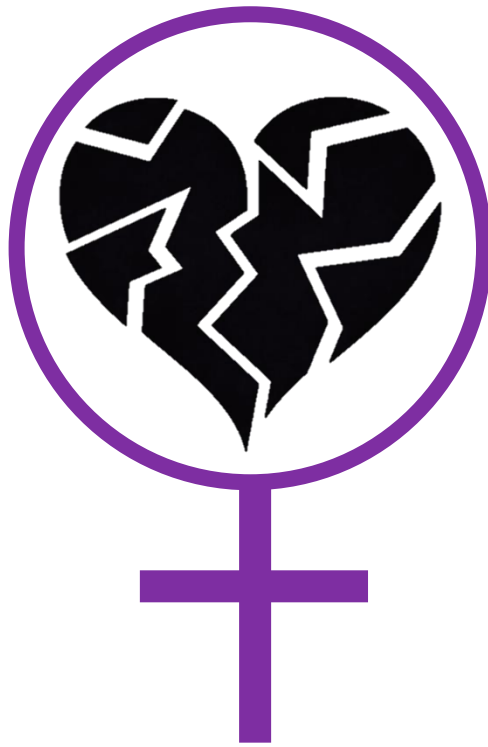


Outer West Domestic Violence Network

OWDVN



STOP
Domestic Violence

A Directory of Services for the
Blacktown Local Government Area

Updated May 2015

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

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DOMESTIC VIOLENCE HELP - QUICK REFERENCE GUIDE

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DOMESTIC VIOLENCE HELP QUICK REFERENCE GUIDE

Crisis

Police	000
Domestic Violence Line (24hrs)	1800 65 64 63
Lifeline (24hrs)	131 114
NSW Rape Crisis Line (24hrs)	1800 424 017
1800RESPECT (24hrs)	1800 737 732
Translating and Interpreting Service (24hrs)	131 450

Legal

Domestic Violence Legal Advice Line	1800 810 784
Women's Legal Contact Line	1800 801 501
Indigenous Women's Legal Contact Line	1800 639 784
NSW Court Service Centre	1300 679 272
Wirringa Baiya Aboriginal Women's Legal Centre	1800 686 587
	9569 3847
Women's Domestic Violence Court Advocacy Service	
- Penrith/Mt Druitt	4731 5098
- Blacktown/Windsor	4587 9997

Community Health Centres

Blacktown	9881 8700
Doonside	9881 8650
Mt Druitt	9881 1200
Central Referral Service (CRS)	
- Western Sydney	1800 600 681
- Nepean/Blue Mountains	1800 222 608
Blacktown Women's and Girls' Health Centre	9831 2070

Support / Counselling

Mt Druitt Family Violence Service	8867 4900
Blacktown Women's and Girls' Health Centre	9831 2070
The WASH House	9677 1962
Anglicare	4731 6467
CatholicCare Social Services	8822 2222
Wesley Family Centre Quakers Hill	9626 6620
Junaya Family Development Services	9621 3922
West Connect Domestic Violence Services	4732 2318
Relationships Australia	9806 3299
Caroline Chisholm Centre for Social Justice	8804 3434
Immigrant Women's Speakout	9635 8022

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

Child Abuse Prevention Service	9716 8000
	1800 688 009

FaCS Child Protection Helpline (24hrs)	132 111
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TTY 1800 212 936

Family Referral Service Western Sydney	1300 403 373
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Domestic Violence Help Online

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

<http://www.domesticviolence.nsw.gov.au/>

Information about Domestic Violence and advice on Support Services in Penrith LGA

www.dvhelppenrithregion.nsw.gov.au

Directions to keep safe on the Internet

<http://whwest.org.au/family-violence/resources/using-the-internet-safely/>

Young People

www.burstingthebubble.com

Same Sex Relationships

www.ssdv.acon.org.au

Sexual Assault

www.nswrapecrisis.com.au

Information and resources for men to help them take action to stop using violent and controlling behaviour.

www.mrs.org.au

Aboriginal Services

INDIGENOUS WOMEN'S LEGAL CONTACT LINE	1800 639 784
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ABORIGINAL MEDICAL SERVICE WESTERN SYDNEY CO-OP LTD	9832 1356
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2 Palmerston Road, Mt Druitt

WIRRINGA BAIYA ABORIGINAL WOMEN'S LEGAL CENTRE	9569 3847
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Domestic violence and victim's compensation, sexual assault and child sexual assault.

