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Seek help, there is lots of assistance out there from the Police, family violence services, etc.

Women's Domestic Violence Crisis Service of Victoria 1800 015 188 (24 hrs) www.wdvcs.org.au

National Sexual Assault and Family Violence Crisis Line 1800 737 732(24 hrs) www.1800respect.org.au

Centres Against Sexual Assault Victoria 1800 806 292 (24 hrs) www.casa.org.au

Victoria Police have a Family Violence Liaison Officer (FVLO) at every 24-hour police station. The FVLO is responsible for the following activities within the station:

- Provide a consistent and coordinated approach to family violence
- Monitor and report on family violence
- Provide a station contact point for local referral agencies
- Establish relationships between police and other agencies
- Coordinate further response to victims where issues of re-attendance exist.

To find your local police station go to: http://www.police.vic.gov.au/content.asp?Document_ID=7

Victims of Crime Helpline 1800 819 817 The Victims of Crime Helpline can refer you to your local Victims Assistance and Counselling Program. They can provide practical support to you by assisting you to make a police report and to communicate with police; assist with accommodation options, transport and medical services; short-term counselling; finding support groups and services like lawyers or legal aid; providing information about what happens in court and support with processes like Victims Impact Statements and applying to the Victims of Crime Assistance Tribunal for counselling and financial assistance. www.justice.vic.gov.au/home/victims

Essential First Steps to re-establishing financial security - a booklet to assist you to re-establish your finances after leaving domestic violence. www.whealth.com.au/work_financial-abuse-project.html

Dept of Human Services 1300 650 172 Provide bonds in certain circumstances - check your eligibility by going to: www.dhs.vic.gov.au/for-individuals/housing-and-accommodation/private-renter-assistance/bond-loan-scheme

Office of Housing Vic 1300 650 172. To locate your local Housing Office go to: www.dhs.vic.gov.au/for-individuals/housing-and-accommodation/public-housing/local-housing-offices

Disability information and support 1800 783 783

Tenant's Union of Victoria 0394 162 577 Provides free and confidential advice to tenants in Victoria. www.tuv.org.au

Vic Civil & Admin Tribunal 1800 133 055 www.vcat.vic.gov.au

Tenants Union Victoria provides free and confidential advice to tenants and residents renting in Victoria. www.tuv.org.au

Homeless Crisis Line 1800 825 955.

Concessions Information Line 1800 658 521 Use the search engine link below to view a full list of concessions, benefits and assistance available to Victorians. Each page includes eligibility information, contacts and how to apply, where appropriate.

<http://www.dhs.vic.gov.au/for-individuals/financial-support/concessions>

For a comprehensive list of concessions and grants that you may be eligible for go to: www.whealth.com.au/documents/publications/is-financial_resources.pdf

No Interest Loans - NILS is a community-based program offering applicants on a low income no interest loans for essential household goods and services. Applicants must be in receipt of a current concession card. Repayments are made in affordable amounts for a period of between twelve and eighteen months. To locate your local services go to www.goodshepherdmicrofinance.org.au/find-provider



WOMEN'S HEALTH
GOULBURN NORTH EAST

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Challenging inequality, embracing diversity.