

# STAYING SAFE

## Everyone has the Right to:

- Live their life free from abuse, violence, neglect and fear.
- Make choices about their life.
- Be treated with respect and dignity.



## Abuse and Neglect When someone takes away your rights (Below are some examples of Abuse and Neglect)

- Financial abuse:** Where money or things are taken from a person without them saying it is ok
- Neglect:** Where someone is denied basic things such as food, medicine, clothes or made to feel unsafe. Where someone is not allowed to leave their room or have visitors
- Emotional abuse:** Where someone is called names, yelled at or ignored
- Physical abuse:** Where someone is hit, beaten or pushed
- Sexual abuse:** When a person is forced to have sex, touched or spoken to in a sexual way when they don't want to be

# ADVOCACY

Advocacy supports you to stand up for your rights

## Here are some ways an Advocate can help

- Listen to you
- Ask you if you want their help. (It's ok to say yes or no)
- Talk to you and find out what you want and how you feel
- Find information to help you make choices
- Support you to speak up
- Talk to other people or groups for you



Your information will be kept private.

Your information will not be shared with other people unless you say its okay.

An advocate will only talk to other people if you want them to or if another person might get hurt.

An Advocate should write down and tell you how they will help you so you can say yes or no to their help.

## How can I get Advocacy support from VALID?



You can:

- Call VALID and speak to the intake duty officer on 03 9114 9415
- Send an email to [intake@valid.org.au](mailto:intake@valid.org.au)  
[www.valid.org.au](http://www.valid.org.au)

**1800RESPECT**  
NATIONAL SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE COUNSELLING SERVICE

1800 737 732



NDIS Quality  
and Safeguards  
Commission

1800 035 544

**VALID**

# Services that can help you



## National Disability Abuse and Neglect Hotline

**Phone:** 1800 880 052 (Free call)

**Email:** [hotline@workfocus.com](mailto:hotline@workfocus.com)

[www.jobaccess.gov.au/complaints/hotline](http://www.jobaccess.gov.au/complaints/hotline)



## Victoria Police

**Phone:** 000



## Office for the Public Advocate

**Address:** 204 Lygon Street, Carlton VIC 3053

**Phone:** 1300 309 337

[www.publicadvocate.vic.gov.au](http://www.publicadvocate.vic.gov.au)



## Ombudsman Victoria

**Phone:** 1800 806 314



## Complaints Resolution and Referral Service

**Phone:** 1800 880 052 (Free call)

**Email:** [hotline@workfocus.com](mailto:hotline@workfocus.com)



## Disability Services Commissioner

**Phone:** 1800 677 342



## Villamanta Legal Services

**Address:** 44 Bellarine Street Geelong 3220

**Phone:** (03) 5260 1845



## Sexual Assault Crisis Line (24 hours)

**Phone:** 1800 806 292 (Freecall)



## Lifeline (24 hours)

**Phone:** 13 11 14 (Local call)



## Beyond Blue Information Line (24 hours)

Provides information about anxiety, depression and related disorders

**Phone:** 1300 22 4636 (Local call), **TTY:** 133677

# The Hand of Trust

Five people I can talk to.