HEBERSHAM ABORIGINAL YOUTH SERVICE	9672 9288
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Youth accommodation and development programs.

MARRIN WEEJALI ABORIGINAL CORPORATION	9628 3031
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Drug and alcohol counselling, referral and advocacy.

MT DRUITT POLICE	9675 0699
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Aboriginal Liaison Officer.

ABORIGINAL HEALTH LIAISON OFFICER

- Nepean Hospital (Switchboard)	4734 2000
- Mt Druitt Hospital (Switchboard)	9881 1555
- Blacktown Hospital (Switchboard)	9881 8000

MT DRUITT COMMUNITY HEALTH CENTRE	9881 1200
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Aboriginal Health Education/Community Engagement Officer.

CENTRELINK INDIGENOUS PHONE SERVICES	1800 136 380
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Access for Aboriginal and Torres Strait Islander people to Centrelink services by phone 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	1300 468 746
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BLACKTOWN - ALLOCATION/APPLICANT ENQUIRIES	9831 0890
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81 Flushcombe Road, Blacktown

TEAM 7	Toongabbie, Seven Hills, Lalor Park, Prospect, Blacktown, (East) Blacktown (West), Doonside (South), Woodcroft, Kings Langley.	9831 0866
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MOUNT DRUITT - APPLICATION/APPLICANT ENQUIRIES	9675 8950
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6 Dawson Mall, Mount Druitt

TEAM 9	Bidwill, Shalvey, Blackett, Glendenning, Oakhurst, Hassall Grove, Plumpton, Dean Park, Doonside, Riverstone, Schofields.	9675 8937
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TEAM 10	Mount Druitt, Whalan, Rooty Hill, Minchinbury, Emerton, Tregear, Lethbridge Park, Dharruk, Hebersham, Willmot.	9675 8971
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DOMESTIC VIOLENCE LINE	1800 65 64 63
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24 hour service which can provide advice on vacancies in refuges, provide counselling and referral.

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

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

DOMESTIC VIOLENCE SERVICE MANAGEMENT (ROAR)	9621 8253
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Domestic violence women's refuge, short term crisis accommodation and outreach support. Women, children & pets.

THE SIDING	9672 9288
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Emergency accommodation for girls and boys (16 - 18 yrs).

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	4777 8000
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Borec House, Suite 1002, Level 1, 29-57 Station Street, Penrith.

Not for profit company that provides affordable rental housing and other assistance to eligible people on low to moderate incomes.

COMMUNITY HOUSING LTD	9891 7600
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Affordable rental accommodation for low income households.

EVOLVE HOUSING	8622 1500
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Henry Dodd House, 9-13 Argyle Street, Parramatta.

Affordable rental accommodation to low income households.

HUME COMMUNITY HOUSING ASSOCIATION	9722 4300
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Affordable accommodation for those on low to moderate incomes.

MISSION AUSTRALIA HOUSING	1800 269 672
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Affordable housing to individuals or families on low to moderate incomes.

WEST CONNECT DOMESTIC VIOLENCE SERVICES	4732 2318
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Supported accommodation for women without accompanying children (up to 12 months).

WOMEN'S HOUSING COMPANY	9281 1764
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Affordable housing for single women without dependent children.

3. Supported Housing

BARNARDO'S SUPPORTED ACCOMMODATION PROGRAM	4729 1211
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Housing and support where there is financial, parenting or emotional issues.

