

● SAFETY PLAN

- Tell someone you trust about your fears
- Know who to call and where to go in an emergency
- Plan how to keep you and your children safe
- Have some money saved
- Keep some clothes, medicine, important papers, keys and some cash at a friend's house.
- Have an escape plan.

● EMERGENCY NUMBERS

Police emergencies	000
Police	131 444
Crisis care	9223 1111
Women's Domestic Violence Helpline	9223 1188
Men's Domestic Violence Helpline	9223 1199
Sexual Assault Resource Centre	9340 1828
Interpreter Service	131 450
MWAS	9328 1200



● OFFICES

Please call the office nearest to you and talk to one of our friendly staff. They know a lot about domestic violence and should be able to help you. You may be sure that anything you tell them will not be discussed with other people.

The offices are open from Monday to Friday from 9am to 5pm.

Northbridge 9328 1200

Fremantle 9336 8282

Gosnells 9490 4988

Mirrabooka 9344 8988

women's health & family services

Lake Street, Northbridge WA 6003
PO Box 32, Northbridge WA 6865

T: (08) 9328 1200 **F:** (08) 9328 5427

E: mwas@whfs.org.au www.whfs.org.au

Womens Health Care Association Inc
ABN 81 007 269 571



womens health
& family services



medical & health



alcohol & other drugs



family & domestic violence



mental health



community development



aboriginal family support

Multicultural Women's Advocacy Service

improving the health &
well-being of women,
their families & communities

www.whfs.org.au

● WHAT IS DOMESTIC VIOLENCE?

Has your partner hurt you? Are you scared of your partner? Are you and your children in danger?

We help and support women and children from different cultures who speak different languages who are being:

- Hit, kicked, pushed
- Threatened
- Forced to have sex
- Told they are useless, stupid, crazy
- Not allowed to see or speak to their friends and family
- Made to feel ashamed
- Not allowed money for food, clothing
- Told that they will be sent back to their country and will not be allowed to see their children

● WHAT WE DO

We can talk to you about what you can do to protect yourself and your children and we can help you:

- Make a safety plan for you and your children
- Talk to a lawyer or legal service about what your rights are and what you can do
- Talk to Centrelink, the Tax Office, the Department of Housing
- Make appointments and go with you to appointments if needed
- Put you in touch with counselling and other services you may need

● SUPPORT GROUPS

We also run support groups where you can meet and talk to other women who have had the same kind of problems.

Groups meet once a week and provide a safe place to talk about health, parenting, migration, financial support and employment

skills. The groups are sensitive to different cultural beliefs and practices.

Meetings are held once a week across the metropolitan area.

Please call us on 9328 1200 for details.