

# Stay safe at home

## Family Safety during COVID-19

### WHAT CAN I DO TO PROTECT MYSELF AND OTHERS?

#### STAY CONNECTED

If you are concerned about a friend or family member, call to check on them regularly.

Unsafe to use a mobile? Try alternative communication and social media platforms, such as WhatsApp or Signal.

- Listen without judgement
- Help identify abusive behaviour
- Make a safety plan

If you are in immediate danger, **call 000**

#### WHAT IF I NEED TO LEAVE MY HOME?

You may leave home at any time to escape harm or risk of harm relating to family violence. This is included under 'care or compassionate reasons' under current restrictions. You must wear a face mask when leaving your house, unless an exemption applies (e.g. you are in an emergency family violence situation). In case restrictions change, check the DHHS website, or call your local community legal centre for up to date information.

<https://www.dhhs.vic.gov.au/how-stay-safe-and-well-covid-19>

Crisis accommodation services are operating as usual.

### WHAT HELP IS AVAILABLE TO INCREASE MY SAFETY?

#### FV INTERVENTION ORDERS

All Magistrates' Courts are open, and family violence matters are being given priority.

If you have a hearing listed and are concerned for your safety, contact the Court for options.

Applications can still be made in person if that is your safest option, or you can [lodge online](#).

<https://www.mcv.vic.gov.au/>

#### LEGAL ADVICE AND ASSISTANCE

[Flemington & Kensington Community Legal Centre](#) is open 9:00am – 5:00pm, Monday to Friday. All services are currently delivered by telephone.

If you live or work in Flemington or Kensington call 9376 4355 or use the [online form](#) to request an appointment.

<https://flemkenlegal.org/contact>

Interpreter services available - 131 450 (TIS)

#### STATE-WIDE AND NATIONAL

[Safe Steps](#) provides 24/7 family violence assistance in Victoria.

<https://www.safesteps.org.au/>

**1800 015 188** [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au)

#### WIRE

Free information and support for women  
Livechat | <https://www.wire.org.au/>

**1300 134 130**  
[support@wire.org.au](mailto:support@wire.org.au)

#### COMMUNITY BASED SERVICES

##### Women's Health West (Footscray)

Call to escape family violence  
**9689 9588** or **1800 015 188** after hours

If you are in immediate danger at home, **call 000**.


Emergency services staff will assess the level of risk to health for attending officers.

Do not hesitate to call for help.

# Safety planning

CALL OR VISIT [1800 RESPECT](https://www.1800respect.org.au) FOR MORE TIPS

<https://www.1800respect.org.au/help-and-support/safety-planning/>



Identify visible spaces at home where an argument could be witnessed by others.




Involve children in your safety plan. Ensure they know their address and how to dial 000.



Use signals and code words to communicate your needs to friends, family or neighbours.


**If you are in danger, call 000 or contact your local police.**



Remove objects that could be used to harm you.



Save emergency contacts and keep phone charged and secure. Delete internet and call history.



Prepare an emergency bag containing keys, important documents, medication etc.