<td>24 hour phone counselling and support service.</td>
<td></td>
</tr>
</tbody>
</table>
Children & Young People

Children are often in danger of injury in a domestic violence situation. Witnessing abusive behaviour can also be harmful to children’s welfare. Protection orders (AVOs) for children have to be taken out by a Police Officer.

When children witness their mother being hurt it hurts them too. Even babies have been found to experience stress from being exposed to violence and studies have shown that their brain develops differently as a result. Children are affected by domestic violence in many different ways. Children and young people can experience harm as direct victims of physical and emotional abuse, indirect victims when attempting to protect someone or victims of emotional and psychological trauma by living in a climate of fear and intimidation. If you have children and are experiencing domestic violence there are services that can help.

**FACS COMMUNITY SERVICES**
- 14 Prince Street, Blacktown 9852 3200
- 5 Mount Street, Mt Druitt 8887 7400
- 225-227 Queen Street, St Marys 9851 4100

**FACS CHILD PROTECTION HELPLINE**
24 hour reporting children or youth at risk of harm from abuse or neglect.

**BLACHTOWN WOMEN’S AND GIRLS’ HEALTH CENTRE**
Counselling for girls aged 8 years and up.

**KIDS HELPLINE**
24 hour counselling and support for young people aged 5 to 25 years.

**SWINSON COTTAGE**
Early intervention and placement prevention.

**WESLEY FAMILY CENTRE QUAKERS HILL**
Family support services including groups and counselling.

**JUNAYA FAMILY DEVELOPMENT SERVICES**
Family support services including families with children experiencing learning and behavioural difficulties.

**BLACKTOWN YOUTH SERVICES ASSOCIATION**
Programs, support and services for young people aged 12 to 24 years.

**MARIST 180**
Accommodation, support and outreach services for young people (12 to 25 years) at risk of homelessness.
**SALVATION ARMY RECONNECT**
Practical assistance, casework and counselling for youth and family mediation.

**WESTERN AREA ADOLESCENT TEAM (WAAT)**
Information, support, counselling and health care for young people aged 12 to 20 years.

**HEADSPACE**
Information, support and a broad range of health services and referrals to educational, vocational and employment programs (12 to 25 years).

## Counselling Services

The following agencies provide counselling for individual women, families, couples, generally by appointment.

**COMMUNITY HEALTH CENTRES**
Counselling services for children, families and adults.
- Corner of Blacktown Rd & Marcel Cres, Blacktown 9881 8700
- 30 Birdwood Ave, Doonside 8670 3300
- Corner Buran & Kelly Close, Mt Druitt 9881 1200
- Soper Place, Penrith 4732 9400
- 26 Gidley Street, St Marys 9833 6800

**THE WASH HOUSE**
5 Kelly Close, Mt Druitt.
Counselling for women. Phone for an appointment.

**BLACKTOWN WOMEN’S AND GIRLS’ HEALTH CENTRE**
6 Prince Street, Blacktown.
Counselling for women and girls. Phone for an appointment.

**MT DRUITT FAMILY VIOLENCE SERVICE**
Unit 11/13 Mount Street, Mt Druitt.
Counselling and support for women and their families. Phone or drop in.

**WESTERN AREA ADOLESCENT TEAM (WAAT)**
Buran Close, Mt Druitt.
Information, support, counselling and health care for young people aged 12 to 20 years.

**ROSIE’S PLACE**
A place for children, young people and families who have been impacted by violence.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>RELATIONSHIPS AUSTRALIA</td>
<td>9806 3299</td>
</tr>
<tr>
<td>Counselling for individuals, couples and families. Domestic Violence support group for women. Perpetrator counselling.</td>
<td></td>
</tr>
<tr>
<td>BLACKTOWN ADOLESCENT AND FAMILY COUNSELLING (PACS)</td>
<td>9622 0787</td>
</tr>
<tr>
<td>Counselling for adolescents aged 9 to 18 years, parents or family members who live or deal with adolescents.</td>
<td></td>
</tr>
<tr>
<td>CAROLINE CHISHOLM CENTRE FOR SOCIAL JUSTICE</td>
<td>8804 3434</td>
</tr>
<tr>
<td>Counselling for individuals, couples and survivors of abuse.</td>
<td></td>
</tr>
<tr>
<td>ANGLICARE</td>
<td>1300 651 728</td>
</tr>
<tr>
<td>Counselling and relationships services.</td>
<td></td>
</tr>
<tr>
<td>UNIFAM COUNSELLING AND MEDIATION</td>
<td>4732 3836</td>
</tr>
<tr>
<td>Counselling for individuals, couples and families.</td>
<td></td>
</tr>
<tr>
<td>CATHOLICCARE SOCIAL SERVICES</td>
<td>8822 2222</td>
</tr>
<tr>
<td>Financial, gambling and relationship counselling.</td>
<td></td>
</tr>
<tr>
<td>SALVATION ARMY RECONNECT</td>
<td>9832 3934</td>
</tr>
<tr>
<td>Counselling for youth and family mediation.</td>
<td></td>
</tr>
<tr>
<td>WESLEY FAMILY CENTRE QUIKERS HILL</td>
<td>9626 6620</td>
</tr>
<tr>
<td>Free counselling and support for families.</td>
<td></td>
</tr>
<tr>
<td>WESTMEAD SEXUAL ASSAULT SERVICE (GREVILLEA COTTAGE)</td>
<td>9845 7940</td>
</tr>
<tr>
<td>Counselling service (Mon to Fri 8.30am - 5pm) for 16 years and over.</td>
<td></td>
</tr>
<tr>
<td>BLACKTOWN/MT DRUITT SEXUAL ASSAULT SERVICE (YARRA PLACE)</td>
<td>9881 8700</td>
</tr>
<tr>
<td>Counselling service for children, youth and adults (Mon to Fri, 8.30am - 5pm).</td>
<td></td>
</tr>
<tr>
<td>LIFELINE</td>
<td>131 114</td>
</tr>
<tr>
<td>24 hour telephone counselling service.</td>
<td></td>
</tr>
<tr>
<td>QLIFE - GAY AND LESBIAN COUNSELLING SERVICE</td>
<td>1800 184 527</td>
</tr>
<tr>
<td>Phone counselling, information &amp; referral service (3pm - Midnight). Webchat available at <a href="http://www.qlife.org.au">www.qlife.org.au</a></td>
<td></td>
</tr>
<tr>
<td>DOMESTIC VIOLEN Ce LINE</td>
<td>1800 65 64 63</td>
</tr>
<tr>
<td>24 hour telephone counselling, information and referral.</td>
<td></td>
</tr>
<tr>
<td>TRANSLATING AND INTERPRETING SERVICE</td>
<td>131 450</td>
</tr>
<tr>
<td>24 hour immediate phone interpreting for non-English speaking people.</td>
<td></td>
</tr>
</tbody>
</table>
Group Work

