

Women's Information Service

Information for South Australian women

Easy Read brochure



Government
of South Australia

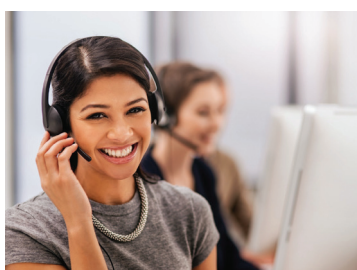
Office for Women

How to use this brochure



The Women's Information Service is part of the Office for Women SA.

This brochure was written by:



- the Women's Information Service



- Office for Women SA



When you see the word 'we', it means the Women's Information Service.



We wrote this brochure in an easy to read way.

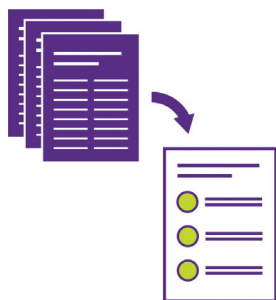
We use pictures to explain some ideas.

Not bold **Bold**

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean under the bold word.



This Easy Read brochure is a summary of another brochure. This means it only includes the most important information.



You can find the other brochure on our website at officeforwomen.sa.gov.au/womens-information-service/wis-brochures.



You can ask for help to read this brochure.

A friend, family member or support person may be able to help you.



We recognise Aboriginal and Torres Strait Islander peoples as the traditional owners of our land – South Australia.

They were the first people to live on and use the:



- land



- rivers



- seas.

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Our services

Who can use our services?



All women in South Australia can use our services.



We will help anyone who needs information.

What services do we have?

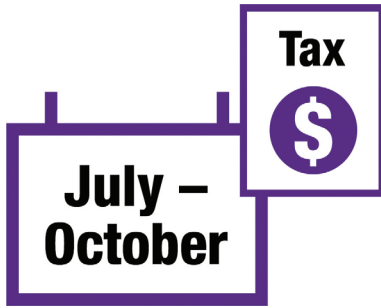


We help people find services they need.



At our shop front, we have:

- lots of information for you to look at
- free internet you can use
- a phone you can use
- supportive staff who can help you.



We can help you with your tax from July to October.



We can also help you get in touch with the **SA Ombudsman**.



The SA Ombudsman helps people who aren't happy with a service they received from the state government.



We have **volunteer** programs.

You can help women find the information they need.



When you volunteer, you:

- do work that helps other people
- don't get paid.



If you need to go to **Family Court**, we have volunteers who can go with you.



Family court is where legal problems are fixed.

These problems:

- happen when people break up
- are about money and children.

What can you talk to us about?



You can talk to us about anything you want.



We're here to:

- listen
- find the help you need.

You can talk to us about your:



- family
- relationships
- health
- mental health.



You can also talk to us about:

- learning something new
- studying.



You can talk to us about options for where you want to live.



You can talk to us about money.



You can talk to us about women's:

- groups
- events.

Domestic and family violence



You can talk to us about domestic and family violence.

Domestic and family violence is when you are hurt or scared by someone close to you, such as:



- your boyfriend or girlfriend
- your husband or wife
- a member of your family
- someone who takes care of you
- someone you live with.



There are many different types of domestic and family violence.



We talk about the different types of domestic and family violence on the following pages.

Types of domestic and family violence



Physical abuse is when someone hurts your:

- body
- children
- pets.



They might damage parts of your home.



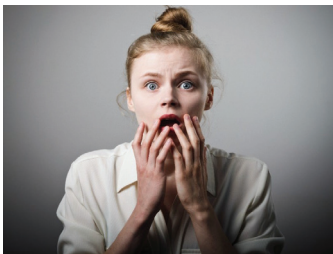
Sexual abuse is when someone makes you do sexual things you don't want to do.

Verbal abuse is when someone:



- says mean things
- says they will hurt you
- shouts or swears at you.

