



Abuse is **not** ok.



Say **stop**



Diversity and Disability

I decide

- how to spend my money
- what to eat
- who are my friends
- what to do every day
- what to wear
- my decisions
- who can touch me
- my own life

Speak up against abuse

Talk to someone you trust

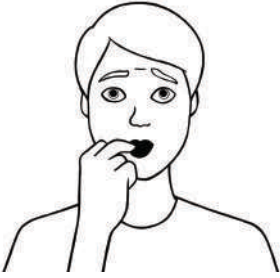
- a friend
- a family member
- a service provider
- a support worker
- a Community Visitor from the Office of the Public Advocate

Abuse can be



Physical

- someone hurts you with actions



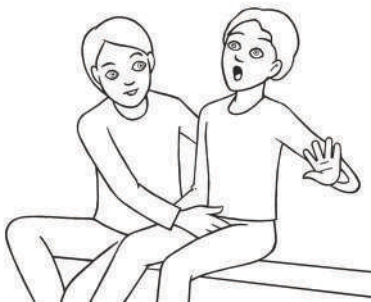
Verbal

- someone hurts you with words



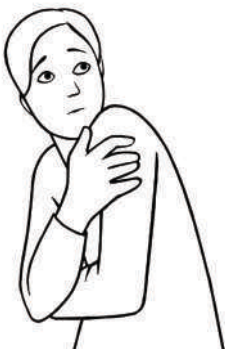
Financial

- someone steals your money



Sexual

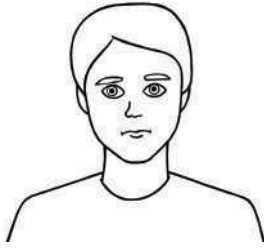
- someone touches you in places you do not want



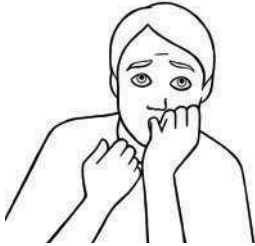
Emotional

- someone hurts you in a non-physical way, for example, controlling, intimidating, manipulating, isolating

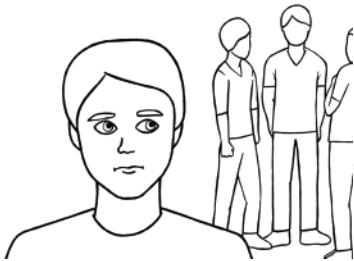
Do I feel?



Sad



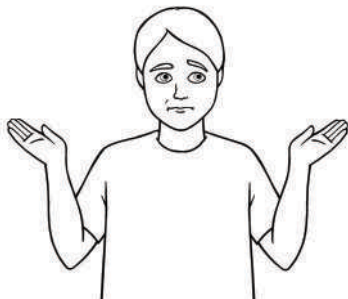
Scared or anxious



Lonely



Angry



Lost or confused



This is **not** ok.

Who can I call?

Emergency

Call 000

- Police, fire and ambulance

National Relay Service

Call 133 677

- For speech or hearing impaired

SMS relay 0423 677 767

Interpreter Service

Call 131 450

- For language support

Disability Services Commissioner

Call 1800 677 342

- For complaints about services

TTY 1300 726 563

CASA House

Call 1800 806 292

- For sexual abuse

Safe Steps

Call 1800 015 188

- For family or carer violence

Victims of Crime Helpline

Call 1800 819 817

- For advice and support

Office of the Public Advocate

Call 1300 309 337

- For advice or to request

TTY 1300 305 612

a Community Visitor

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