



# disaster is no excuse for family violence

You can help in just 4 steps:

1. **ASK:** Are you safe at home?
2. **NAME IT:** What you've just described to me is violence and it's a crime.
3. **RESPOND:** Give contact details of local domestic violence and sexual assault services, and Police.
4. **FOLLOW UP:** 'Last time you spoke about your safety. I'd like to know how you are now.'

[www.genderanddisaster.com.au](http://www.genderanddisaster.com.au)

(Adapted from 'Raped by a Partner')

*'She dances on the wind' by Ona Henderson (03) 9712 0393*



Gender & Disaster Australia

**1800RESPECT 24/7**– Australia-wide confidential information, counselling and support service. Supports people impacted by sexual assault, domestic or family violence and abuse. 1800 737 732 and <https://www.1800respect.org.au/violence-times-disaster>

**Police** – 000

**Kids Helpline 24/7**– 1800 55 1800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Men's Helpline 24/7** – 1300 78 99 78  
[www.mensline.org.au](http://www.mensline.org.au)

**Men's Referral Service** – 1300 766 491 (Toll free). Available 24 hours 7 days a week, <https://ntv.org.au/mrs/>

**13 YARN** – Free and confidential service 24/7 run by and for Aboriginal and Torres Strait Islander people. 13 92 76. <https://www.13yarn.org.au/>

**QLife** -Australia -wide anonymous and free LGBTI peer support and referral, 3pm – midnight every day 1800 184 527 and <https://qlife.org.au>