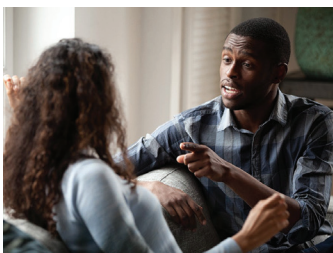
Emotional abuse is when someone:



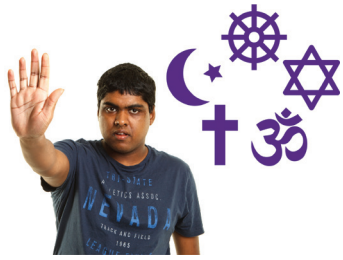
- acts in a way that makes you feel scared



- says things that make you feel bad about yourself



- tries to control you.



Spiritual abuse is when someone stops you taking part in:

- your religion
- what you believe in.



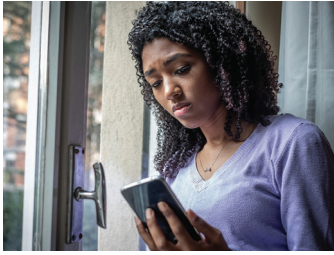
Financial abuse is when someone:

- takes or uses your money
- controls your money.



Social abuse is when someone makes fun of you:

- in front of other people
- on social media, like Facebook or Twitter.



Technology-based abuse is when someone uses technology to:

- make you feel bad
- control you
- spy and stalk you.

Reproductive abuse is when someone forces you to:



- be pregnant when you don't want to be



- make you end your pregnancy.

Support for you



We can help you get support if you think you're experiencing domestic and family violence.



Our contact details are on page 18.



There is also a list of services you can contact if you think you're experiencing domestic and family violence.



You can find their contact details on page 21.

Visit our shopfront



Our shopfront is:

- on the ground floor
- at 101 Grenfell Street, Adelaide.



We are

- a short walk from Rundle Mall
- across the road from Regent Arcade.



Our shopfront is wheelchair accessible.

**Monday
– Friday**

9am – 5pm

We are open:

- Monday to Friday
- 9am to 5pm

Contact us



There are other ways you can contact us for information.



You can call us.



(08) 8303 0590



Toll free – 1800 188 158

When you call a toll free phone number from a landline, you don't have to pay.



This means you can call us from a landline and you don't have to pay.



You can text us and we will call you back.

0401 989 860



You can send us an email.

wis@sa.gov.au



You can write to us.

GPO Box 292

Adelaide SA 5001



You can talk to us on our website with Live Chat.

www.wis.sa.gov.au

Our social media

You can follow us on:



Facebook – facebook.com/sawomen



Twitter – twitter.com/WIS_Adelaide



Pinterest – www.pinterest.com.au/WomensInfoSA

More support for you



If you need support, there are other services you can talk to.

Domestic Violence Crisis Line



Domestic Violence Crisis Line is for all of South Australia.



They support women who experience domestic and family violence.



1800 800 098

Homeless Connect SA



Homeless Connect SA supports women in South Australia who:

- don't have a home
- must find a place to sleep each night.



1800 003 308

Legal Services Commission



The Legal Services Commission has a helpline.



Women in South Australia can call this helpline for support with legal problems.



1300 366 424

Migrant Women's Support Program



The Migrant Women's Support Program helps women and children who:

- come from different **cultures**
- speak languages other than English
- are experiencing domestic and family violence.

Your culture is:



- your way of life
- how you think or act now because of how you grew up
- your beliefs
- what is important to you.



(08) 8346 9417

Pregnancy Advisory Centre



The Pregnancy Advisory Centre:

- supports women who are pregnant but didn't plan to have a baby
- is a safe place for women.



(08) 7117 8999

1800 672 966

SHINE SA – Sexual Healthline



SHINE SA can teach women about:

- keeping their private body parts healthy
- safe sex
- making babies.



1300 883 793

1800 188 171

Working Women's Centre



The Working Women's Centre can help women who aren't being treated fairly at work.



(08) 8410 6499

1800 652 697

Women's Legal Service



Women's Legal Service is a free service.



(08) 8221 5553

1800 816 349

1800RESPECT



1800RESPECT is a phone service for people around Australia who experience domestic and family violence.



1800 737 732

Yarrow Place



Yarrow Place is a service for anyone who has experienced **sexual abuse**.



(08) 8226 8777

1800 817 421



Sexual abuse is when someone makes you do sexual things you don't want to do.



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