

GETTING OUT

Domestic Violence

This fact sheet is for women on the inside who are at risk of being released back into domestic violence. A lot of women who have been to prison have also survived domestic and family violence. Leaving prison, staying safe, rebuilding your life and finding somewhere to live can be difficult, and can feel overwhelming. But there are many places where you can get help. And remember, you are not alone.



I am coming out of prison and I am worried about my partner or family member being violent. What should I do?

If your partner or family member has been violent in the past, and you are going back to the relationship or household where they live when you get out, it would be a good idea to talk to a SAPO, your case manager or other support worker if you can about calling the Domestic Violence Helpline on 1800 656 463 or 1800 RESPECT (1800 737 732) before your release. If you are in Dillwynia CC, you may have access to the DV Helpline on the CADL system. If you have another support worker on the outside that you trust and you want to speak with them, you might be able to organise a video visit or phone call (during COVID there are no face-to-face visits). A lot of women feel like they have to sort out everything on their own, but trying to find someone you trust to help you is always a good idea.

What do I do to stay safe when I am released?

If you are in immediate danger, call **000**. If you need to talk through your situation, call 1800 RESPECT on **1800 737 732** or the Domestic Violence Helpline on **1800 656 463** to make a safety plan. Both these services can take a while to get through to, so make sure that you are somewhere safe and comfortable in case you need to wait to speak with someone. You can also try the Women's Legal Service Domestic Violence line on **1800 810 784**. If you are not sure who to call, you can contact CRC for help on **(02) 9288 8700** and CRC staff can help you to find services close to you. You can also look at services near you by visiting askizzy.org.au.

What if I have nowhere to stay?

The Domestic Violence Helpline **1800 656 463** can help you arrange accommodation through Link2Home. You can also call Link2Home direct on **1800 152 152**. Both of these numbers can help you find crisis accommodation. Sometimes there are refuges that you can stay in. If not, you can get temporary accommodation, usually in a hotel, for five nights while longer term accommodation is found



What if my partner or family member becomes violent again?

If you are in immediate danger, call 000. Your safety is the most important thing. If you are worried about experiencing violence again, you can speak to a domestic violence support service to help make plans and support in you in keeping yourself safe.

You might want to protect yourself by taking out an Apprehended Violence Order (AVO).

How do I take out an AVO?

An AVO, or Apprehended Violence Order, is an order to protect victims of domestic or other violence when they are fearful of future violence or threats to their safety. They are sometimes called restraining orders or protection orders. An AVO sets out restrictions on the other person's behavior. They may not be able to approach you or have contact with you. If you have children, the order will also protect them.

If police are called to a situation where you are a victim of domestic violence, they will apply for an AVO on your behalf. You will also automatically be referred to the Women's Domestic Violence Court Advocacy Service (WDVCAS) which is a referral service that will telephone you, check you are safe and connect you to services that could help you. You can also call them on **1800 WDVCAS (1800 938 227)**.

You can also go to the police and ask them to apply for an AVO on your behalf if there has not been a situation where 000 have been called. Ask to speak to the Police Domestic Violence Liaison Officer as they have been trained to help you.

Another way to get an AVO is to apply through a lawyer: The Women's Legal Service (**1800 810 784**), Legal Aid (**1300 888 529**) or Wirringa Baiya (**1800 686 587**) or a private lawyer can apply for an AVO for you. You will need to tell them information about what has happened to you and that you are fearful of future violence and/or threats to your safety. You might need to show them evidence such as photos, text messages, social media messages or physical marks on your body, if you feel safe to do that.



Usually you have to go to court if there is an AVO being applied for to protect you, however this has been different recently because of COVID. It is best to check if you need to go to court, by calling one of the legal services numbers listed above. An AVO is not a criminal charge. It is a protection order. However, if the perpetrator breaches the order they can be charged with breach of AVO and this does become a criminal charge.

If I have outstanding warrants and I call the police because I am in danger, can they arrest me?

Police cannot arrest you for being a victim of violence and calling the police to help you should not jeopardise any bail, bond, parole or community-based orders. It is always best when dealing with the police to ask to speak to the Domestic Violence Liaison Officer as they are most able to help.

The Miranda Project

The Miranda Project, based in Western Sydney, is a program of the Community Restorative Centre (CRC) for women who come in contact with the criminal justice system and who have also been victims of, or at risk of domestic and/or family violence. The Miranda Project aims to support women to live lives free from violence and free from the criminal justice system. You can contact the Miranda Project on (02)92888700.



If you are Aboriginal and would like an Aboriginal person to help you:

When you call the DV Helpline you can ask them to help you find a culturally safe service, or an Aboriginal worker. Many Aboriginal specific or culturally sensitive services have a domestic violence team. These include:

Mudgin-Gal: (02) 9689 1173

WEAVE: (02) 9699 9036

Women's Legal Resource Centre has an Indigenous Women's Legal Contact Line: 1800 639 784 Wurringa

Baiya - Aboriginal Women's Legal Centre: 1800 686 587

Women's Domestic Violence Court Advocacy Service: 1800 WDV CAS (1800 938 227)

Websites and Phone Numbers for further information:

CRC: **(02) 9288 8700**

1800RESPECT: **(1800 737 732)** or www.1800respect.org.au

Domestic Violence Helpline: **1800 656 463**

Women's Domestic Violence Court Advocacy Service: 1800 WDV CAS (**1800 938 227**)

Link2Home: **1800 152 152**

NSW Domestic Violence Line: www.facs.nsw.gov.au/domestic-violence/helpline

Legal Aid Fact Sheets re AVO's: www.legalaid.nsw.gov.au/publications/factsheets-and-resources/covid-19/covid-19-apprehended-domestic-violence-orders

