

Don't suffer in silence.

If you're experiencing family violence,
help is available.

Emergency Services:

Police/Fire/Ambulance: 000
Hedland Health Campus: 9174 1000
Port Hedland Police: 9173 8100
South Hedland Police: 9160 2100

Accommodation Services:

Crisis Care: 9223 1111
Hedland Women's Refuge: 9173 1948
Youth Accommodation Program: 9140 1668
Aboriginal Hostel: 9172 4020
Sobering Up Shelter: 9138 3041
Dept of Communities (Housing): 9160 2800
Homeless Advisory Service: 1800 065 892

Support Services

Relationships Australia: 9160 2900
Hedland Well Women's Centre: 9140 1124
Mission Australia: 9174 4800
Bloodwood Tree: 9138 3000
Wirraka Maya Health Service: 9172 0400
Centrelink: 13 23 07
Mackillop Family Services: 9148 1602
Acacia Support Services: 1300 364 277

Legal Services:

Pilbara Community Legal Service: 9140 1613
Aboriginal Family Legal Services: 9172 5024
Legal Aid: 9172 3733
WA Women's Legal Services: 9272 8800

24 Hr Crisis Line:

Confidential advice and help in a crisis.
Crisis Care: 1800 199 008
1800 RESPECT: 1800 737 732
Lifeline: 13 11 14
Women's DV Helpline: 1800 007 339
Men's DV Helpline: 1800 000 599

Telephone Interpreter Service:

1800 131 450

Non urgent Police assistance

131 444

A message from

HFVAG

**HEDLAND FAMILY VIOLENCE
ACTION GROUP**



In Australia, one woman is killed almost every week by their current or former partner.

What is Domestic Violence?

Domestic or Family violence, occurs when one person in a “relationship” uses violent or abusive behaviour to control another, causing fear and/or harm.

This behaviour, which may be classified as domestic or family violence, includes:

- Physical Abuse
- Sexual Abuse
- Verbal Abuse
- Harassment or Intimidation
- Financial Abuse
- Psychological and Emotional Abuse
- Social Abuse
- Spiritual Abuse
- Elder Abuse
- Tech Abuse

Unhealthy Relationships?

An unhealthy relationship is controlling. It does not allow time and space for you to do your own things.

Are you or some-one you know with a partner who:

- Stalks you on Facebook?
- Checks your phone?
- Jealous and possessive, won't let you visit your friends, checks up on you or won't accept you breaking up?
- Makes threats to leave you/ kill you or themselves if you don't do what they say?
- Threatens to hit you, hurt your friends, your family or pets?
- Gets very angry about small unimportant things?
- Forces you into sexual acts you don't want by threats or physical force?
- Hits or physically assaults you in some way?

Act Now!

Domestic violence in our community is unacceptable. Everyone has the right to be free from harm and live without fear. **If you or someone you know is in danger please call 000 now.**

A message from

HFVAG
HEDLAND FAMILY VIOLENCE
ACTION GROUP