

DOMESTIC AND FAMILY VIOLENCE IS NEVER OK.

LOCAL SUPPORTS FOR INDIVIDUALS AND FAMILIES

IN AN EMERGENCY DIAL 000

WHAT IS DOMESTIC AND FAMILY VIOLENCE?

Any behaviour that's violent, threatening, controlling or intended to make you or your family feel scared and unsafe can be considered family and domestic violence.

Domestic Violence can happen to anyone and it is not your fault. For support visit the websites or call the numbers below



1800 RESPECT

1800 737 732

Information, support and counselling.



MEN'S REFERRAL SERVICE

1300 766 491

The national counselling, information and referral service for men who want to change their behaviour.



MENSLINE

1300 78 99 78

A free telephone and online counselling service offering support for Australian men anywhere, anytime.

WHERE CAN I GET HELP IN MY AREA?

Sometime life can throw challenges at us. When this happens it helps to know what supports are available.

In the Southern Riverina, you can drop into **Intereach** in Finley and they will help you find the support that's right for you.

They're at 134 Murray St, Finley. Open Monday to Friday, 9am - 5pm

Intereach

1300 488 226

For one-on-one, parenting and family support. Early intervention Mental Health support for children and young people. Information and connecting you to the support and services you need.

Centacare

1300 619 379

For individual and family support - counselling, parenting support, family separation support and information or referrals to other supports.

Vinnies Deniliquin

03 58817411

Crisis accommodation, safety planning, advocacy and appropriate referrals for support

Southern Riverina Wellbeing Collaborative Website

For information and resources on wellbeing, mental health, crisis support and links to services.

