

Adira

新州妇女与家庭安全
多元文化中心

您是面临家庭暴力或性暴力风险或正在遭受这些暴力的移民或难民妇女吗？

如果您正面临即时的危险，请打电话 000。

- 如果您需要口译员，请在与紧急接线员通话时要求安排使用您的语言的口译员。如果您需要警察立即前往您的住所，请准备好您的英文地址，以便把您的位置告诉警察。

如果您正在遭受暴力，请跟我们联系，以便跟 Adira 团队交谈。您可以要求安排口译。

- 我们的工作时间为周一至周五，每天上午 9 点至下午 5 点。
- 如果您在工作时间之外打电话，请留言并告知您的联系方式，我们会给您回电。

什么是家庭暴力和性暴力？

这些暴力包括发生在亲密关系（伴侣或配偶）或其他家庭关系中的各种暴力和非暴力的虐待行为或威胁，包括：

- 其他家人或同住的人
- 有照顾者关系的人
- 享有相同文化背景的人和亲属'
- 有寄养关系者
- 不住在一起的血亲。

暴力的例子

- 情感方面的虐待
- 身体虐待
- 性虐待
- 语言虐待
- 经济虐待
- 采用技术手段实施的虐待
- 心理虐待
- 控制行为。

伴侣或家人的虐待行为的例子

- 辱骂您或以残忍或攻击性的方式对您说话
- 损伤您的身体
- 威胁您说您的签证会被取消，您会被遣送回国
- 不允许您有自己的钱
- 检查您的手机或禁止您跟家人、朋友通话
- 威胁您说您的孩子会被带走或受到伤害
- 在您不愿意的情况下强迫您进行性行为
- 不允许您信奉自己的宗教或文化。

我们可以帮助您和您的孩子

请迈出寻求支持的重要一步。这将为您本人和孩子带来更安全、更健康的未来。

联系我们：Adira

**02 8111 7077 或
safetycentre@ssi.org.au**

Adira

NSW Multicultural Centre
for Women's and Family Safety

Note for service providers:

Please consider your clients' safety when providing them with printed copies of this brochure

Are you a migrant or refugee woman at risk of, or experiencing, domestic, family or sexual violence?

If you are in immediate danger, please call 000.

- If you need an interpreter, request one in your language when speaking to the emergency operator. If you need police to attend your home immediately, have your address in English ready to inform them where you are.

If you are experiencing violence, please contact us to speak to our Adira team. You can request an interpreter.

- We are open Monday to Friday, 9am–5pm.
- If you are calling outside of these hours, please leave a message and your contact information, and we will call you back.

What is domestic, family and sexual violence?

It includes a wide range of abusive behaviors or threats, both violent and non-violent, that occur within intimate (partner or spouse) or other family relationships, including:

- Other family or household members
- Carer relationships
- Cultural and kinship relationships
- Foster care relationships
- Blood relatives who do not live together.

Examples of this violence

- Emotional abuse
- Physical abuse
- Sexual abuse
- Verbal abuse
- Financial abuse
- Technology facilitated abuse
- Psychological abuse
- Controlling behaviours.

Examples of abusive behaviour by a partner or family members

- You are being called names or being spoken to in a cruel or offensive way
- You are physically harmed or hurt
- You are threatened that your visa will be cancelled, and you will be sent back home
- You are not allowed to have your own money
- Your phone is checked or you are stopped from talking to friends and family
- You are threatened that your children will be taken away from you or will be hurt
- You are forced to do sexual things you do not want to do
- You are not allowed to practice your religion or culture.

We can help you and your children

Take the important step of reaching out for support. This brings you closer to a safer and healthier future for you and your children.

Contact us at Adira

02 8111 7077 or
safetycentre@ssi.org.au