Group programs that provide information, education and support are also available including free childcare. For details of group programs contact:

**UNIFAM COUNSELLING AND MEDIATION**  
4732 3836

**RELATIONSHIPS AUSTRALIA**  
9806 3299

**BLACKTOWN ADOLESCENT AND FAMILY COUNSELLING (PACS)**  
9622 0787

**BLACKTOWN WOMEN'S AND GIRLS' HEALTH CENTRE**  
9831 2070

**THE WASH HOUSE**  
9677 1962

**WESLEY FAMILY CENTRE QUAKERS HILL**  
9626 6620

**MT DRUITT FAMILY VIOLENCE SERVICE**  
8867 4900

**JUNAYA FAMILY DEVELOPMENT SERVICES**  
9621 3922

---

**CHILDREN LEARN WHAT THEY LIVE**

If children live with CRITICISM - They learn to CONDEMN  
If children live with HOSTILITY - They learn to FIGHT  
If children live with RIDICULE - They learn to BE SHY  
If children live with SHAME - They learn to FEEL GUILTY  

If children live with TOLERANCE - They learn to BE PATIENT  
If children live with ENCOURAGEMENT - They learn to HAVE CONFIDENCE  
If children live with PRAISE - They learn to APPRECIATE  
If children live with FAIRNESS - They learn JUSTICE  
If children live with SECURITY - They learn to HAVE FAITH  
If children live with APPROVAL - They learn to LIKE THEMSELVES  
If children live with ACCEPTANCE and FRIENDSHIP - They learn to FIND LOVE IN THE WORLD.

*Author Unknown*
Department of Defence Services

The Department of Defence offers support and referral services for Defence personnel and their families.

DEFENCE FAMILY HELPLINE 1800 624 608

Support workers available:
- Defence Social Workers
- Military Support Officers
- Family Liaison Officers
- Regional Education Liaison Officers
- Community Development Officers

Drug and Alcohol Services

ODYSSEY HOUSE 9622 7511
Support to individuals, families and communities experiencing difficulties with alcohol and other drugs.

MARRIN WEEJALI ABORIGINAL CORPORATION 9628 3031
Substance Misuse, Social and Emotional Wellbeing Healing Centre.

CENTRE FOR ADDICTION MEDICINE (CAM) 8887 5800
Counselling, assessments, case management, support groups, information and referrals.

ALCOHOL AND DRUG INFORMATION SERVICE (ADIS) 9361 8000
24 hour information, referral, crisis counselling and support.

DRUG AND ALCOHOL MULTICULTURAL EDUCATION CENTRE 8706 0150
Counselling, group programs and family support services.

FAMILY DRUG SUPPORT 1300 368 186
24 hour support line for families affected by alcohol and other drugs.
Many women are not safe in their homes. They cope with insults, threats, bashings and sexual assaults from the men they know and live with.

If you have been putting up with violence and want it to stop you can contact the interpreter service on 131 450 and ask them to connect you to 1800 65 64 63 for information.

Or call the local Police or go to the police station.

Tell them your language and ask them to call the interpreter service.

*In an emergency call the Police on 000*
لا تشعر العديد من النساء بالأمان في منازلهن. فهن يتحملن الإساءات، والتهديد، والضرب، والاعتداء الجنسي من الرجال الذين يعرفنهم ويعشون معهم.

فإن كنت ممن يتحملن العنف المنزلي وتريدينه أن توقف، فيمكنك الاتصال بخدمة الترجمة الفورية على الرقم 451 131 450 واطلبي منهم إياك بالرقم 63 64 65 1800 للحصول على المعلومات.

كما يمكنك أن تتصل بالشرطة المحلية أو التوج إلى قسم الشرطة.

أخبرهم بأي لغة تتحدثين واطلبي منهم الاتصال بخدمة الترجمة الفورية.

وفي حالات الطوارئ اتصل بالشرطة على الرقم 000.

---

Bosnian

Mnoge žene nisu bezbjedne u svom vlastitom domu. One trpe uvrede, prijetnje, udarce i seksualno zlostavljanje od strane muškaraca koje poznaju i s kojima žive.

