

How to help those who are experiencing family violence

During COVID-19

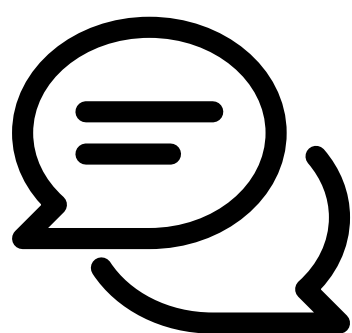


ASK FOR ADVICE

If you are worried about a friend or family member, you can call Safe Steps on 1800 015 188 and ask for their specialised advice.

KEEP IN CONTACT

Make sure you make regular contact with your friends or family members. If you suspect they are not safe and you can't reach them you can call 000 and ask for a welfare check.

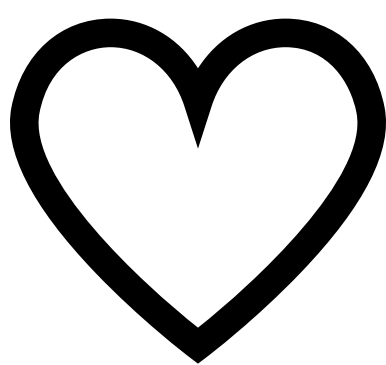


SET UP A CODE WORD

Set up a code word with your friend or family member. If your friend or family member uses the word in a conversation with you, call 000 or their support agency on their behalf.

ASK IF YOU CAN HOLD ONTO ANY ESSENTIALS

Sometimes people experiencing violence might need a safe place to put important documents such as birth certificates, medication scripts and photos. Keep them safe until your friend or family member need them.

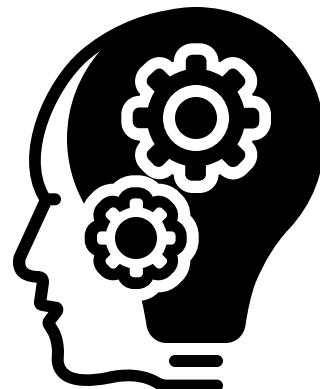


AFFIRM THEIR FEELINGS

Violence and controlling and coercive behaviour is never the fault of the victim. Affirm the victims feelings and remind them that they are not to blame.

UNDERSTAND

It is easy to get frustrated with a friend or family member if they don't leave the relationship immediately. But victims are at the greatest risk of severe violence when they leave the relationship. The victim will know when it is the safest time to take action. Be supportive and understanding of their choices.



Gippsland
Family Violence
Alliance

