

## How we can support you

Our workers will provide you with support, information and referral in the following areas:

- Looking at the options, whether you decide to stay in or leave your relationship
- Assessing and planning for safety
- Information about domestic violence and its effects
- Housing and emergency accommodation referral
- Assistance with Protection order applications and other questions about court
- Telephone or face to face counselling and emotional support
- Groups for men
- Groups for women

### Phone:

**SCOPE Centacare 5430 9300**

9am—5pm Monday to Friday

## EMERGENCY

**POLICE.....000**

### CRISIS SUPPORT INFORMATION AND COUNSELLING

<b>Dvconnect 24hr Crisis Line</b>	<b>1800 811 811</b>
Dvconnect - Men's Line (9am-12midnight)	1800 600 636
Kids Help Line (24hr)	1800 551 800
Lifeline (24hr)	13 11 14
Mensline Aust(24hr)	1300 789 978
Parentline	1300 301 300
Sexual Assault Helpline 24hr	1800 010 120
Immigrant Women's Support Service	(07)38463490

### MAGISTRATE COURTS—PROTECTION ORDERS

Caloundra	(07)5420 9000
Maroochydore	(07)5470 8011
Nambour	(07)5470 8755
Noosa	(07)5473 8400
SCOPE	(07)5430 9300

### LEGAL INFORMATION AND ADVICE

Legal Aid	1300 651 188
Women's Legal Service	1800 677 278
Sunshine Coast Legal Service	(07) 5443 7827

### CHILD CONTACT ARRANGEMENTS

Harmony House	(07)5479 6971
Family Relationship Centre	(07)5452 9700
Lifeline Family Dispute Resolution	(07)5452 9797

Pet Refuges if family escaping Domestic Violence  
RSPCA-Access through DV Connect 1800 811 811



**Early Intervention program**  
for those affected by domestic  
and family violence

**SAFETY  
PLAN**

Funded by



Australian Government  
Department of Families, Community Services  
and Indigenous Affairs



Queensland Government  
Department of Communities

# Safety plan

## NEVER THINK

### Your partners violence and abuse is your fault

#### It may be helpful to look at the ways you've coped until now:

- You may have been careful about what you say, when and how you say it.
- You have “tiptoed” around their moods.
- You encourage the kids to be quiet around them.
- You try to do all the right things eg. Cook dinners, keep the house tidy, etc.
- You see less of your friends and family.
- You keep the peace wherever possible.
- You change your own behaviour according to what they want.
- You handle all family matters on your own to make it easier for them.
- You try to protect the kids from the effects of violence.
- You have tried to talk to your partner about their alcoholism, stress levels or moods.

**Be prepared.** Seek legal advice or talk to someone about your options.

(See contacts overleaf)

KNOW THE POLICE EMERGENCY NO—“000”  
Have a phone with you if possible



Keep money available for emergency transport/food etc



Decide where you would go if in immediate danger and make provision for such a move. Also think about plan B



Make provisional arrangements for children, pets and other commitments



Get (spare) keys for house & car



Pack any necessary medication you may need and suitable clothing



Store important documents you may need together in case you need to leave suddenly i.e. drivers licence, passport birth/marriage cert, health care/credit cards etc, jewellery and valuables



Practice (in reality or in your mind) how you will leave in an emergency situation to help prepare for a quick getaway

## How can I leave safely?

Your body senses danger long before your mind consciously works out why you sense it.

It is vital that you trust and act on these instincts—especially if you feel a sense of danger being in a certain place or with a certain person.

You may have had support from friends and family.

Sometimes friends and family may not understand the danger you and your children are in.

You are the best judge of how safe you are. You can talk to others about your plan to keep yourself and your children safe.

## Accommodation

If you decide to move to a place of safety, there are a range of options.

- Women’s refuges you can access by calling DV connect 24 hours 1800 811 811
- You could be prioritised for public rental through Housing Qld 54759700
- Prioritised also through Sunshine Coast Regional Housing Council 5454 2900