

# DOMESTIC AND FAMILY VIOLENCE: WHERE TO GET HELP

## SUPPORT ORGANISATIONS

The below support organisations provide support to victim/survivors and perpetrators of domestic and family violence, as well as generalist support organisations.

### IMPORTANT CANBERRA NUMBERS

In an emergency or  
If not an emergency **Police 000**  
**131 444**

**Domestic Violence Crisis Services (24 Hours)** **02 6280 0900**  
[www.dvcs.org.au](http://www.dvcs.org.au)

**Canberra Rape Crisis Centre (24 Hours)** **02 6247 2525**  
[www.crcc.org.au](http://www.crcc.org.au)

**Victim Support ACT** **1800 822 272**  
[www.victimsupport.act.gov.au](http://www.victimsupport.act.gov.au)

**Everyman Australia** **02 6230 6999**  
[www.everyman.org.au](http://www.everyman.org.au)

**Employee Assistance Program (EAP)** **1300 687 327**  
[www.convergeinternational.com.au](http://www.convergeinternational.com.au)

### NATIONAL NUMBERS

**National Sexual Assault, Domestic Family  
Violence Counselling Service (24 Hours)** **1800RESPECT**  
**(1800 737 732)**  
[www.1800respect.org.au](http://www.1800respect.org.au)

**Lifeline (24 Hours)** **13 11 14**  
[www.lifeline.org.au](http://www.lifeline.org.au)

**Kidslife (24 hours)** **1800 55 1800**  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**MensLine (24 Hours)** **1300 789 978**  
[www.mensline.org.au](http://www.mensline.org.au)

**Translating and Interpreting Service** **131 450**  
[www.tisnational.gov.au](http://www.tisnational.gov.au)

## SUPPORT AVAILABLE THROUGH THE ACTPS

If you are experiencing domestic and family violence, either at work or at home, you can have a confidential discussion with your manager or another colleague you feel comfortable talking to. In addition, the below supports are available to all ACTPS employees.

1. ACTPS employees can access paid leave for domestic and family violence purposes—for more information, see Leave for Domestic Violence Purposes Advice in this Toolkit.
2. There are a range of flexible work arrangements available to ACTPS employees—check the flexible work arrangements section of your relevant ACTPS enterprise agreement.
3. You can access the Employee Assistance Program—the contact number is available from your Corporate Human Resources area and you are not required to provide details when inquiring.

For more information, read the *ACT Domestic and Family Violence Policy*.