Ako ste do sada trpjeli nasilje i želite da ga zaustavite, možete pozvati prevodilačku službu na 131 450 i zamoliti ih da pozovu 1800 65 64 63 da bi biste dobili informacije.

Takođe, možete pozvati ili otići u obližnju policijsku stanicu.

Recite im koji jezik govorite i pitajte zamolite ih da pozovu prevodilačku službu.

**U hitnim slučajevima pozovite policiju na 000.**
Chinese (Traditional)

許多婦女在自己家裡也並不安全，可能要面對她們所認識並居住在一起的男性的凌辱、恐嚇、毆打及性侵犯。

如果您曾遭受暴力對待，希望能停止這種行為，請撥打傳譯服務電話131 450，要求傳譯人員代為轉駁1800 65 64 63查詢。

您也可以聯繫本地警署或本地警局求助，請告訴他們您所講語言並要求傳譯服務。

緊急情況請撥打擊 000，聯絡警方。

Croatian

Mnogo žena nije sigurna u svom vlastitom domu. One podnose zlostavljanja, prijetnje, udaranje i spolno nasilje od čovjeka kojeg poznaju i sa kojim žive.

Ako vi podnose zlostavljanje i želite to prekinuti, nazovite službu tumača na 131 450 i zamolite ih da vas spoje sa 1800 65 64 63 za informacije.

Ili, nazovite lokalnu policiju ili idite otišite na u policijsku stanicu.

Kažite im koji jezik govorni i zamolite ih da vam nazovu službu tumača.

U hitnom slučaju nazovite policiju na 000.
Dinka

Diar juce akec poth nè yòt kenic. Keek aye ñeny nè læt, riec, biek ku ruêm ee mur tene rör nyickè ku ciënkke ke keek.

Tënë gum yin nè thò ee ciin ku wic bë kóöc ke yin alêu ba rêm ba jam ke luçi agam lòk thok war nè wel cath thilik alîric 131450 ku thiec keek bik matic ba rêm ke lèk wel cath thilik alîric ñ nè 1800 65 64 63.

Tedò ke yi cal eten ko ñr tede luçi apuruk

Lëkë keek thondun ye yin jam ku thiec keek bik yin cal luçi agam lön thok war.

Në ka tem rôt cal apuruk nè 000.

Farsi-Persian

بسیاری از زنان در خانه‌های خوشبختی، ایمن نیستند. آنها با این
توهین، تهدید، کتک و حملات جنسی را از جانب مردانی تحمل
کرده‌اند. آنها را می‌شناسند و با آنها زندگی می‌کنند.

اگر تاکنون خوشبختی را تحمل می‌کردید و لی می‌خواهید به
این وضعیت پایان دهید، می‌توانید با سرویس ترجمه در شماره
تلفن 450 131 64 65 1800 برقرار سازند تا بتوانید اطلاعات
بهتری دریافت کنید.

با اینکه می‌توانید به پلیس محلی تلفن کرده‌ای به کلانتری
مراقبه کنید.

نام زبان مادری خود را به آنها بگویید و از آنها بهخواهید که به
سرویس ترجمه تلفن کنند.

در صورت بروز شرایط اضطراری به شماره تلفن 000 پلیس
زنگ بزنید.
बहुत सी महिलाएं अपने ही घर में सुरक्षित नहीं हैं। उन्हें उन मदद के लिए अपमान, धर्मकियों, मार-पीट और यौन-आक्रमण का सामना करना पड़ता है जिन्हें वे जानती हैं या जिन के साथ वे रहती हैं।
यदि आप हिंसा का शिकार होती रही हैं और चाहते हैं कि यह बंद हो तो जानकारी के लिए 
दुभाषिया सेवा से 131 450 पर संपर्क करें और 
उन से 1800 65 64 63 मिलाने के लिए कहें।
या स्थानीय पुलिस स्टेशन को फोन करें या स्वयं 
पुलिस स्टेशन जाएं।
उन्हें अपनी भाषा बताएं और दुभाषिया सेवा को 
फोन करने के लिए कहें।
संकट के समय पुलिस को 000 पर फोन करें।
Indonesian

Banyak wanita yang tidak aman di rumahnya sendiri. Mereka harus mengatasi hinaan, ancaman, pukulan dan pelecehan seksual dari pria yang dikenalnya dan tinggal bersama mereka.

Jika menerima kekerasan dan ingin menghentikannya, Anda dapat menghubungi layanan penerjemahan lewat nomor 131 450 dan minta dihubungkan ke nomor 1800 65 64 63 untuk mendapat keterangan.

Atau telepon Polisi setempat atau datanglah kantornya.

Beritahulah bahasa Anda dan mintalah dihubungkan ke layanan penerjemahan.

_Dalam keadaan darurat, hubungilah Polisi lewat nomor 000._

---

Italian

Molte donne non sono al sicuro in casa propria. Devono sopportare insulti, minacce, percosse e violenze sessuali da parte degli uomini che conoscono e con cui vivono.

Se avete subito violenze e volete che finiscano, potete contattare il servizio interpreti al numero 131 450 e chiedere che vi metta in contatto con il numero 1800 65 64 63 per informazioni.

Oppure chiamate la polizia locale o recatevi presso una stazione di polizia.

Alla polizia dovete dire quale lingua parlate e chiedere che vi chiami il servizio interpreti.

_In casi di emergenza chiamate la polizia al numero 000._
Korean

많은 여성들이 자신의 집에서 안전히 거치지 못합니다. 그들은 지인인 함께 사는
남성으로부터 모욕, 험박, 구타 및 성폭행을 당하며 살고 있습니다.

