

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 flyer

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