

# FINDING SUPPORT

If you or someone you know is experiencing violence or using violence, help is available.

## SAFE STEPS

Safe Steps is a confidential and supportive family violence response line for Victoria. Phone services available 24/7.

[safesteps.org.au](https://safesteps.org.au)

1800 015 188

## THE ORANGE DOOR

The Orange Door offers family violence support and services for all Victorians. Find your nearest location:

[orangedoor.vic.gov.au](https://orangedoor.vic.gov.au)

## ELIZABETH MORGAN HOUSE

Elizabeth Morgan House Aboriginal Women's Service provides culturally safe, holistic case management and support. EMH is open 24/7.

[emhaws.org.au](https://emhaws.org.au)

1800 364 297

## DJIRRA

Djirra is a culturally safe place where practical support is available to all Aboriginal women, particularly those who are currently experiencing family violence, or have in the past.

[djirra.org.au](https://djirra.org.au)

1800 105 303

## INTOUCH MULTICULTURAL CENTRE AGAINST FAMILY VIOLENCE

inTouch is a specialist family violence service that works with multicultural women, their families, and their communities.

[intouch.org.au](https://intouch.org.au)

1800 755 988

## 1800 RESPECT

1800 RESPECT is the national sexual assault, domestic and family violence counselling service. Phone and online services are available 24/7.

[1800respect.org.au](https://1800respect.org.au)

1800 737 732

## KIDS HELPLINE

Kids Helpline is a counselling service for Australian children and young people aged between five and 25 years. Phone and online services are available 24/7.

[kidshelpline.com.au](https://kidshelpline.com.au)

1800 55 1800

## RAINBOW DOOR

Rainbow Door is a free specialist LGBTIQ+ helpline providing information, support, and referral to all LGBTIQ+ Victorians, their friends and family.

[rainbowdoor.org.au](https://rainbowdoor.org.au)

1800 729 367

## MEN'S REFERRAL SERVICE

Men's Referral Service provides anonymous and confidential telephone counselling, information, and referrals to men, to help them take action to stop using violent and controlling behaviour.

[ntv.org.au](https://ntv.org.au)

1300 766 491

## MENSLINE

MensLine provides professional support and information service for Australian men. Phone and online services are available 24/7.

[mensline.org.au](https://mensline.org.au)

1300 78 99 78

## SENIORS RIGHTS VICTORIA

Seniors Rights Victoria (SRV) provides information and advice to help prevent elder abuse and safeguard the rights of older people.

[seniorsrights.org.au](https://seniorsrights.org.au)

1300 368 821

If you believe someone is in immediate danger, call 000 and ask for the police.