만약 당신이 폭력을 당하며 참고 살아왔으며 그것을 중지시키기를 원한다면
동역서비스에 131 450번으로 연락하여 1800 65 64 63으로 연결시켜달라고 요청하시면
정보를 얻으실 수 있습니다.

아니면 가까운 지역 경찰에 연락하시거나 경찰서에 찾아가십시오.
그들에게 당신의 연락을 알려주시고 동역서비스를 불러달라고 요청하십시오.

긴급상황에는 경찰에게 000번으로 연락하십시오.

Punjabi

ਕਵਤੀਆਂਵਾਂ ਨਜਾਤਗੀਆਂ ਵਾਲੀ ਆਪਣੇ ਬਾਲ ਵਿੱਚ ਦੀ ਭਿਕਠੀਹ ਕੀ ਉੱਸੀਆਂ। ਸੰਤਰਾ ਦੇ ਪੀਆਂਹ ਹੁੰਦੀ ਹੈ ਨਾਲਨਾਲ ਮਾਂ ਨਾ ਦੀਂ ਲਾਗ,
ਵਿਚ ਮਾਤਾ ਹੁੰਦੀ ਹੈ ਲਿੰਦਾ ਦੀ ਧਰਮ ਦੀ ਦੂਰ ਦੁਟੀ ਰਹੀ ਹੈ।

ਦੇਵਾਂ ਦੀ ਉੱਭਰੀ ਆਪਣੀ ਕੀ ਜੋ ਤੇ ਆਪਣੀ ਦੀ ਤ੍ਰੀ ਕੀ ਵੀ ਵਾਸ ਸਕੂਲ ਤੇ ਹੈ, ਉਹ ਉਤਪਨਣਾ ਦੀ ਤ੍ਰੀ ਸਿਰਲ 131 450 ਦੇ ਗੋਲ
ਬਚਨੇ 1800 65 64 63 ਦੇ ਨਾਲ ਜੀਤੀ ਹੇਠ ਲਗਦੀ।

ਸੰਤ ਦੀ ਪ੍ਰਤੀ ਮੁਲਿਮ ਹੁੰਦੀ ਹੈ ਹੇਠ ਲਗਦੀ ਗੀ ਪ੍ਰਤੀ ਮੁਲਿਮ ਹੇਠ ਲਗਦੀ।

ਹੁੰਦੀ ਹੈ ਆਪਣੀ ਕੀ ਜੋ ਸੋ ਉਤਪਨਣਾ ਦੀ ਤ੍ਰੀ ਹੁੰਦੀ ਹੇਠ ਲਗਦੀ ਲਗਦੀ।

ਪ੍ਰਭਾਵਕਾਰੀ ਦੀ ਤ੍ਰੀ ਪ੍ਰਤੀ ਹੁੰਦੀ 000 ਦੇ ਹੇਠ ਬਚਨੀ।
**Samoan**

Ole toatele o tamaitai e lē saogalemu i o latou lava aiga. O loo latou mafai lava ona feagai pea ma fatioga, faaita, faafece, ta fasi ma faiga mataga i itusa mai tamaloloa latou te iloa ma masani ai, poo latou o nonofo foi.

Afa'i o loo e feagai pea ma nei faasauaga malolosi ma ua e manao ia taofia, e mafai ona e faafesootai le auaunaga o faamatalaupu ile 131 450 ma e vai iai ia latou tuu oe ile numeria lea 1800 65 64 63 mo faamatalaga.

Poo lou valaau ile ofisa o leoleo pitō lataane ia oe pe ete alu foi ile ofisa o leoleo.

Ta'u ia latou lau gagana ma vai iai ia latou valaau ile auaunaga o faamatalaupu.

I faalavelave faafuase'i valaau leoleo ile 000.

---

**Spanish**

Muchas mujeres no están seguras en sus propios hogares. Soportan insultos, amenazas, malos tratos y abusos sexuales de los hombres que conocen y con quienes conviven.

Si usted viene soportando la violencia y quiere que esto termine, puede comunicarse con el servicio de intérpretes al 131 450 y pedirles que la comuniquen con el 1800 65 64 63 donde podrá obtener información.

O puede llamar a la Policía Local o dirigirse a la estación de Policía.

Dígales qué idioma habla y pídale que llamen al servicio de intérpretes.

En caso de emergencia, llame a la Policía al 000.
Tagalog

Maraming kababaihan ay hindi ligtas sa sariling mga tahanan. Natitiis nilang kayanin ang mga paghamak, pananakot, pananakit at seksual na pang-aatake mula sa mga kalalakihang kilala nila at kinakasama sa buhay.

Kung pinagtitisan mo ang karahasan at nais mong matigil na ito, makakatawag ka sa serbisyo ng tagasalinwika sa 131 450 at hilingin sa kanilang ikonekta ka sa 1800 65 64 63 para makahingi ng impormasyon.

O tumawag sa Lokal na Kapulisan o magtungo sa himpilan ng pulisya.

Sabihin sa kanila ang iyong wika at hilingin sa kanilang tawagan ang serbisyo ng tagasalinwika.

Sa panahon ng dagling pangangailangan, tawagan ang Pulisya sa numerong 000.

Tamil

பல விவரங்கள் குழு கீழ் திண்ம சுல்தான் மருமானை விளைவுநிலை. நெற்பாட்டுக்கு நிறைய வாரியன் மற்றும் அதன் விளைவு அணுக்கப்பட்டதாக, உணர்வுகளைக் குறித்ததாக, செயல்பாடு அறிக்கை, மற்றும் மருமானை வேறுபாடு தருமையை அறிக்கை மருமானை வேறுபாடு.

