

Abuse is **not** ok.



Say **stop**



Diversity and Disability

I decide

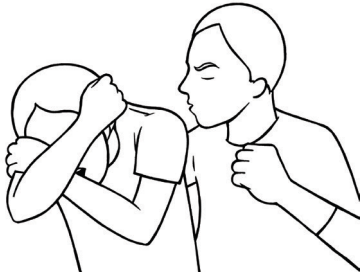
- how to spend my money
- what to eat
- who are my friends
- what to do every day
- what to wear
- my decisions
- who can touch me
- my own life

Speak up against abuse

Talk to someone you trust

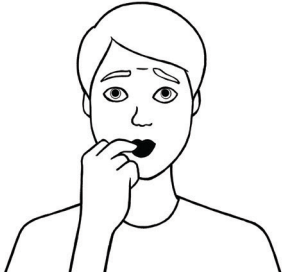
- a friend
- a family member
- a service provider
- a support worker
- a Community Visitor from the Office of the Public Advocate

Abuse can be



Physical

- someone hurts you with actions



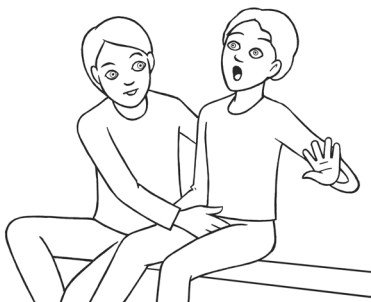
Verbal

- someone hurts you with words



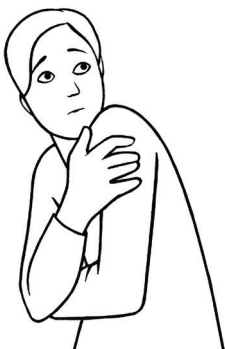
Financial

- someone steals your money



Sexual

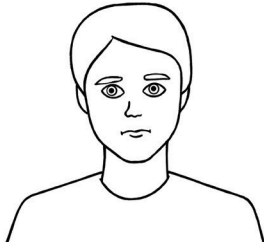
- someone touches you in places you do not want



Emotional

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

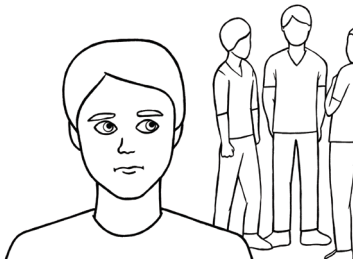
Do I feel?



Sad



Scared or anxious



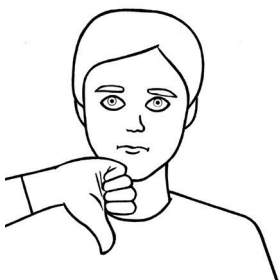
Lonely



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.