MAGGIE'S PLACE	9672 9288
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Accommodation for girls and boys aged 16 - 18yrs (up to 3 months).

After Hours Emergency Services

DOMESTIC VIOLENCE LINE**1800 65 64 63**

24 hour phone counselling, information and referral.

CHILD ABUSE PREVENTION SERVICE**1800 688 009**

Information, referral and ongoing support to those affected by child abuse, concerned about the welfare of a child, or needing family or parenting support.

NSW RAPE CRISIS CENTRE**1800 424 017**

24 hour service.

WESTMEAD HOSPITAL (SWITCHBOARD)**9845 5555**

Call Casualty/ Emergency Department at Westmead Hospital and ask to be put through to the on-call sexual assault worker.

LIFELINE**131 114**

24 hour phone counselling service.

QLIFE - GAY & LESBIAN COUNSELLING SERVICE**1800 184 527**

Phone counselling, information & referral service (5.30pm - 10.30pm).

TRANSLATING AND INTERPRETING SERVICE**131 450**

24 hour immediate phone interpreting.

SUICIDE CALL BACK SERVICE**1300 659 467**

24 hour phone counselling and support service.

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 132 111

24 hour reporting children at risk of significant harm.

BLACKTOWN WOMEN'S AND GIRLS' HEALTH CENTRE 9831 2070

Family support.

KIDS HELPLINE 1800 551 800

24 hour counselling and support for young people aged 5 - 25yrs.

SWINSON COTTAGE 9621 2454

Early intervention and placement prevention.

WESLEY FAMILY CENTRE QUAKERS HILL 9626 6620

Family support services including groups and counselling.

JUNAYA FAMILY DEVELOPMENT SERVICES 9621 3922

Family support services including families with children experiencing learning and behavioural difficulties.

BLACKTOWN YOUTH SERVICES ASSOCIATION 9831 2095

For young people aged 12 - 24yrs.

MARIST YOUTH CARE	9672 9288
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Accommodation, support and outreach services for young people.

WESTERN AREA ADOLESCENT TEAM (WAAT)	9881 1230
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Information, support, counselling and health care for young people aged 12 - 20yrs.

HEADSPACE	9675 2602
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Information, support and a broad range of health services and referrals to educational, vocational and employment programs (12 - 25yrs).

Counselling Services

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

COMMUNITY HEALTH CENTRES

Counselling for parents and individuals aged 18 and over.

- Unit 1 Marcel Cres, Blacktown	9881 8700
- 30 Birdwood Ave, Doonside	9881 8650
- Cnr Burran & Kelly Close, Mt Druitt	9881 1200
- Soper Place, Penrith	4732 9400

THE WASH HOUSE	9677 1962
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5 Kelly Close, Mt Druitt.

Counselling for women. Phone for an appointment.

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

Counselling for women. Phone for an appointment.

MT DRUITT FAMILY VIOLENCE SERVICE	8867 4900
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Unit 11/13 Mount Street, Mt Druitt.

Counselling and support for women and their families. Phone or drop in.

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

Youth Health Service (12 - 20yrs).

ROSIE'S PLACE	9625 2599
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A place for children, young people and families who have been impacted by violence.