முக்கோணத்து வருவதாக முன்னைய விளைவு நிலைச் சுருக்கத்தியால் அம்மை விட்டு நிறுத்திய போதிலும் 131 450-ல் பெயரியினமையுள்ள வருவதாக விளைந்தது அறிக்கையில் இல்லை 1800 65 64 63 அல்லது மினையினமையுள்ள போதிலும்.

அவசை நேரங்களுடன் கணினைப் பயன்படுத்துவது அவசை கால விளைவு விளைவு கையெடுப்பு நிர்வாகமாக.

அரசிகளில் முக்கோணத்து வருவதாக விளையாட்டு விளையாட்டு விளையாட்டு அவசை அரசிகள் உள்ளது.

அரசியர்களின் 000 நேரங்களுடன் விளையாட்டு நிர்வாகமாக.
Thai

ผู้ทรงพระกรุณาโปรดเกล้าโปรดกระหม่อมฯ ทรงมีพระรูปอยู่ในบ้านของผู้ชาย แต่ออกไปที่ยี่ห้อ ซึ่งเริ่ม ที่ร้าน
และถูกควบคุมดูแลโดยผู้ชายที่มีการซื้อขายยาเสพติด

หากคุณประสงค์จะทราบรายละเอียด เท่าที่จะทราบแล้ว โปรดติดต่อที่ 131 450 เพื่อแจ้งขอให้ติดตามคุณไปที่หน่วยงาน
1800 65 64 63 เพื่อรับฟังข้อมูล

หรือโทรไปที่สถานีตำรวจในท้องที่ หรือไปที่สถานีตำรวจ

แจ้งเบาะแสของคุณและขอให้อธิบายการณ์ที่คุณต้องการให้ทราบในกรณีเดินทาง

หมายเหตุ: หากคุณต้องการแจ้งเบาะแสที่เกี่ยวกับyen 000

Tongan

Ko e kakai fefine tokolahi ‘oku ‘ikai ke nau malu ‘i honau ‘api’. ‘Oku nau fe’ao mo e ta’e-faka’apa’apa’i, fakamanamana, tā mo e ngaohikovi’i he’ene fefine, mei he kakai tangata ‘oku nau ‘ilo mo nofo fakataha mo iā.

Kapau na’a ke fa’a kātaki’i ‘a e fakamamahi’ pe’a ‘oku ke fiema’u ke tuku, te ke lava ‘o fetu’utaki ki he ngāue fakatonulea he 131 450 pe’a ke kole ange kiate kinatolu ke fakahoko koe ki he 1800 65 64 63 ki ha fakamatala.

Pe tā ki he kau polisi homou feitu’u pe ‘alū ki he ‘api polisi’.

Talaange kiate kinatolu ‘oku ke lea faka-Tonga pe’a ke kole ange ke nau tā ki he ngāue fakatonulea.

‘I ha me’a fakafokifā, tā ki he kau polisi’ he 000.
بیت سے عورتیں اپنے بے بیگم محفوظ نہیں ہوتیں۔ اور جن موردوں کو جانتیں بیا جن کے ساتھ رہتی بیں،
انہوں نے طرف سے بھی اپنی آمیز سلوک، دھمکیاں، مار پھیلائی اور جنسی تشاد کا شکار بُتی بیں۔
اجگر اب کے ساتھ تشادد بو ربا بے بی اور آب اپے رونکا جانتی بیا تو آب انترپریٹر سروس (ترجمہ کی سروس)
پر رابطہ کریں 63 1800 65 64 450 131 کر فون کر سکتیں بیا اور معلومات لینے کیلئے اپنے اپنے 450 کو
گی کی سکتیں بیں۔
یا مقامی پولیس کو فون کریں۔
آپ اپنے بھانلی نے کے آب کے زبان کمیسیون کے اور انترپریٹر سروس کو فون کریں کیلئے کبھی۔
اپرجنیسی سین 000 پر پولیس کو فون کریں۔
Family Support Services

Family support services can provide a range of assistance and information for women and children.

**CATHOLICCARE SOCIAL SERVICES**
Blacktown Family Support Service.

**WESLEY FAMILY CENTRE QUAKERS HILL**
Free counselling and support for families.

**JUNAYA FAMILY DEVELOPMENT SERVICES**
Family support services including families with children experiencing learning and behavioural difficulties.

**C.O.R.R.E. FAMILY SUPPORT**
For mothers with an intellectual and learning disability.

**CUMBERLAND PROSPECT COMMONWEALTH RESPITE CENTRE**
Assist carers to access short-term and emergency respite support.

**BLACKTOWN FAMILY RELATIONSHIP CENTRE**
Assisting families through separation and referrals to appropriate support options relating to family/relationship issues.

**SWINSON COTTAGE**
Early intervention and placement prevention.

**WESLEY BRIGHTER FUTURES PROGRAM**
Early intervention support for families with children up to 8 years.

**WESTERN SYDNEY FAMILY REFERRAL SERVICE**
Linking families to local support services.

**BRIDGING THE GAP**
Support for families at risk through early intervention programs, adolescent & family counselling, youth programs and family support.
Financial Assistance

**CENTRELINK**
- Youth and Students: 132 490
- ABSTUDY: 1800 132 317
- Older Australians: 132 300
- Disabilities and Carers: 132 717
- Families and Parents: 136 150
- Employment Services: 132 850
- Multilingual Phone Service: 131 202
- Indigenous Call Centre: 1800 136 380

**Centrelink Social Workers** can provide short term counselling, support, information and referral to other services if you are going through a difficult time.

