



Most victims of family and domestic violence are women and children

062020 ANGLO012

Contact us

08 9845 6000

awc@anglicarewa.org.au

24 Hour Family and Domestic
Violence Crisis Service

If you are affected by family
and domestic violence
remember...

YOU ARE NOT TO BLAME

**YOU DON'T DESERVE
TO BE ABUSED**

Get in touch with us



AnglicareWA

anglicarewa.org.au



@anglicarewa

Albany Women's Centre



Support for women and children
managing and surviving family
and domestic violence



AnglicareWA

What is the Albany Women's Centre?

The Albany Women's Centre provides support to women and children affected by family and domestic violence. Our services include:

- ♥ crisis accommodation
- ♥ 24 hour on call service
- ♥ development of safety plans
- ♥ assistance and support
- ♥ information and advocacy
- ♥ outreach support services
- ♥ referrals to other agencies
- ♥ links to housing, income, legal and medical services

What is family and domestic violence?

Family and domestic violence is when one person in a relationship uses abusive behavior in order to control the other person.

Some ways this can happen are:

- ♥ hitting, punching or pushing you, slapping, kicking and choking
- ♥ threatening to hurt your friends, family members or pets
- ♥ putting you down in front of others
- ♥ making you feel stupid and worthless, insults, threats, intimidation
- ♥ making you have sex when you don't want to
- ♥ not letting you go out, or contact friends or family
- ♥ not letting you have money for food, clothing or other basic needs
- ♥ not allowing you to attend church, making fun of your beliefs



Some of the effects of family and domestic violence are:

- ♥ shame
- ♥ low self esteem
- ♥ isolation
- ♥ physical injuries
- ♥ inability to trust people
- ♥ missing work and/or school
- ♥ depression
- ♥ feeling alone
- ♥ no confidence
- ♥ feeling nervous

Important Numbers

Life Threatening Emergencies

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Women's DV Helpline

1800 007 339

Men's DV helpline

1800 000 599

Sexual Assault Resource Centre

08 9340 1828

Crisis Care

1800 199 008

Parenting WA

08 6279 1200

Kid's Helpline

1800 551 800