

# Yu should be sape, ree'spekted an lib lipe weir norboddy ken mek yu ahkan.

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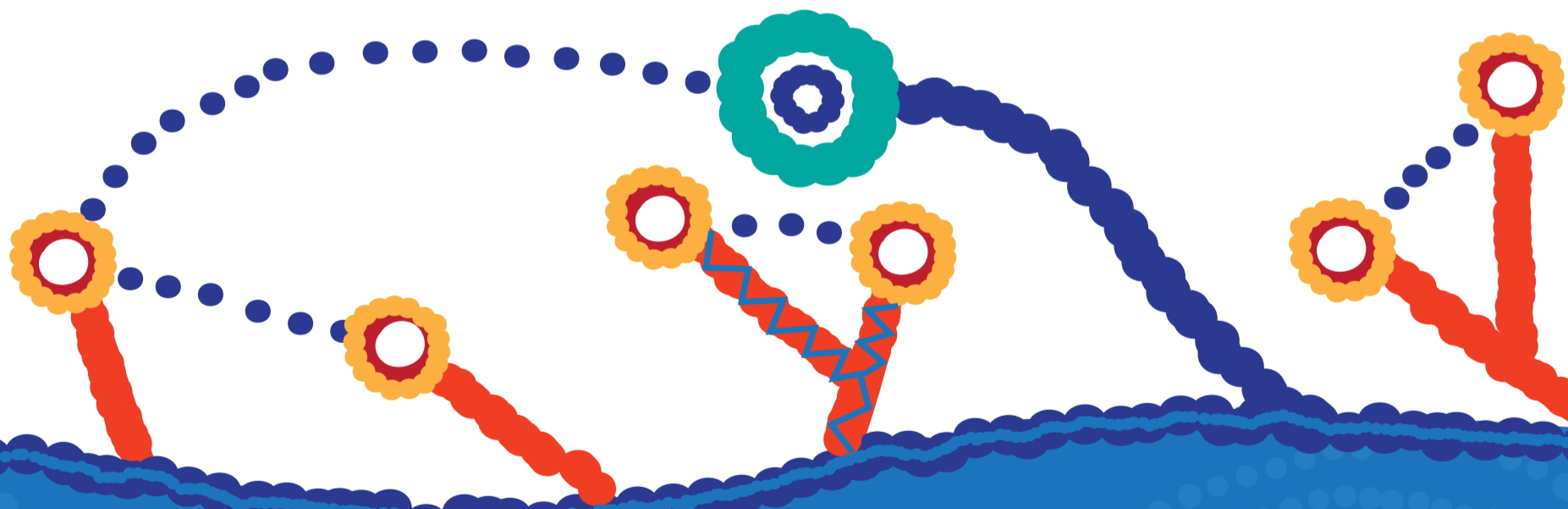
'I sabe I nor should peel akhan in my relationship, an ken lib nor gard prite. Violence and control é nor part ob culture blo yu-mi. É-ben ép é gor b ard, I think I gor need pó ged é elp.'

**Ep yu suppa prom domestic and family violence, é mina important po ged é elp.**

É mina good po tek é dah pas step én tok po somebody yu é trust, bout wannem é uppenin. Tok po' pamle ò pren blor yu, elder ò sumwan odha wok lò local serbece.



Po elp weir local area blor yu: .....



**Po pind out more an ged é elp:**

**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](http://www.qld.gov.au/dfvhelp)

