

**For Urgent Assistance
Contact the Police 000**

Crisis Support Information & Counselling

DV Connect (24hr)	1800 811 811
Sexual Assault Helpline (24hr)	1800 010 120
Lifeline (24hr)	13 11 14
Parent line (24hr)	1300 301 300
Immigrant Women's Support Service	07 3846 3490

Magistrates Courts – Protection Orders

Maroochydore	07 5470 8011
Caloundra	07 5420 9000
Noosa	07 5473 8400
Nambour	07 5470 8755
Gympie	07 5480 5488

Legal Information & Advice

Legal Aid	1300 651 188
Women's Legal Services	1800 677 278
	07 3392 0670
Sunshine Coast Legal Service	07 5443 7827

Police Prosecutions

Maroochydore	07 5430 9900
Gympie	07 5483 7640
Gympie	07 5480 1066
Gympie	07 5480 1078
Noosa	07 5440 8126

Child contact Arrangements

Sunshine Coast Contact Centre	07 5479 6971
Family Relationship Centre	07 5452 9700
Lifeline Family Dispute Resolution	07 5479 1600

Pet Refuge is available via

DV Connect	1800 811 811
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Our vision

Leading social change, strengthening families,
Supporting people and communities
In the spirit of the Gospel

We value

- Human dignity • respect for the individual
- justice and equity • working together
- interdependence and community
- transparency and accountability • diversity



Archdiocese of Brisbane
Member of Catholic Social Services Australia

www.centacarebrisbane.net.au

**NEVER THINK your partner's
violence and abuse is your fault**

**Centacare SCOPE Program
(Maroochydore)**

P: 07 5430 9300
8.30am – 4.30pm
Monday - Friday

Funded by



The Centacare SCOPE Program is an
initiative of the Queensland
Government

Safety Planning

SCOPE - Regional Domestic and Family Violence Service



family & relationship services

community services

Safety During an Abusive Incident

Ensuring safety is very important because leaving an abusive relationship can be your most dangerous time. The following suggestions may assist you and your children.

- If an incident seems unavoidable, stay calm and move to a safe area or room with an exit
- Avoid rooms with weapons e.g. kitchen, bathroom, garage
- Practice how to get out of your home safely. Identify what doors, stairs or windows would be best to use
- If you feel scared or unsafe, trust and act on your own instincts and judgement for keeping yourself and your children safe
- Call the Police on 000 as soon as it is safe to do so

Safety at Work

Is your workplace safe?

- Develop a plan for arriving and leaving work safely e.g. car pool with a colleague; have a friend or colleague escort you to the bus or train or change the route you drive to work
- Confide in someone at work about your current situation. Devise a plan for intercepting phone calls or uninvited visitors etc
- If you feel you're being followed to and from work or home, go to the Police or contact them immediately
- Carry a personal alarm

Safety When Considering Leaving

Be **prepared to call** the Police on **000**



Decide where you will go and have a plan B



Try to have your phone with you at all times.
Consider changing your mobile phone number or make it silent



Prepare an **emergency bag** including: **money; spare car and house keys; clothes; medication** and other important documents



Plan how you will leave i.e. **transport**



Plan to **take your children** with you, or make alternate arrangements for them



Change your postal arrangements, access or **passwords** to bank and email accounts



Review your **safety plan** with a Domestic Violence counsellor or the Police



Consider how you share information on internet **social network** sites e.g. facebook, twitter



Where possible **change your routines**



Consider **applying for a Domestic Violence Order (DVO)**. You can seek assistance from the Police or Centacare / SCOPE



Have **DV Connect** number programmed into your phone: **1800 811 811** (operates 24/7)

CAUTION: Leaving can be your most dangerous time. Have a plan

Staying Safe After Separation

- Take out a Domestic Violence Order (DVO), contact the Court, Legal Aid, the Police or Centacare / SCOPE for assistance
- Call the Police if your partner or former partner breaches the DVO
- Increase security on your home e.g. install sensor lights and security screens, change locks etc
- Ask neighbours to call the Police if they hear any shouting or abusive behaviour
- Change your routine e.g. your shopping day, the route you drive to work or friends etc
- Review your banking and postal arrangements

Important Documents to Consider Taking

Financial

- Bank account details
- Mortgage or lease contracts

Legal

- Marriage / divorce certificates
- Medical records
- School records
- Car registration
- Insurance policies
- Any Court papers or orders

Identification

- Drivers licence
- Birth certificates – yours and your children
- Centrelink cards

Other

- Unpaid bills in your name
- Photographs and important personal items