

Pathways to Change

A family violence strategy and resource guide

For a full copy of Pathways to Change: A family violence strategy and resource guide, go to rctlaw.com.au/resources/pathwaystochange

Identifying Family Violence

Family violence is unfortunately a devastating reality for many Australians.

Understanding the trademarks of family violence and identifying whether it is happening to you or someone close to you can be empowering and an important first step on the pathway to change.



Seeking Support

Support for family violence can be accessed from a range of services including:

- Domestic violence support services
- Victoria Police
- Health and wellbeing services
- Legal assistance

Family violence is becoming better understood in the community and your employer or union representative may also be able to assist with support and options for family violence leave arrangements.

For more information about family violence and a full list of resources available and strategies for safety, access the full **Pathways to Change** eBook developed by Ryan Carlisle Thomas Lawyers at rctlaw.com.au/resources/pathwaystochange

My safety plan – cut off the bottom of this page and keep it somewhere safe



My children know to call **000** in an emergency. My children can go to when they feel unsafe.

Safe places for you, your children and pets (e.g: a friend’s house, a safe neighbour, closest police station, women’s refuge, hospital and, for pets, RSPCA, Pets In Peril)

.....

.....

.....

Emergency contacts

Immediate Assistance: **000**

SafeSteps: **1800 015 188**

My treating doctor:

My counsellor:

My police contact:

My lawyer:

Other contacts:

A bag of my important documents and personal belongings (such as ID documents, legal documents, a spare charged phone, spare keys, cash and medication and a change of clothes) is with:

or in a safe spot at:

Financial safety checklist:

- Open new bank account in own name
- Freeze redraw option on joint mortgage
- Contact lenders, utility services and/or telecommunication services for flexible repayment options
- Contact Centrelink regarding the availability of financial assistance
- Contact your employer or union representative.

Record Keeping:

- Keep a manual or electronic diary of what is happening to you
- Keep copies of text messages and emails
- Screenshot pages of social media accounts
- Photographs can be useful.

Go to www.smartsafe.org.au for more information.

Cyber safety checklist:

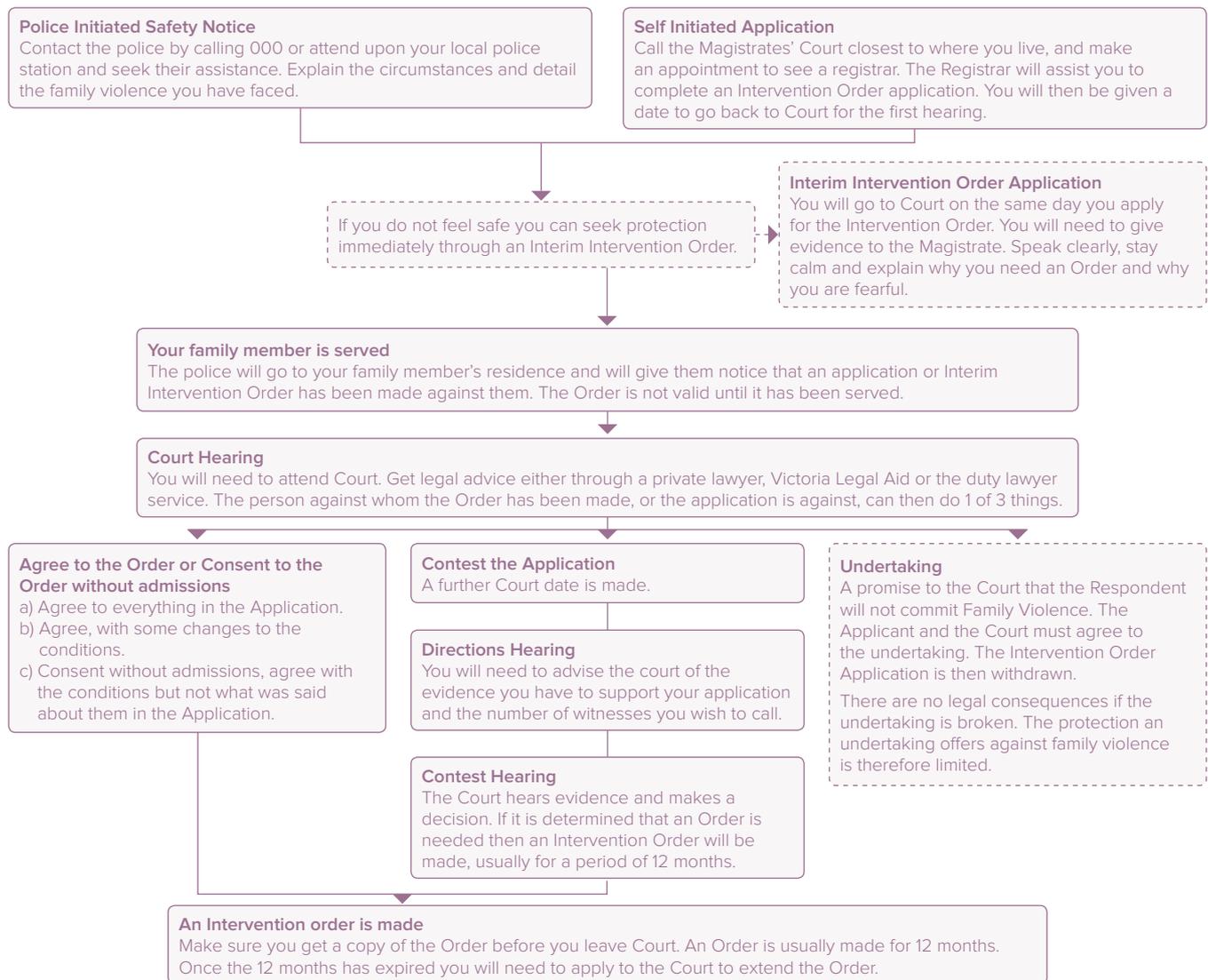
- Obtain a new mobile phone with a pay-as-you go SIM card
- Change PIN and passwords on mobile, email, banking and social media accounts
- Disable ‘Find my iPhone’ technology and location settings on Apps
- Delete internet browser history and sign out of your accounts
- Avoid using social media.

Getting legal help for family violence

Getting legal protection against family violence may include obtaining a family violence Intervention Order. An Intervention Order puts in place measures and conditions to help protect those whose safety is at risk because of family violence.

If you are living in or have left a marriage or de facto relationship or have children, you may also need more detailed advice about Family and Relationship Law. Ryan Carlisle Thomas can provide expert advice on divorce, property division and arrangements for children. We offer a free first appointment with a member of our experienced and supportive Family and Relationship Law team. Direct phone **(03) 8792 7542** or go to rctlaw.com.au

Steps to Obtaining an Intervention Order



Family Violence Support Services (24 hours a day):

- Call 000 for immediate emergency assistance
- For assistance with safety planning and crisis housing, call SafeSteps Family Violence Response Centre on 1800 015 188
- For counselling services, call 1800RESPECT National Sexual Assault Family and Domestic Violence Counselling Service or Lifeline on 13 11 14

Family Violence Legal Advice (Monday to Friday):

- For legal assistance, call Ryan Carlisle Thomas' experienced Family and Relationship lawyers on **(03) 8792 7542** (Direct Line) or go to rctlaw.com.au

Further Resources and Strategies:

- For a full copy of **Pathways to Change: A family violence strategy and resource guide** go to: rctlaw.com.au/resources/pathwaystochange