

RELATIONSHIPS

There are lots of people who work in Shepparton and surrounding towns who help relationships stay healthy and safe and loving.

If you are having troubles in your relationship, speak to someone you trust.

If you are getting hurt, or if you are hurting someone, there are places you can get help to change the situation and get support. There is also support if you need to get away and get some space. You deserve to have a relationship where you feel safe.

Remember when you call or go to a service, you can ask for a free interpreter to speak in the language you are most comfortable speaking.

To talk to someone now, call these free services which are open all the time:

- 1800RESPECT www.1800respect.org.au 1800 737 732
- SafeSteps www.safesteps.org.au 1800 015 188
- Mensline www.mensline.org.au 1300 78 99 78
- Marian Community 03 5825 9400; after hours 1800 015 188

You can call or go to these free services in usual business hours:

- *The Orange Door* www.orangedoor.vic.gov.au Vaughan St carpark (opposite Kmart/Coles) 210 Corio St Shepparton 1800 634 245
- *Primary Care Connect* www.primarycareconnect.com.au 399 Wyndham St Shepparton 03 5823 3200
- *InTouch* www.intouch.org.au 1800 755 988
- *Relationships Victoria* www.relationshipsvictoria.org.au 634 Wyndham St Shepparton 03 5820 7444
- *Free Men's Behaviour Change Courses at Relationships Victoria Shepparton* 03 5820 7444
- *Catholic Care* www.catholiccarevic.org.au 68 Wyndham Street 03 5820 0444 | 1800 461 444
- *Centre for Non-Violence* www.cnv.org.au Bendigo, Kyneton, Echuca areas Free call 1800 884 292
- *Family Care* www.familycare.net.au 1800 161 306