RELATIONSHIPS AUSTRALIA	9806 3299
Counselling for individuals, couples and families. Domestic Violence support group for women. Perpetrator counselling.	
BLACKTOWN ADOLESCENT AND FAMILY COUNSELLING (PACS)	9622 0787
Counselling for adolescents 12 -18yrs, parents or family members who live or deal with adolescents.	
CAROLINE CHISHOLM CENTRE FOR SOCIAL JUSTICE	8804 3434
Counselling for individuals, couples, families and survivors of abuse.	
ANGLICARE	4731 6467
Counselling and relationships services.	
UNIFAM COUNSELLING AND MEDITATION	4732 3836
Counselling for individuals, couples and families.	
CATHOLICCARE SOCIAL SERVICES	8822 2222
Financial and gambling counselling.	
SALVATION ARMY RECONNECT	9832 3934
Counselling for youth and family mediation.	
WESLEY FAMILY CENTRE QUAKERS HILL	9626 6620
Free counselling and support for families.	
WESTMEAD SEXUAL ASSAULT SERVICE	9845 7940
Grevillea Cottage. Counselling Service (8.30am - 5pm).	
BLACKTOWN SEXUAL ASSAULT SERVICE	9881 8700
Counselling Service (8.30am - 5pm).	
LIFELINE	131 114
24 hour telephone counselling service.	
QLIFE - GAY AND LESBIAN COUNSELLING SERVICE	1800 184 527
Phone counselling, information & referral service (5.30pm - 10.30pm).	
DOMESTIC VIOLENCE LINE	1800 65 64 63
24 hour phone service that provides counselling, referral and information on refuges and domestic violence.	
TRANSLATING AND INTERPRETING SERVICE	131 450
24 hour immediate phone interpreting.	

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

BRIDGES

9622 7511

Support to individuals, families and communities experiencing difficulties with alcohol and other drugs.

MARRIN WEEJALI ABORIGINAL CORPORATION

9628 3031

Drug and alcohol counselling, referral and advocacy.

CENTRE FOR ADDICTION MEDICINE (CAM)

8887 5800

Counselling, assessments, case management, support groups, information and referrals.

ALCOHOL AND DRUG INFORMATION SERVICE

9361 8000

24 hour information, referral, crisis counselling and support.

FAMILY DRUG SUPPORT

1300 368 186

24 hour support line for families affected by alcohol and other drugs

Culturally and Linguistically Diverse Communities

The text below is translated into the following community languages:

- Arabic
- Bosnian
- Chinese (Traditional)
- Croatian
- Dinka
- Farsi-Persian
- Hindi
- Indonesian
- Italian
- Korean
- Punjabi
- Samoan
- Spanish
- Tagalog
- Tamil
- Thai
- Tongan
- Urdu

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



Arabic

لا تشعر العديد من النساء بالأمان في منازلهن. فهنّ يتحملن الإساءات، والتهديد، والضرب، والاعتداء الجنسي من الرجال الذين يعرفنهم ويعشن معهم.

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

كما يمكنك أن تتصلي بالشرطة المحلية أو التوجّه إلى قسم الشرطة.

أخبريهم بأي لغة تتحدثين واطلبي منهم الاتصال بخدمة الترجمة الفورية.

وفي حالات الطوارئ اتصلي 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 000，聯絡警方。

Croatian

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

Ako vi podnosite 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 otiđite na u policijsku stanicu.

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

U hitnom slučaju nazovite policiju na 000.

Dinka

Diar juɛc akec poth nē ʒōt kenic. Keek aye ɲeny nē læt, rīɛc, biɛk ku ruɔm ee mur tene rōr nyickē ku ciɛŋkē ke keek.

Tēnē gum yin nē thɔ ee ciin ku wic bē kōōc ke yin alēu ba rɔm ba jam ke luɔi agam lōk thok war nē wel cath thilik aliric 131450 ku thiec keek bik matic ba rɔm ke lēk wel cath thilik aliric ɔ nē 1800 65 64 63.

Tedɔ ke yī ɔɔl eten kɔ lɔr tede luɔi apuruk

Ləkē keek thonɗun ye yin jam ku thiec keek bīk yin ɔɔl luɔi agam lōŋ thok war.

Nē ka tem rɔt ɔɔl apuruk nē 000.

Farsi-Persian

بسیاری از زنان در خانه های خویش ایمن نیستند. آنها باید توهین، تهدید، کتک و حملات جنسی را از جانب مردانی تحمل کنند که آنها را می شناسند و با آنها زندگی می کنند.

