

Abuse is **not** ok.



Say **stop**



Diversity and Disability

## **I decide**

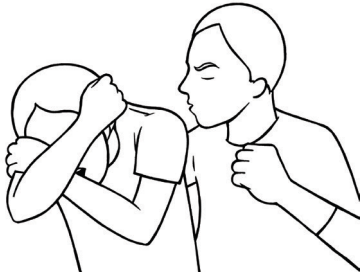
- how to spend my money
- what to eat
- who are my friends
- what to do every day
- what to wear
- my decisions
- who can touch me
- my own life

## **Speak up against abuse**

Talk to someone you trust

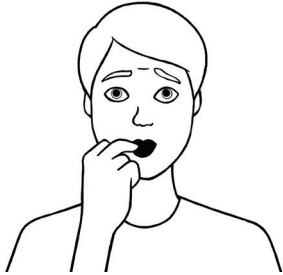
- a friend
- a family member
- a service provider
- a support worker
- a Community Visitor from the Office of the Public Advocate

# Abuse can be



## Physical

- someone hurts you with actions



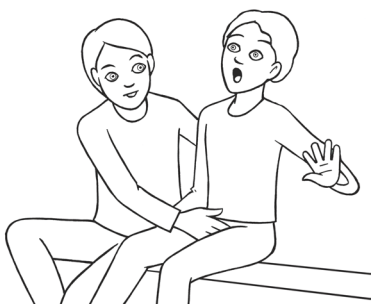
## Verbal

- someone hurts you with words



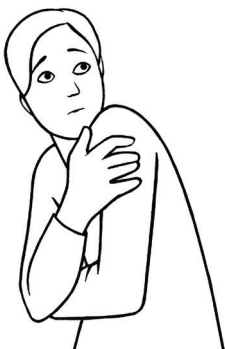
## Financial

- someone steals your money



## Sexual

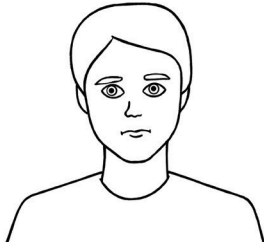
- someone touches you in places you do not want



## Emotional

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

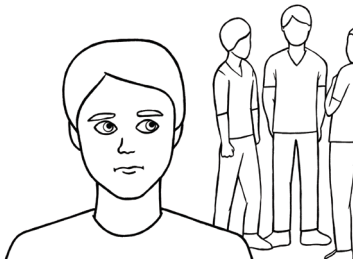
## Do I feel?



Sad



Scared or anxious



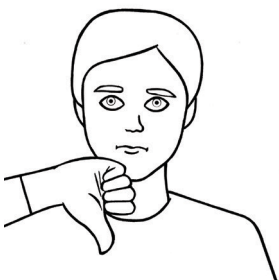
Lonely



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

Thanks to the Diversity and Disability (DnD) Consumer Reference Group, Scope (Aust), the Migrant Resource Centre North West Region and all of our external stakeholders for their invaluable input to this project.