

## Are you controlling or hurting the people you care about?

- Have you been thinking about how you are behaving in your relationship?
- Have you made someone you love or, in your care, afraid?
- Do you talk about your partner disrespectfully, or see them as lesser than you?
- Is your behaviour affecting your children?

You can change and improve your situation, contact:

<b>TELUS (EAP) – DFV Line</b>	1300 574 516
<b>1800 RESPECT</b>	1800 737 732 (24 hours, 7 days)
<b>DVConnect Mensline</b>	1800 600 636
<b>DVConnect Womensline</b>	1800 811 811
<b>Men's Referral Service</b>	1300 766 491

If you are using violence in your relationships, you may be able to access leave, e.g., for attendance at behaviour change sessions. For more information speak to your line manager, refer to the *DFV: Support in the Workplace Guideline* or call **AskHR** on 1800 275 275.

### Other Support Services

Women's Legal Service Queensland	1800 957 957
Legal Aid Queensland	1300 651 188
Immigrant Women's Support Service	3846 3490
Victim Assist Queensland	1300 546 587
Sexual Assault Helpline	1800 010 120

### LGBTIQ+ Services

QLife	1800 184 527
With Respect	1800 542 847
LGBTI Legal Service	3124 7160
<a href="http://www.sayitoutloud.org.au">www.sayitoutloud.org.au</a>	Online resource

### Aboriginal & Torres Strait Islander Support Services

Kurbingui – Family Support	3156 4800
Gallang Place – Family Support	3899 5041
Qld Indigenous Family Violence Legal Service	3839 6857
13 YARN – Crisis Support	13 92 76
<a href="#">Social and Emotional Wellbeing   Aboriginal and Torres Strait Islander Health   Metro North Health</a>	Online QHEPS resource

### Police

Immediate safety concerns	000
Policelink (non-urgent matters)	131 444
Online DFV Reporting	<a href="http://www.police.qld.gov.au">www.police.qld.gov.au</a>



# Support for staff affected by domestic and family violence

Information about support services and online resources if you are experiencing or using violence in your relationships.

## Support in the workplace

If work is a safe place for you and you would like to discuss your situation or the support available, you can contact a Metro North DFV Social Worker:

Caboolture 5433 8228	RBWH 3647 0607
COH 0448 951 047	STARS 3647 7330
Redcliffe 3883 7752	TPCH 3139 5276

## Leave and other arrangements

If you are affected by DFV you may be able to access:

- 10 days paid leave per year (for permanent, temporary, and casual staff)
- Flexible working arrangements
- Reasonable workplace adjustments

For more information speak to your line manager, refer to the *DFV: Support in the Workplace Guideline* or call **AskHR** on 1800 275 275.

## Specialist DFV Support Services

Specialist services provide a variety of supports depending on your situation. Services include information, referrals, crisis support, safety planning, practical assistance, advocacy, emotional support, and court support. Some services offer groups for women, children and young people and deliver men's behaviour change programs.

<b>Brisbane Domestic Violence Service</b> Brisbane	3217 2544
<b>Centre Against Domestic Abuse</b> Caboolture	5498 9533
Redcliffe	3283 6930
Strathpine	3205 5457
<b>Domestic Violence Action Centre</b> Ipswich, Toowoomba, Darling Downs	3816 3000
<b>Centre for Women and Co</b> Beenleigh, Logan, Redlands	3050 3060

**Are you safe at home?** If you are experiencing violence at home, there is confidential support available.

## 24/7 Telephone Support Services

<b>1800 RESPECT</b> (737 732)	Information, counselling & support
<b>DVConnect</b> 1800 811 811	Responding to immediate safety needs
<b>TELUS (DFV)</b> 1300 574 516	MNH Employee Assistance Provider

## Safety Planning

It may be helpful to consider a safety plan, whether you are choosing to stay in a relationship, planning to leave or have left a relationship.

Specialist DFV support services and telephone support services like the ones listed in this brochure can help you develop a plan that is specific for your situation.

## Online Safety

The E-Safety Commissioner provides detailed information about managing your online safety if you are living with an abusive partner or you have left an abusive partner. Check out [www.esafety.gov.au](http://www.esafety.gov.au)

A few things to consider:

- Check privacy settings regularly across your social media accounts
- Change your passcodes, pins, or passwords
- Use 'private' mode when internet browsing
- Set up a new email account
- Use a safe device (one that your partner can't access) for safety planning, e.g., work on a computer or friend's phone
- Can your ex/partner access your information via My Health Record?

If it is not safe to take this brochure home – all information is available either on the Metro North Health intranet DFV page (search 'domestic and family violence') or publicly available online.