اگر تاکنون خشونت ها را تحمل می کرده اید ولی می خواهید به این وضعیت پایان دهید، می توانید با سرویس ترجمه در شماره تلفن 131 450 تماس گرفته و از آنها بخواهید که ارتباط شما را با شماره 1800 65 64 63 برقرار سازند تا بتوانید اطلاعات بیشتری دریافت کنید.

یا اینکه می توانید به پلیس محلی تلفن کرده یا به کلانتری مراجعه کنید.

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

در صورت بروز شرایط اضطراری به شماره تلفن 000 پلیس زنگ بزنید.

Hindi

बहुत सी महिलाएं अपने ही घर में सुरक्षित नहीं हैं। उन्हें उन मर्दों के हाथों अपमान, धमकियों, 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 चाहती 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 फ़ोन करें या स्वयं पुलिस स्टेशन जाएं।

उन्हें अपनी भाषा बताएं और दुभाषिया सेवा को फ़ोन करने के लिए कहें।

संकट के समय पुलिस को 000 पर फ़ोन 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 datangilah 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 안전하게 거하지 못합니다. 그들은 지인인 함께 사는 남성으로부터 모욕, 협박, 구타 및 성폭행을 당하며 살고 있습니다.

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

아니면 가까운 지역 경찰에 연락하시거나 경찰서에 찾아가십시오.

그들에게 당신의 언어를 알려주시고 통역서비스를 불러달라고 요청하십시오.

긴급상황에는 경찰에게 000번으로 연락하십시오.

Punjabi

ਬਹੁਤੀਆਂ ਜਨਾਨੀਆਂ ਆਪਣੇ ਘਰ ਵਿੱਚ ਵੀ ਮਹਿਫੂਜ਼ ਨਹੀਂ ਹੁੰਦੀਆਂ। ਜਿਹੜੇ ਬੰਦਿਆਂ ਨੂੰ ਉਹ ਜਾਣਦੀਆਂ ਅਤੇ ਜਿਨ੍ਹਾਂ ਨਾਲ ਰਹਿੰਦੀਆਂ ਹੋਣ, ਉਨ੍ਹਾਂ ਪਾਸੋਂ ਹੀ ਉਹ ਬੇਇਜ਼ਤੀ, ਡਰਾਵੇ, ਕੁਟਾਖਾ ਅਤੇ ਲਿੰਗਿਕ ਜ਼ਿਆਦਤੀ ਵੀ ਝੱਲਦੀਆਂ ਹਨ।

ਹੇਕਰ ਤੁਸੀਂ ਤਸੱਦਦ ਝੱਲਦੇ ਆ ਰਹੇ ਹੋ ਅਤੇ ਇਸ ਨੂੰ ਬੰਦ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਤਰਜੁਮਾਨੀ ਸੇਵਾ ਨਾਲ **131 450** ਤੇ ਗੱਲ ਕਰਕੇ **1800 65 64 63** ਤੇ ਜਾਣਕਾਰੀ ਲਈ ਫੋਨ ਲਾਓ।

ਜਾਂ ਤਾਂ ਨੇੜਲੀ ਪੁਲਿਸ ਨੂੰ ਫੋਨ ਲਾਓ ਤੇ ਜਾਂ ਪੁਲਿਸ ਠਾਣੇ ਜਾਓ।

ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੀ ਬੋਲੀ ਦੱਸੋ ਅਤੇ ਤਰਜੁਮਾਨੀ ਸੇਵਾ ਨੂੰ ਫੋਨ ਲਾਓਣ ਲਈ ਆਖੋ।

ਐਮਰਜੈਂਸੀ ਵਿੱਚ ਪੁਲਿਸ ਨੂੰ 000 ਤੇ ਫੋਨ ਕਰੋ।

Samoan

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

Afai 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 fai iai ia latou tuu oe ile numera lea 1800 65 64 63 mo faamatalaga.

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

Ta'u ia latou lau gagana ma fai 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 pídales 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 sekswal na pang-aatake mula sa mga kalalakihang kilala nila at kinakasama sa buhay.