To contact a social worker:
- Call 132 850 and ask to speak to a social worker, or
- Visit your local service centre to be referred to a social worker.

**ST VINCENT DE PAUL - FAMILY ASSISTANCE HOTLINE** 1800 606 724

**ST VINCENT DE PAUL - BLACKTOWN HUB (FAMILY ASSISTANCE)** 8861 9777

**ANGLICARE** 8805 0900
91a Kurrajong Ave, Mt Druitt (Phone at 9am for an appointment).
Food parcels and vouchers, assistance with bills, financial counselling, no-interest loans and social support.

**SALVATION ARMY** 1300 371 288
Emergency relief assistance line.

**BARNADOS** 4729 1211
Food assistance and help with electricity bills.

**SALVATION ARMY MONEYCARE** 0418 321 262
Financial, counselling and budgeting assistance.
Legal Services

DOMESTIC VIOLENCE LEGAL ADVICE LINE 1800 810 784
Mon & Thu (1.30pm - 4.30pm) and Tue (9.30am -12.30pm)
Free legal information, advice and referrals for women, with a focus on domestic violence and Apprehended Domestic Violence Orders.

WOMEN’S LEGAL ADVICE LINE 1800 801 501
Free legal information, advice and referrals for women, with a focus on family law, domestic violence and sexual assault.

INDIGENOUS WOMEN’S LEGAL CONTACT LINE 1800 639 784
Free legal information, advice and referrals for Aboriginal & Torres Strait Islander women, with a focus on domestic violence, sexual assault, parenting issues, family law, discrimination & victim’s support.

WIRRINGA BAIYA ABORIGINAL WOMEN’S LEGAL CENTRE 1800 686 587
Domestic and family violence, victim’s compensation, sexual assault, child sexual assault, family law and child protection. 9569 3847

LEGAL AID
- Blacktown 9621 4800
- Penrith 4732 3077

WESTERN SYDNEY COMMUNITY LEGAL CENTRES
- Parramatta Office 8833 0911
- Rooty Hill Office 9675 2009
- Windsor Office 4587 8877

BLACKTOWN WOMEN’S AND GIRLS’ HEALTH CENTRE 9831 2070
Solicitor available by appointment on Fridays fortnightly.

PENRITH WOMEN’S HEALTH CENTRE 4721 8749
Solicitor available by appointment on Tuesdays fortnightly.

GAY AND LESBIAN LEGAL ADVICE SERVICE 9332 1966
Phone for appointment.

NSW COURT SERVICE CENTRE 1300 679 272

DOMESTIC VIOLENCE COURT ADVOCACY SERVICE
- Western Sydney (Penrith & Mt Druitt) 1800 938 227
- North West Sydney (Blacktown & Windsor) 4577 6847

TENANTS ADVICE LINE 1800 251 101

WESTERN SYDNEY TENANTS SERVICE 8833 0933
Health and Medical

When physical injury has occurred it’s important to report the injuries to a doctor or visit Emergency at your local hospital, to have any injuries you received documented.

Many doctors these days are aware of domestic violence. Your GP may be someone you feel comfortable talking to, or they may suggest someone else who can help.

If you don't feel comfortable talking to your doctor about the domestic violence problems, then some of the other services listed in this directory may be more helpful to you.

BLACKTOWN HOSPITAL (Social Work Department) 9881 8353

MT DRUITT HOSPITAL (Social Work Department) 9881 1692

COMMUNITY HEALTH CENTRES
- Blacktown 9881 8700
- Doonside 8670 3300
- Mt Druitt 9881 1200
- Penrith 4732 9400

ABORIGINAL HEALTH LIAISON OFFICER
- Nepean Hospital (Switchboard) 4734 2000
- Mt Druitt Hospital (Switchboard) 9881 1555
- Blacktown Hospital (Switchboard) 9881 8000

SYDNEY WEST ABORIGINAL HEALTH SERVICE 9832 1356
2 Palmerston Road, Mt Druitt.

BLACKTOWN/MT DRUITT SEXUAL ASSAULT SERVICE 9881 8000
24 hour crisis counsellor available through hospital switchboard.

WESTERN AREA ADOLESCENT TEAM (WAAT) 9881 1230
Buran Close, Mt Druitt.

BLACKTOWN WOMEN’S AND GIRLS’ HEALTH CENTRE 9831 2070
6 Prince Street, Blacktown.

PENRITH WOMEN’S HEALTH CENTRE 4721 8749
129 Henry Street, Penrith.

FAMILY PLANNING NSW 4749 0500
13 Reserve Street, Penrith.
Migrant Women’s Services

Domestic violence occurs in all ethnic groups. Immigrant women who are not yet permanent residents may face special problems if they are experiencing domestic violence.

Some women who have lodged applications for permanent residence, or who have recently arrived in Australia, fear that if they leave the relationship with their abusive partner, they will not be able to stay in the country. For most women this is not the case, as immigration law recognises that women should not have to risk further violence in order to obtain residency.

Women who are in this situation should seek advice from an immigration lawyer at the Immigration Advice and Rights Centre or the Legal Aid Commission of NSW. They should also be given advice from the police about protection and Apprehended Violence Orders.

TRANSLATING AND INTERPRETING SERVICE 131 450
24 hour immediate phone interpreting for non-English speaking people.

