

## SAFETY PLAN

- In an emergency always call 000.
- Keep your mobile charged and with you at all times or hide it so your partner cannot take it off you.
- Make a plan to go to a safe place if trouble starts.
- Teach children how to call 000. Teach children to run to a safe room or a neighbour's house.
- Hide sharp objects
- If an argument starts try to keep your back to a door.
- Try not to be in the bathroom, kitchen or garage.
- Pack a bag with copies of important documents, medication, a spare mobile, money for a taxi. Things for the kids- nappies, bottles. Keep bag at a family or friends house.
- Turn off location settings if you have a smart phone.
- Find someone you trust

## EMERGENCY NUMBERS

Police:	000
Housing Safety Officers:	131 444
Women's Shelter:	8952 6075
Tangentyere Night Patrol:	1800 133 110
CATT team:	1800 682 288
Life Line:	131 144
Parents Line:	1300 30 1300
24hr Counselling:	1800 737 738
	1800 RESPECT
Headspace:	1800 659 388



Proudly supported by the Australian Government through the  
Department of Prime Minister and Cabinet and by  
the Northern Territory Government.



Family and Domestic violence is an issue that affects 1 in 3 women across Australia, regardless of culture, religion or sexual orientation. If you are a victim of Family Violence there is help and support 24 hours a day, 7 days a week.

If you are living in FEAR of your partner and what they might do to you or the children that is FAMILY VIOLENCE and it is NOT ok. It is NOT a SHAME JOB if you ask for HELP.

**The Town camp women of Alice Springs say, “Family violence HURTS our kids, our families and our community.**

**We say, NO MORE VIOLENCE!”**

## FORMS OF VIOLENCE

**Physical:** hitting, kicking, punching, choking, spitting, property damage. Hurting the children or animals. Forced sex.

**Emotional:** putting you down, calling you names, humiliating you, saying you are a bad mother, making you feel guilty. Accusing you of having affairs- jealousying you.

**Controlling behaviour:** stalking, calling you all the time to check where you are, taking one of the children, not letting you see your family or friends, isolating you from the community. Checking your phone.

**Psychological:** threatening to kill you, threatening your children, threatening to hurt family members, threatening to commit suicide, threats of report to welfare. Threatening to hurt your animals or break your things. Showing weapons to intimidate or scare you.

**Financial:** Not allowing you to get a job, taking all your money, not letting you have a bank account. Spending all the family money on alcohol, drugs or gambling.

**Spiritual:** Not letting you go to church or have your own beliefs, not letting you go to ceremony, women’s business or Sorry business.

Remember you and your children deserve to live a life FREE from Violence.

To have a confidential chat or get support call the Alice Springs Women’s Shelter - 8952 6075

In an emergency always call 000.

For more information go to:

[www.domesticviolence.nt.gov.au](http://www.domesticviolence.nt.gov.au)

Town Camp Family Safety Project