Kung pinagtitiisan 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 பெண்கள் தங்கள் சொந்த இல்லங்களில் பாதுகாப்பாக இல்லை. தங்களுக்குத் தெரிந்து மற்றும் தங்களுடன் வாழ்கிற ஆண்களிடமிருந்து அவமானங்கள், அச்சுறுத்தல்கள், கடுமையாக அடித்தல், மற்றும் பாலியல் வன்முறைத் தாக்குதல்களை அவர்கள் சமாளிக்கிறார்கள்.

உங்களுக்கு வன்முறை நடந்து கொண்டிருந்தால் அதை தடுக்க விரும்பினால் நீங்கள் **131 450**-ல் மொழிபெயர்ப்பு சேவையை தொடர்பு கொண்டு அவர்களிடம் **1800 65 64 63**க்கு உங்களை இணைக்குமாறு கேட்கலாம்.

அல்லது உள்ளூர் காவல்துறையை அழைக்கலாம் அல்லது காவல் நிலையத்திற்கு செல்லலாம்.

அவர்களிடம் உங்கள் மொழியை சொல்லி மொழி பெயர்ப்பு சேவையை அழைக்க அவர்களைக் கேட்கலாம்.

அவசரகாலத்தில் 000ல் காவல்துறையை அழைக்கலாம்.

Thai

ผู้หญิงหลายรายไม่ได้มีความปลอดภัยในบ้านของตัวเอง แต่กลับถูกเหยียดหยาม ข่มขู่ ทำร้าย และคุกคามทางเพศจากผู้ชายที่ตนรู้จักและอาศัยอยู่ด้วย

หากคุณประสบกับความรุนแรงและต้องการจะหยุดความรุนแรงดังกล่าว คุณสามารถติดต่อบริการล่ามได้ที่หมายเลข **131 450** เพื่อแจ้งขอให้ต่อสายคุณไปที่หมายเลข **1800 65 64 63** เพื่อรับฟังข้อมูล

หรือโทรไปที่สถานีตำรวจในท้องที่ หรือไปที่สถานีตำรวจ

แจ้งภาษาของคุณและขอให้เจ้าหน้าที่ตำรวจติดต่อบริการล่าม

หมายเลขโทรศัพท์สำหรับติดต่อเจ้าหน้าที่ตำรวจในกรณีฉุกเฉินคือ **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 fefiné, mei he kakai tangata ‘oku nau ‘ilo mo nofo fakataha mo iá.

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

Pe tā ki he kau polisi homou feitu’ú pe ‘alu ki he ‘api polisi’.

Talaange kiate kinautolu ‘oku ke lea faka-Tonga pea ke kole ange ke nau tā ki he ngāue fakatonuleá.

‘I ha me’a fakafokifā, tā ki he kau polisi’ he 000.

Urdu

بہت سی عورتیں اپنے ہی گھر میں محفوظ نہیں ہوتیں۔ وہ جن مردوں کو جانتی ہیں یا جن کے ساتھ رہتی ہیں، ان کی طرف سے ہتک آمیز سلوک، دھمکیوں، مار پیٹ اور جنسی تشدد کا شکار ہوتی ہیں۔

اگر آپ کے ساتھ تشدد ہو رہا ہے اور آپ اسے روکنا چاہتی ہیں تو آپ انٹریپرٹر سروس (ترجمے کی سروس) پر رابطہ کروانے **1800 65 64 63** پر فون کر سکتی ہیں اور معلومات لینے کیلئے انہیں **131 450** کو کو کہہ سکتی ہیں۔

یا مقامی پولیس کو فون کریں یا پولیس سٹیشن جائیں۔

آپ انہیں بتائیں کہ آپ کی زبان کونسی ہے اور انٹریپرٹر سروس کو فون کرنے کیلئے کہیں۔

ایمرجنسی میں 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	8822 2222
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Blacktown Family Support.

WESLEY FAMILY CENTRE QUAKERS HILL	9626 6620
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Free counselling and support for families.

