



Where to get help



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There are people who can help you if you are being abused or neglected.

Abuse is when someone does or says things that:



- hurt you



- upset you



- scare you.



Neglect is when someone doesn't give you the help or support you need.

Types of abuse



There are different types of abuse.



Physical abuse is when someone hurts your body.



Emotional abuse is when someone makes you feel:

- sad
- scared
- not important.



Financial abuse is when someone takes or uses your money when you don't want them to.



Mate crime is when people you think are your friends take advantage of you.

Sexual abuse is when someone makes you do sexual things you:



- do not want to do



- are too young to do.



Discrimination is when people treat you unfairly because you are different from them.

Who can help you?



If abuse happens, it is important to speak out.



You should tell someone you trust.

Who should you tell?



If you are:

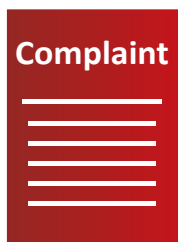
- in danger now, call the WA Police on **000**
- not in danger right now, call the WA Police on **13 1444**



If you want to report financial abuse, call the Disability Abuse and Neglect Hotline on **1800 880 052**



If you want to report sexual abuse, call the Sexual Assault Resource Centre (SARC) on **(08) 6458 1828** in an emergency or **(08) 6458 1820** for general information.



If you want to make a complaint about a disability service, contact the NDIS Quality and Safeguards Commission:

1800 035 544

contactcentre@ndiscommission.gov.au

www.ndiscommission.gov.au

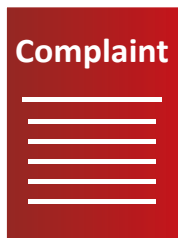


If you need help to make a complaint or stand up for your rights, call People With disabilities WA on

(08) 9420 7279

or

1800 193 331



If you need help to make a complaint and you or your family don't speak English, call Ethnic Disability Advocacy Centre on

(08) 9388 7455

or

1800 659 921 (Freecall)



If you're Aboriginal and would like help from another Aboriginal person, call Day Dawn Advocacy Centre for Aboriginal People on

(08) 9218 8035

or

0423 334 752

If you want to complain about discrimination, call:



- The Equal Opportunity Commission on
(08) 9485 8900



- The Australian Human Rights Commission on
(02) 9284 9600
or
1300 656 419

If you are under 18 or think a child may be harmed, call:



- Department of Child Protection and Family
Support on
(08) 9222 2555
or
1800 622 258 (Freecall)

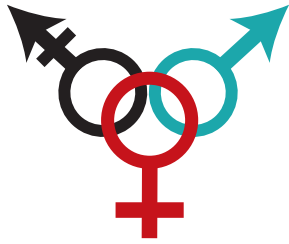


- Kids Helpline on
1800 55 1800



If you are a woman and want to report abuse or neglect from a family member or partner call Women's Health and Family Services on

(08) 6330 5400



If you want to find out more about sex, healthy relationships and sexual abuse, call SECCA (Ability | Relationships | Sexuality) on

(08) 9420 7226

If you want to talk to someone because you feel anxious or depressed call:



- Lifeline (24 hours) on **13 11 14**



- Beyond Blue Information Line on **1300 224 636**



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