

# You should be safe, respected and living without fear.

‘I know I shouldn’t feel scared in my relationship, and I should be able to live without fear. **Violence and control are not part of our culture.** Even though it’s going to be hard, I think I need to get some help.’

If you’re experiencing domestic and family violence, it’s important to get some help.

A good first step is talking to someone you trust about what’s going on. This could be a family member, friend, Elder or someone at a local service.

## For information and help:

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)



## Cherbourg Domestic and Family Violence Support

People experiencing domestic and family violence may be more vulnerable during periods of isolation and uncertainty. This could be your family, friends, Elders or anyone else in the community.

### *Concerned about yourself or someone else’s safety?*

Please call one of the local services for support.

<u>Agencies</u>	<u>Contact Number</u>	<u>After Hours</u>
Cherbourg Hospital	4169 8800	24 Hour Access
CRAICCHS	4169 8600	
CTC	4169 5940	
Graham House	4169 8400	
Women’s Shelter	0400 368 914	
Police - Cherbourg	4179 5555	Non-Urgent 131 444
<b>Emergency</b>	<b>Police, Ambulance, Fire</b>	<b>000</b>