JUNAYA FAMILY DEVELOPMENT SERVICES	9621 3922
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Family support services including families with children experiencing learning and behavioural difficulties.

CAROLINE CHISHOLM CENTRE FOR SOCIAL JUSTICE	8804 3434
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Counselling and support for families.

C.O.R.R.E. FAMILY SUPPORT	9677 1962
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For mothers with an intellectual and learning disability.

CUMBERLAND PROSPECT RESPITE CENTRE	1800 052 222
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Relief for people with a disability or chronic illness.

BLACKTOWN FAMILY RELATIONSHIP CENTRE	8811 0000
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Assisting families through separation and referrals to appropriate support options relating to family/relationship issues.

SWINSON COTTAGE	9621 2454
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Early intervention and placement prevention.

WESLEY BRIGHTER FUTURES PROGRAM	8887 4800
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Early intervention, support for families with children up to 8 years.

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 Phone Service	1800 136 380

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.

Centrelink offer a Crisis Payment - a special one-off payment that may be paid in addition to your regular payment from Centrelink where:

- you have been forced to leave your home and cannot return because of an extreme circumstance such as domestic violence or
- you remain in your home after experiencing domestic violence and the family member responsible has left or has been removed from your home.

Note: This payment must be claimed within 7 days of the incidence of violence.

ST VINCENT DE PAUL - FAMILY ASSISTANCE HOTLINE	1800 606 724
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ANGLICARE	8805 0900
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91a Kurrajong Ave, Mt Druitt. Phone at 9.00am for an appointment.

Tinned food, assistance with bills, financial counselling, no-interest and low-interest loans, social support (café on Friday's 10am -12pm).

SALVATION ARMY	1300 371 288
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Emergency relief assistance line.

BARNADOS	4729 1211
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Food, help with electricity bills.

SALVATION ARMY MONEYCARE	9835 2756
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Financial, counselling and budgeting assistance.

HILLSONG CITYCARE	8853 5399
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Assistance with food hampers.

Legal Services

DOMESTIC VIOLENCE LEGAL ADVICE LINE	1800 810 784
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1.30pm - 4.30pm Mon & Thu and 9.30am -12.30pm Tue & Fri

Free legal information, advice and referrals for women, with a focus on domestic violence and Apprehended Domestic Violence Orders.

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

INDIGENOUS WOMEN'S LEGAL CONTACT LINE	1800 639 784
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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
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Domestic violence, victim's compensation and sexual assault.

LEGAL AID

- | | |
|-------------|-----------|
| - Blacktown | 9621 4800 |
| - Penrith | 4732 3077 |
-

COMMUNITY LEGAL CENTRES

- | | |
|---------------------|-----------|
| - Mt Druitt | 9675 2009 |
| - Hawkesbury/Nepean | 4587 8877 |
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BLACKTOWN WOMEN'S AND GIRLS' HEALTH CENTRE	9831 2070
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Solicitor available by appointment on Fridays fortnightly.

PENRITH WOMEN'S HEALTH CENTRE	4721 8749
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Solicitor available by appointment on Tuesday's fortnightly.

GAY AND LESBIAN LEGAL ADVICE SERVICE	9332 1966
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Phone for appointment (Wed 6 – 8pm).

NSW COURT SERVICE CENTRE	1300 679 272
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DOMESTIC VIOLENCE COURT ADVOCACY SERVICE

- | | |
|---|-----------|
| - Western Sydney (Penrith & Mt Druitt) | 4731 5098 |
| - North West Sydney (Blacktown & Windsor) | 4587 9997 |
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TENANTS ADVICE LINE	1800 251 101
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WESTERN SYDNEY TENANTS SERVICE	8833 0933
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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
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MT DRUITT HOSPITAL (Social Work Department)	9881 1692
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COMMUNITY HEALTH CENTRES

- Blacktown	9881 8700
- Doonside	9881 8650
- Mt Druitt	9881 1200

ABORIGINAL HEALTH LIAISON OFFICER

- Nepean Hospital (Switchboard)	4734 2000
- Mt Druitt Hospital (Switchboard)	9881 1555
- Blacktown Hospital (Switchboard)	9881 8000

IMMIGRANT WOMEN'S HEALTH SERVICE

- Fairfield (Mon-Fri)	9726 4044
- Cabramatta (Mon-Fri)	9726 1016

ABORIGINAL MEDICAL SERVICE WESTERN SYDNEY CO-OP LTD	9832 1356
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2 Palmerston Road, Mt Druitt.

