



ACCESSING FAMILY AND DOMESTIC VIOLENCE SUPPORT DURING CORONAVIRUS (COVID-19)

Sadly, family and domestic violence affects many Western Australians of all ages and backgrounds.

Research indicates domestic violence may increase during events such as the Coronavirus (Covid-19) outbreak.

Social distancing and isolation can increase these risks further.

There are many organisations in WA that want you to know we are still open to those at risk of, or experiencing, family and domestic violence.

Support services open

As a result of COVID-19, counselling and support programs are now provided via telephone or video conferencing, but crisis accommodation is still open.

If you or anyone you know needs help, please contact:

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| ▪ Women's Domestic Violence Helpline | 1800 007 339 | ▪ Men's Domestic Violence Helpline | 1800 000 559 |
| ▪ Anglicare WA | 1300 114 446 | ▪ Lifeline | 13 11 14 |
| ▪ Centrecare | 9325 6644 | ▪ Relationships Australia WA | 1300 364 277 |
| ▪ Crisis Care | 1800 199 008 | ▪ Women's Health & Family Services | 6330 5400 |
| ▪ Communicare | 9251 5777 | | |

In an emergency, call 000 for police

How you can help

If you're concerned a neighbour, friend or family member are at increased risk here are four helpful things you can do:



Keep in contact

Assure them they're not alone or cut-off.



Make a plan

If possible, encourage them to develop a safety plan.



Encourage seeking professional help

Encourage them to reach out to one of our support services if they feel threatened or unsafe.



Create a safe word

Agree to a safe word they can use if they need you to call the police.