

Victorian
Self Advocacy
Network

VSAN

The big voice for Victoria

DISABILITY IS NOT A TARGET



Everyone can help stop violence

- ✓ See violence, Speak up
- ✓ People with disability stand with victims of violence
- ✓ Victims are strong, they shouldn't be ashamed
- ✓ It is our human right to feel safe everywhere



The Facts

- People with disability are more likely to experience all types of violence
- 65 out of 100 people with disability experience violence by the time they are 15 years old
- People with intellectual disability experience more violence, including sexual violence, than other people

**Need
Help?**

Turn over
page





Help Lines

If you are in danger now, call 000 to talk to the police



Service	Phone Number	Who the Number is For
13YARN	13 92 76	For Aboriginal and Torres Strait Islander people who need someone to talk to
1800 RESPECT	1800 737 732	For people who have been hurt by family or partner and need support
Blue Knot Foundation	1800 421 468	For adults who were hurt as children and want to talk to someone
Lifeline	13 11 14	For anyone feeling very sad or worried and needs help right now
Men's Referral Service	1300 766 491	For men who want help to stop being violent or angry
National Counselling and Referral Service	1800 421 468	For people with disability, their families or carers who need to talk
National Disability Abuse and Neglect Hotline	1800 880 052	For people to make a report to the government
NDIS Quality and Safeguards Commission	1800 035 544	To report a problem with NDIS services or abuse
Orange door	www.orangedoor.vic.gov.au/support-near-you	For help when someone close to you hurts you, or makes you feel scared or unsafe and for parents who need help with their children.
Rainbow Door (Phone)	1800 729 367	For LGBTIQ+ people who need help or support
Rainbow Door (Text)	0480 017 246	For LGBTIQ+ people who want to send a text for help
Safe Steps	1800 015 188	For people needing help with family violence
Thorne Harbour Health	1800 889 887	For LGBTIQ+ people who want free help Australia-wide
Thorne Harbour Health (Phone)	03 9865 6700	For LGBTIQ+ people who need health help or support