SEXUAL ASSAULT SERVICE	9881 8700
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Blacktown/Mt Druitt.

WESTERN AREA ADOLESCENT TEAM (WAAT)	9881 1230
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Adolescent service for young people aged 12 - 20yrs.

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

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

FAMILY PLANNING NSW	4749 0500
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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
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24 hour immediate phone interpreting.

SYDWEST MULTICULTURAL SERVICES	9621 6633
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MT DRUITT ETHNIC COMMUNITIES AGENCY (MECA)	9625 9300
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IMMIGRANT WOMEN'S SPEAKOUT	9635 8022
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NEPEAN MIGRANT ACCESS	9833 2416
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IMMIGRATION ADVICE & RIGHTS CENTRE	8234 0799
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Tue & Thu, 2 - 4pm.

DOMESTIC VIOLENCE LEGAL ADVICE LINE	1800 810 784
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CENTRELINK - MULTILINGUAL PHONE SERVICE	131 202
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Assistance and information in languages other than English.

Mental Health Services

NSW MENTAL HEALTH LINE

1800 011 511

24 hour referral and mental health advice.

BLACKTOWN

General Enquiries

9881 8888

Bungaribee House (inpatients)

9881 8820

PARRAMATTA

Cumberland Hospital (inpatients)

9840 3000

PENRITH

Pialla Unit (inpatients)

4734 2107

MENTAL HEALTH INFORMATION SERVICE

1300 794 991

ANXIETY DISORDERS INFORMATION

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

9675 2602

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

Same Sex Support Services

GAY AND LESBIAN LEGAL ADVICE SERVICE

9332 1966

Phone for appointment (Wed 6 - 8pm).

QLIFE - GAY & LESBIAN COUNSELLING SERVICE

1800 184 527

Phone counselling, information & referral service (5.30pm - 10.30pm).

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.

Each police station also now usually has a GAY and LESBIAN LIAISON OFFICER specifically trained to support people from the same sex community.

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

MT DRUITT POLICE

9675 0699

Cnr Luxford Road & Kelly Close

BLACKTOWN POLICE

9671 9199

11 Kildare Road

QUAKERS HILL POLICE

9678 8999

Cnr Pearce & Lalor Roads

ST MARYS POLICE

9677 7499

38 - 42 King Street

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	4731 5098
(Penrith & Mt Druitt)	

NORTH WEST SYDNEY WOMEN'S DV COURT ADVOCACY SERVICE	4587 9997
(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 Tuesday's fortnightly.	

MT DRUITT & AREA COMMUNITY LEGAL CENTRE	9675 2009
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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 - 4731 5098

North West Sydney (Blacktown & Windsor) Local Court - 4587 9997

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 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	8805 0930
THE SHED	9628 7396
BURNSIDE - FATHERS' SUPPORT SERVICES	9781 3350
CATHOLICCARE - RELATIONSHIP & FAMILY COUNSELLING	8822 2222
MT DRUITT FAMILY VIOLENCE SERVICE	8867 4900
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 which can provide advice on vacancies in refuges, as well as referrals, counselling and information.

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:

RSPCA	9770 7555
ANIMAL WELFARE LEAGUE	8899 3333
Kemps Creek (7 days).	

OWDVN

Outer West Domestic Violence Network



Working Together to Promote Safety in
Blacktown and Surrounds

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

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*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.

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