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## Support Services Contact Listing

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### You are not alone.

If you are experiencing domestic violence, support and assistance is available. It is sometimes hard to tell your story and ask for help - but remember no one should have to live in fear. Talk with someone you trust or contact one of the support services listed below

#### National - Australia

Emergency **000**

Domestic Violence Confidential Helpline  
**1800 200 526**

Lifeline **13 11 14**

Kids Helpline Australia **1800 55 1800**

Mensline **1300 78 99 78**

Relationships Australia **1300 364 277**

#### Victoria

The Domestic Violence and  
Incest Resource Centre  
**9486-9866** (Mon-Fri 9-5)

Women's Domestic Violence  
Crisis Service of Victoria  
**9373-0123** (24 hours)  
**1800 015 188** (Country toll free)

Immigrant Women's  
Domestic Violence Service  
**9898-3145** (Mon-Fri 9-5)

Women's Information and Referral  
Exchange (WIRE)  
**1300 134 130** (Mon-Fri 9-5)

Southern Family Life  
**9598 2133**



INTIMO Aware. We believe that every woman has the right to live and work in an environment that is respectful and free from abuse, violence and fear. Everyday. Always.

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# Contacts

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## New South Wales

Domestic Violence Helpline  
**1800 656 463** (24hrs)  
Domestic Violence Advocacy Service  
**9637-3741** (Mon-Fri 9-5)

Immigrant Women's Speakout Association  
**9635-8022** (Mon-Fri 9-5)

## ACT

Domestic Violence Crisis Service  
**6280-0900** (24hrs)

## Queensland

Domestic Violence Telephone Service  
**1800 811 811**

Immigrant Women's Support Service  
**3846 3490** (Mon-Fri 9-5)

## South Australia

Domestic Violence Helpline  
**1800 800 098** (24 hrs)

Domestic Violence Crisis Service  
**1300 782 200**

Crisis Care  
(4pm-9am, weekends & public holidays)  
**131 611**

## Tasmania

Domestic Violence Crisis Service  
(9am-midnight) (weekends 4pm - midnight)  
**1800 633 937**

SHE (Support, Help & Empowerment)  
**Ph. (03) 6278-9090**

## Western Australia

Crisis Line  
**1800 199 008** (24hrs)

Women's Refuge Group  
**9227-1642** (Mon-Fri 9-5)

## Northern Territory

Crisis Line  
**1800 019 116** (24hrs)

Domestic Violence Counselling Service  
**8945 6200** (Mon-Fri 9-5)

## New Zealand

Emergency  
**111**

Domestic Violence Crisis Line (Auckland)  
**303 3939** (24hrs)

The Kids Help Foundation Trust New Zealand  
**0800 942 87 87**

