



FAMILY VIOLENCE RESOURCES

This list of family violence services has been collated by Northcote High School's Student Services Wellbeing Team.

These services provide support for individuals and families who have experienced family violence and they can help individuals to understand their own, and their children's, family violence risks.

These services can explore options to increase safety irrespective of whether someone wants to stay in a relationship, leave or have already ended a relationship. Services are confidential and take privacy and safety very seriously.

Services may be contacted via phone or online depending on what an individual feels most comfortable with.

1 1800RESPECT

<https://www.1800respect.org.au/>

This service provides confidential information, counselling and support services.

- You can speak with a counsellor on 1800 737 732 (24 hours a day, 7 days a week)
- If it is not safe to phone, or you don't feel comfortable speaking on the phone, you can chat online with a counsellor (24 hours a day, 7 days a week)
- You will speak with a trained counsellor who will listen and support you in what feels right for you and your situation.

2 SAFE STEPS – FAMILY VIOLENCE RESPONSE CENTRE

<https://www.safesteps.org.au/>

This service includes a crisis response line and can also connect individuals with court support services, recovery services and resources.

- You can speak with a family violence specialist on 1800 015 188 (24 hours a day, 7 days a week)
- If it is not safe to phone, or you don't feel comfortable speaking on the phone, you can email Safe Steps at safesteps@safesteps.org.au

3 THE ORANGE DOOR

<https://orangedoor.vic.gov.au/>

This service supports people who are experiencing or have experienced family violence. They can also connect individuals to services that provide financial, legal, substance-misuse, employment, education and housing support.

- You can phone The Orange Door on 1800 319 355 (9am – 5pm, weekdays, closed public holidays)
- You can email The Orange Door on nema@orangedoor.vic.gov.au

4 VICTORIAN CENTRE AGAINST SEXUAL ASSAULT (CASA)

<https://www.casa.org.au/>

This service supports victims/survivors of sexual assault. CASA provides counselling support and supports individuals with accessing medical care and legal processes.

- You can phone the Sexual Assault Crisis Line on 1800 806 292 (24 hours a day, 7 days a week)

5 WIRE (WOMEN'S INFORMATION AND REFERRAL EXCHANGE)

<https://www.wire.org.au/find-support/>

This is a non-crisis service. WIRE offers training programs (such as financial literacy, financial abuse, work-life balance and violence against woman). They can also help individuals find what service is right for them and can support with referrals to other services.

- You can phone WIRE on 1300 134 130 (9am – 5pm, weekdays)
- If you prefer to chat, you can request to chat online by completing the form on their website



PARENTING RESOURCES

This collection of parenting resources has been collated by Northcote High School's Student Services Wellbeing Team.

1 PARENTLINE

13 22 89

Support, counselling and education for parents and carers of children and young people.

2 RELATIONSHIPS AUSTRALIA

1300 364 277

Relationship support for individuals, families and communities.

3 RAISING CHILDREN - THE AUSTRALIAN PARENTING WEBSITE

<https://raisingchildren.net.au/>

Provides free, reliable, up-to-date and independent information to help your family grow and thrive together.

4 REACH OUT – FOR PARENTS

<https://parents.au.reachout.com/>

Reach Out offers different types of support, depending on what you and your teenager need and want.

5 UNITING

<https://www.unitingkildonan.org.au/>

Kildonan UnitingCare is a community service organisation within one of Australia's largest welfare networks, UnitingCare Australia – an agency of the Uniting Church.

6 PARENT GUIDES

parentguides.com.au

Parent manuals on various wellbeing topics.

Digital Editions \$2. Print Editions \$25 incl. postage.

7 ORANGE DOOR (FORMALLY CHILDFIRST)

What is The Orange Door?

The Orange Door is the new access point for women, children and young people who are experiencing family violence or families who need assistance with the care and wellbeing of children to access the services they need to be safe and supported.

Contact The Orange Door if:

- you feel like you need extra help parenting children in your care
- you need extra help managing the behaviour of children in your care
- you're worried about children in your care

For more information, visit:

<https://orangedoor.vic.gov.au/>

<https://orangedoor.vic.gov.au/caring-for-children>