

Who can help?

Police and Ambulance

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Domestic Violence Hotline

1800 656 463

Sexual Assault 24 hr Service

6330 5217

Lifeline

131 114

Mental Health Info Line

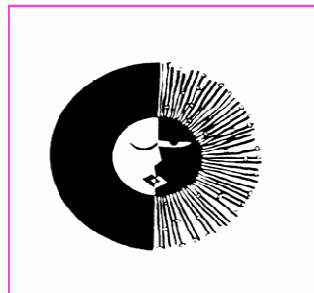
1800 011 511



Bathurst Women & Children's Refuge
Ph. 6332 5708
Email: info@bwcr.com.au



Central West Women's Health Centre
20 William Street Bathurst
Ph. (02) 6331 4133
Email: info@cwwhc.org.au



SAFETY PLANNING



Developing a safety plan to escape domestic violence is very important. It will allow you to leave safely, feeling organised and in control of your circumstances.

Safety During Violence

- Teach your children how to use the telephone to call the police.
- Keep important phone numbers with you at all times—family friends, emergency services, women's refuge, Centrelink.
- If you decide to leave have a designated place where you can go and be safe.
- Have a code word for family and friends, so they know you are calling for help.
- Teach your children strategies for removing themselves from where the violence is happening, for example, a safe room or the neighbours house

Safety when getting ready to leave

- Hide a bag in a safe place, containing spare clothes, cash, Centrelink documents, Bank cards and account details, any medications, jewellery and valuables, personal items such as toothbrushes, photocopies of important documents.
- Do NOT tell anyone that you are intending to leave until you have left and are in a safe place.
- Decide on a safe time to leave, for example, when he is at work.
- Decide on the best method of transport, for example, know your local bus timetable, taxi numbers, have a spare set of keys for your car.
- Does he have firearms? Consider hiding bullets



Safety at home

- Change the locks on the doors and windows as soon as possible
- Replace wooden doors with steel doors
- Install security systems—additional locks, window bars, poles to wedge against doors, electronic sensors
- Purchase rope ladders to be used for escape routes from the second floor
- Check smoke detectors are in working order
- Install outside sensor lighting, that light up when someone approaches
- Tell neighbours and friends that your partner no longer lives with you. If there is an ADVO they should call the police if he is near your home.