SYDWEST MULTICULTURAL SERVICES 9621 6633

MT DRUITT ETHNIC COMMUNITIES AGENCY (MECA) 9625 9300

IMMIGRANT WOMEN’S SPEAKOUT 9635 8022

NEPEAN MULTICULTURAL ACCESS 9833 2416
Services for new and newly arrived (up to 5 years) migrants.

IMMIGRATION ADVICE & RIGHTS CENTRE 8234 0799
Tuesday & Thursday (2 - 4pm).

DOMESTIC VIOLENCE LEGAL ADVICE LINE 1800 810 784

CENTRELINK - MULTILINGUAL PHONE SERVICE 131 202
Assistance and information in languages other than English.

DRUG AND ALCOHOL MULTICULTURAL EDUCATION CENTRE 8706 0150
Counselling, group programs and family support services.
## Mental Health Services

**NSW MENTAL HEALTH LINE**
1800 011 511
24 hour referral and mental health advice.

**BLACKTOWN**
Blacktown Mental Health - General Enquiries
9881 8888
Bungarribee House (inpatients)
9881 8820

**PARRAMATTA**
Cumberland Hospital (inpatients)
9840 3000

**PENRITH**
Pialla Mental Health Unit (inpatients)
4734 2107

**MENTAL HEALTH INFORMATION SERVICE**
1300 794 991
Information and referral service.

**ANXIETY DISORDERS INFORMATION LINE**
1300 794 992

**ALICE’S SUPPORT SERVICES**
9622 9791
Support to single women and women with children in their own home experiencing psychiatric distress.

**TRANSCULTURAL MENTAL HEALTH CENTRE**
1800 648 911
State-wide service that promotes access to mental health services for culturally and linguistically diverse (CALD) communities.

**HEADSPACE**
8881 2500
Information, support and a broad range of health services and referrals to educational, vocational and employment programs (12 to 25 years).

### Same Sex Support Services

**GAY AND LESBIAN LEGAL ADVICE SERVICE**
9332 1966
Phone for appointment.

**QLIFE - GAY & LESBIAN COUNSELLING SERVICE**
1800 184 527
Phone counselling, information & referral service (3pm - Midnight).

**PFLAG NSW**
9294 1002
Help, support & information to parents and friends of lesbians & gays.

**BLACKTOWN LESBIAN INFORMATION & SOCIAL SUPPORT**
9626 5312
Social support group providing social activities and information to lesbian, bisexual and same-sex attracted women.
“TOO MANY”

By Sarah

Too many “IFS”
Too many “WHENS”
Too many “SORrys”
Too many “PROMISES”
Too many “LIES”
Too many “ONE MORE TRIES”

How many were there,
Before I knew
That “ACTIONS” speak “LOUDER”
Than “PROMISES” do?
Safety

If you are in immediate danger call the Police 000

Women have a right to a NON VIOLENT RELATIONSHIP. If you have been assaulted or threatened you are entitled to protection and advice. It is important to contact your local police station. Each police station now usually has a DOMESTIC VIOLENCE LIAISON OFFICER. These officers are specifically trained to support victims of violence.

Most police stations have a Gay and Lesbian Liaison Officer (GLLO) which are specifically trained to support lesbian, gay, bisexual, transgender and intersex (LGBTI) communities. Also, most police stations have a Multicultural Community Liaison Officer (MCLO) and an Aboriginal Community Liaison Officer (ACLO).

You can ask to see them at the counter or call to make an appointment.

MT DRUITT POLICE STATION 9675 0699
Cnr Luxford Road & Kelly Close, Mt Druitt

BLACKTOWN POLICE STATION 9671 9199
11 Kildare Road, Blacktown

RIVERSTONE POLICE STATION 9838 2199
Cnr Railway Terrace & Elizabeth Street, Riverstone

ST MARYS POLICE STATION 9677 7499
38 - 42 King Street, St Marys

What the Police can do

1. They can arrest and charge the person.

AND/OR

2. Apply for an AVO. This can be done by the police by phone, even outside of normal business hours.

3. They can remove, confiscate firearms/dangerous weapons from the offender’s possession.

Violence against women must be responded to as a crime
Apprehended Violence Orders

An Apprehended Violence Order (AVO) is a court order that can protect you from violence or threats of violence. AVOs are mostly used in domestic violence cases.

There are two ways you can get an order:

1. A police officer can make a complaint on your behalf, or
2. You can see a Registrar at your local Court and make a complaint yourself.

A summons may be one or two weeks away, so if you need protection immediately you should tell the police or the Registrar, who may be able to arrange for a temporary order (Provisional Order). This order will last until next time you go to court.

For women taking out Apprehended Violence Orders, please call for assistance:

WESTERN SYDNEY WOMEN’S DV COURT ADVOCACY SERVICE 1800 938 227
(Penrith & Mt Druitt)

NORTH WEST SYDNEY WOMEN’S DV COURT ADVOCACY SERVICE 4577 6847
(Blacktown & Windsor)

BLACKTOWN WOMEN’S AND GIRLS’ HEALTH CENTRE 9831 2070
Solicitor available by appointment on Friday's fortnightly.

PENRITH WOMEN’S HEALTH CENTRE 4721 8749
Solicitor available by appointment on Tuesdays fortnightly.

WESTERN SYDNEY COMMUNITY LEGAL CENTRES
- Parramatta Office 8833 0911
- Rooty Hill Office 9675 2009
- Windsor Office 4587 8877
Court Advocacy

Both the Mt Druitt and Blacktown Women’s Domestic Violence Court Advocacy Service can help women experiencing domestic violence with gaining access to legal advice, support and a safe room to sit in.

