

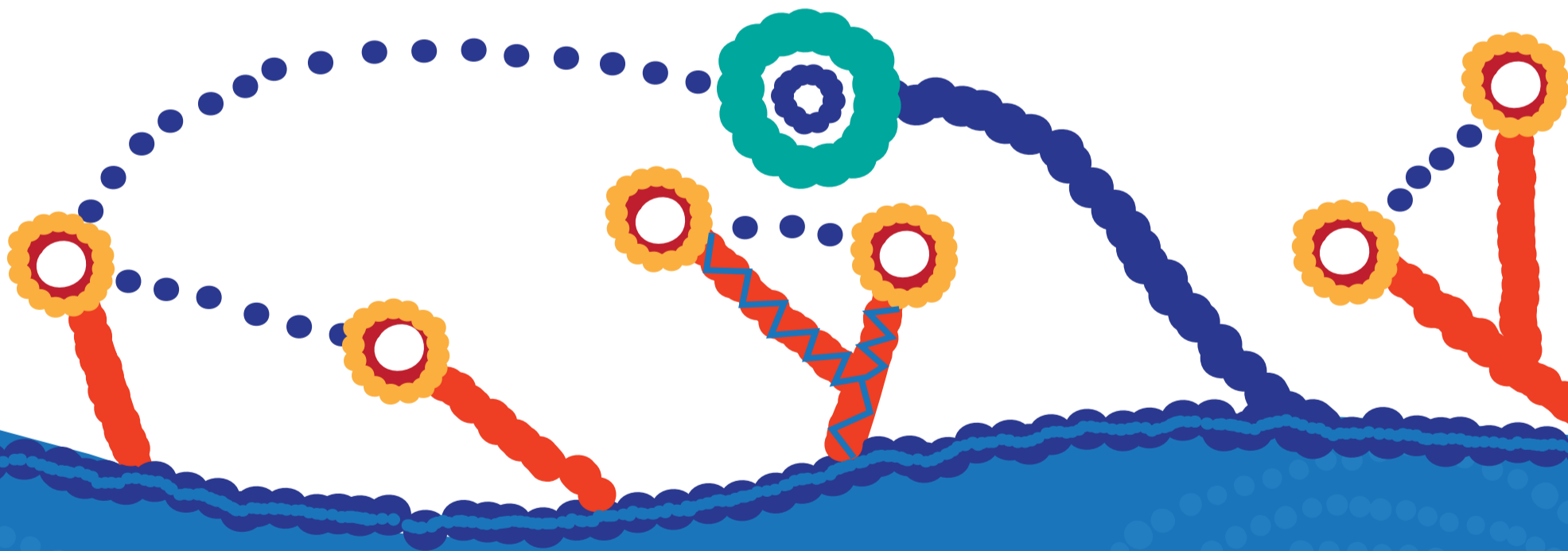
You should be safe, respected and living without fear.



‘I know **I shouldn’t feel scared in my relationship**, and I should be able to live without fear. **Violence and control are not part of our culture**. Even though it’s going to be hard, I think **I need to get some help.**’

If you’re experiencing domestic and family violence, it’s important to get some help.

A good first step is talking to someone you trust about what’s going on. This could be a family member, friend, Elder or someone at a local service.



For information and help:

Womensline (DV Connect)
1800 811 811

Mensline (DV Connect)
1800 600 636

Lifeline Australia
13 11 14

Sexual assault helpline
1800 010 120

Kids Helpline
1800 551 800

www.qld.gov.au/dfvhelp

