

A Survivors' Guide: Family Violence Resources for Victim Survivors.

“Family violence- also known as domestic violence or abuse- is any behaviour that is used to control someone in a family, family-like, or intimate relationship, and make that person afraid for their safety and wellbeing or the safety of another person. If a child witnesses abusive behaviour or is exposed to the impacts of this, they are a victim of family violence in their own right.” (Safe + Equal, n.d.)

At SECASA, we recognise that there is no “one size fits all” response. We are committed to providing trauma informed, culturally safe and inclusive services that respect each person’s identity, strengths and lived experience.

People experience the impacts of sexual assault and family violence in different ways. This can be because everyone’s life is shaped by their lived experiences – by gender, culture, Aboriginality, disability, sexuality, age, migration status, language, faith, mental health or other circumstances.

Key Supports

If you feel unsafe or are in immediate danger, call 000

Safe Steps

<https://safesteps.org.au/> or 1800 015 188

Safe Steps provides free state-wide 24/7 family and domestic violence crisis support. They support all people to access refuge, complete safety plans, and make referrals for a range of other needs.



The Orange Door

<https://www.orangedoor.vic.gov.au/> or call:

Bentleigh – 1800 319 353 Dandenong – 1800 271 170 Frankston – 1800 319 353

The Orange Door offers support for family violence, and child or family wellbeing concerns. They will work with you to identify the support you need, safety plan with you, and connect you to services.



1800 RESPECT

<https://1800respect.org.au/> or call 1800 737 732

1800 Respect is a 24/7 telephone response, specialising in relationship and family violence. They provide counselling and debriefing. They can offer support through phone calls, video calls, text lines, and an online chat.



Sexual Assault Crisis Line (SACL)

<https://www.sacl.com.au/> or 1800 806 292

SACL is a state-wide, after-hours, confidential telephone crisis response. Offering support, advocacy, and a crisis response for people who have experienced both past and recent sexual assault.



Rainbow Door

<https://www.rainbowdoor.org.au/> or 1800 729 367

Rainbow Door operates from 10:00 AM to 5:00 PM every day. They offer a free and confidential helpline, provide information support and referral to all LGBTQIA+ Victorians, and their friends and family.



inTouch

<https://intouch.org.au/> or 1800 755 988

inTouch provides specialist family violence response to migrant and refugee communities. They operate every day from 9:00 AM to 5:00 PM.



Djirra

<https://djirra.org.au/> or 1800 105 303

Djirra offers personalised emotional, cultural and practical support to Aboriginal women and their children who are dealing with family violence. Their phone line is active from 9:00 AM to 5:00 PM, Monday to Friday.

Djirra's Aboriginal Family Violence Legal Service works with Aboriginal people who are experiencing or have experienced family violence.



13Yarn

<https://www.13yarn.org.au/> or 13 92 76

13Yarn offers 24/7 crisis support for Aboriginal and Torres Strait Islander Peoples. They can offer you a confidential, culturally safe space to yarn about your needs, worries, or concerns.



Kids Helpline

<https://www.kidshelpline.com.au/> or 1800 55 1800

Kids Helpline provides 24/7 free private and confidential counselling and support for people aged 5-25. You can chat about anything, such as mental health, emotions, and family and friend relationships. You can choose to remain anonymous.



Men's Referral Service

<https://mrs.org.au/> or 1300 766 491

Men's Referral Service is an anonymous, nation-wide, 24/7 telephone counselling, information, and referral service for men who use violence and abuse to change their behaviour. They also provide support to family members who are impacted by a man's use of abusive behaviour, as well as friends, family, or colleagues of men using violence who are looking for advice.



Seniors Rights Victoria

<https://seniorsrights.org.au/> or 1800 368 821

Seniors Rights Victoria provides legal information and support for those experiencing or concerned about elder abuse. They provide support to Victorians aged 60 and above, or Indigenous Victorians aged 45 and above. They operate from 10:00 AM to 5:00 PM from Monday to Friday.