Why a Court Advocacy Service?

To assist you when seeking an Apprehended Violence Order to gain legal representation.

To familiarise you with the court process, layout and personnel.

To investigate the full facts of the complaint and related matters so that conditions appropriate to your circumstances are sought.

To make referrals on all necessary social needs including income security, housing, counselling and support.

To assist with, as far as possible, your safety whilst in the precinct of the court.

Court Advocacy is a free service offered to women at Penrith, Mt Druitt, Blacktown and Windsor Court House. If you would like a trained worker with you, contact the Domestic Violence Court Advocacy worker before you attend court to take out your AVO.

WOMEN’S DOMESTIC VIOLENCE COURT ADVOCACY SERVICE

Western Sydney (Penrith & Mt Druitt) Local Court - 1800 938 227

North West Sydney (Blacktown & Windsor) Local Court - 4577 6847
Perpetrators of Violence

VIOLENCE AGAINST WOMEN WILL ONLY STOP WHEN MEN STOP BEING VIOLENT AND WHEN THE COMMUNITY STOPS CONDONING IT

If you are considering counselling for the offender, it is important to consider whether or not this is likely to increase your safety (and the safety of any children) or your freedom from harassment.

RELATIONSHIPS AUSTRALIA 9806 3299

UNIFAM COUNSELLING AND MEDIATION
- Penrith 4732 3836
- Parramatta 8830 0700

ANGLICARE – FATHERS AND THEIR CHILDREN PROGRAM 8805 0998

THE SHED - EMERTON 9628 7396

UNITING BURNSIDE FATHERS SUPPORT SERVICE 9781 3333

CATHOLICCARE - RELATIONSHIP & FAMILY COUNSELLING 8822 2222

MT DRUITT FAMILY VIOLENCE SERVICE 8867 4900

NO TO VIOLENCE - MEN'S REFERRAL SERVICE 1300 766 491

*These agencies can provide information about the services they provide.
Getting Ready to Leave

The safety of you and your children is the most important thing. If you do not feel safe at home there are places you can go. For information on refuges contact:

DOMESTIC VIOLENCE LINE 1800 65 64 63
24 hour service providing telephone counselling, information and referral, as well as advice on vacancies at women’s refuges.

Link2home 1800 152 152
24 hour information, assessment and referral to homelessness support and accommodation services.

Planning your escape route:

1. Decide who you will call if you are threatened or in danger
2. Decide where you and your children will go if you need a safe place
3. Keep some money hidden for taxi and bus fares
4. Keep your own house key and car key
5. Have a list of emergency numbers
6. Keep your important documents in one place

Planning to be safe does not mean you are betraying your partner

What to take with you:

1. Key cards, credit cards and bank books
2. Passports
3. Birth and Marriage Certificates
4. Medicare Card and Blue Book
5. Clothes
6. Small valuables
Staying Home Leaving Violence

SHLV supports women and children living in the Blacktown, Mt Druitt and Quakers Hill Police Local Area Commands to stay safely in their home while ending a violent relationship. The SHLV Project can assist you and your children in the following ways:

- provide practical and emotional support, so you can remain in your home after ending a violent relationship.
- carry out risk assessments and safety audits to develop a safety plan with you
- provide court support
- provide security equipment such as monitored alarms, new locks, security doors and improved lighting to make your family home safer.

Staying Home is not for every woman – every woman’s experience is unique and will have its own risk factors. The safety of women and children is paramount and will be assessed before intake into the program.

For more information contact The WASH House on 9677 1962.

Pets

Women have many responsibilities and concerns, not just toward their human families, but also towards their four legged friends who may also need consideration in domestic violence situations.

Their wellbeing is a major consideration in many instances and the fear of what may happen to them impacts on how many families make decisions about safety.

If you believe this applies to you, start to make arrangements for your pets. Ask friends and family if they may be able to assist you with looking after them on a temporary basis.

If arrangements for your pets can be organised in advance, it is one less thing for you to be worrying about in times of emotional trauma and upheaval.

The following numbers may be of assistance:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>RSPCA</td>
<td>9770 7555</td>
</tr>
<tr>
<td><strong>ANIMAL WELFARE LEAGUE</strong></td>
<td><strong>8899 3333</strong></td>
</tr>
<tr>
<td>Kemps Creek Shelter (Open 7 days)</td>
<td></td>
</tr>
<tr>
<td><strong>BLACKTOWN CITY ANIMAL HOLDING FACILITY</strong></td>
<td><strong>9839 6161</strong></td>
</tr>
<tr>
<td>(Open 7 days)</td>
<td></td>
</tr>
</tbody>
</table>
The OWDVN is an active group of workers from the Blacktown LGA who aim to work collaboratively to address domestic/family violence within a political context, advocating social justice and rights to safety for all women and children.

The OWDVN would like to acknowledge the following DV Committees for use of information in their booklets:

1. Ryde/Hunters Hill Domestic Violence Committee
2. Central Coast Domestic Violence Unit
3. Nepean Domestic Violence Committee

Thanks also to

1. Seven Hills/Toongabbie RSL Club (ClubGRANT) for funding the reprint of the directory
2. Western Sydney Local Health District for translation services
3. Community Resource Network (CRN) Inc. for updating the directory
4. The WASH House Inc. for assisting in the formatting of the directory
5. Blacktown Image Print for assistance in producing the booklet

This pamphlet is intended as a simple guide to legal and support services available to anyone in a violent or abusive relationship.

The Authors disclaim liability for any loss or damage arising from its contents.