

Finding Support

If you or someone you know is experiencing violence or using violence, help is available.

If you or someone else is feeling unsafe and needs immediate emergency assistance phone 000 for emergency services and ask for the police.

If you or someone you know needs advice and support (and is not in immediate danger), help is available from the following services

SAFE STEPS

Safe Steps is a confidential and supportive family violence response line for Victoria. Phone services are available 24 hours a day, 7 days a week.

safesteps.org.au | 1300 015 188

1800 RESPECT

1800 RESPECT is the national sexual assault, domestic and family violence counselling service. Phone and online services are available 24 hours a day, 7 days a week.

1800respect.org.au | 1800 737 732

THE ORANGE DOOR

The Orange Door offers family violence support and services for all Victorians.

If you live in the **eastern region of Melbourne**, phone services are available from 9 am to 5 pm, Monday to Friday (closed public holidays)

Melbourne's Outer East: 1800 271 150

Melbourne's Inner East: 1800 354 322

If you live in another area in Victoria, find the nearest location and contact information online at orangedoor.vic.gov.au

EASTERN CENTRE AGAINST SEXUAL ASSAULT (ECASA)

ECASA provides counselling and support services to people who have experienced sexual assault, either recently or in the past. Monday to Friday, 9 am to 5 pm.

(03) 9870 7330

SEXUAL ASSAULT CRISIS LINE

Statewide crisis care services (recent sexual assault) is available 24 hours a day, 7 days a week

1800 806 292

IN TOUCH MULTICULTURAL CENTRE AGAINST FAMILY VIOLENCE

InTouch is a specialist family violence service that works with multicultural women, their families and their communities. Services are available Monday to Friday from 9am to 5 pm.

intouch.org.au | 1800 755 988

If you need an interpreter, call the **Translating and Interpreting Service on 131 450** and state the language you speak. Once connected with the interpreter, state the service and telephone number you require. For example, for immediate Family Violence Support, ask to be connected to Safe Steps on 1300 015 188. The Translating and Interpreting Service is available 24 hours a day, 7 days a week.



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DJIRRA

Djirra is a culturally safe place where practical support is available to all Aboriginal women, particularly those who are currently experiencing family violence, or have in the past.

djirra.org.au | 1800 105 303

KIDS HELPLINE

Kids Helpline is a counselling service for children and young people aged between 5 - 25 years. Phone and online services are available 24 hours a day, 7 days a week.

kidshelpline.com.au | 1800 55 1800

RAINBOW DOOR

Rainbow Door is a free specialist LGBTIQ+ helpline providing information, support and referral to all LGBTIQ+ Victorians, their friends and family. Phone and online services are available 10 am to 5 pm, 7 days a week.

rainbowdoor.org.au | 1800 729 367

MEN'S REFERRAL SERVICE

Men's Referral Service provides anonymous and confidential telephone counselling, information and referrals to men, to help them take action to stop using violence and controlling behaviours.

Phone services are available 24 hours a day, 7 days a week.

Ntv.org.au | 1300 766 491

MENSLINE

MensLine provides professional support and information for men. Phone and online services are available 24 hours a day, 7 days a week.

Mensline.org.au | 1300 789 978

SENIOR RIGHTS VICTORIA

Senior Rights Victoria provides information and advice to older people experiencing or at risk of elder abuse. Phone services are available Monday to Friday, from 10 am to 5 pm.

Seniorrights.org.au | 1300 368 821

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In 2024, Respect Victoria and Safe and Equal are working together to support local community engagement with the 16 Days of Activism Against Gender Based Violence.

Women's Health East has been funded under Respect Victoria's 16 Days of Activism grassroots initiative. The funding has contributed to the development of this and other resources and activities undertaken by the Together For Equality and Respect partner organisations and communities in Melbourne's east.

The resources are available to view and download at:
whe.org.au/tfer/16-days/

