

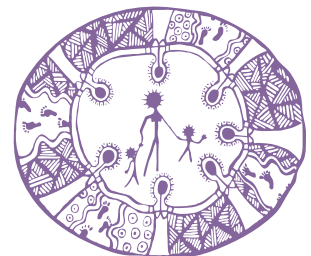
WORRIED ABOUT A LOVED ONE ISOLATED WITH A VIOLENT/ABUSIVE PERSON?

There are ways you can help keep someone safe during COVID-19:

- Make a plan to check in daily by phone. Video call is best.
- Coordinate a safe catch up in person. Maybe at a supermarket or when kids are dropped off or picked up at school.
- If you need an excuse to call, use your own social isolation as the reason why you are ringing more often than normal.
- Offer to make phone calls to support services to see if they are open or if there are any restrictions to services during the pandemic.
- If their call log is being monitored, you can offer during your chat to conference call in a professional (such as a family violence worker or a lawyer).
- Offer for your address to be used as their postal address for sensitive mail.
- Offer to keep a list for them of key support names and numbers.
- Offer to transport them or let them use your phone.
- Always believe them and ask them how they feel you can help.

Remember to listen non judgementally, be supportive and offer practical support that enhances their safety.

For further information about family violence or safety plans reach out to a support service such as 1800 RESPECT (1800 737 732) or Elizabeth Morgan House Aboriginal Women's Service 9403 9400.



**ELIZABETH
MORGAN HOUSE
ABORIGINAL
WOMEN'S
SERVICE INC**

Call 000 if at any time they are in immediate danger