

# Adira

**NSW Multicultural Centre for  
Women's and Family Safety**

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Are you a migrant or refugee woman or young person at risk of, or experiencing, domestic, family or sexual violence?

**Contact us for support**  
**[safetycentre@ssi.org.au](mailto:safetycentre@ssi.org.au) or**  
**02 8111 7077.**

**If you are in  
immediate danger,  
please call 000.**



**For equality  
of life.**

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for Women's and Family Safety

**Note for service providers:**  
Please consider your clients' safety when  
providing them with printed copies of this flyer

**Are you a migrant or refugee woman or young person at risk of, or experiencing, domestic, family or sexual violence?**

**If you are in immediate danger, please call 000.**

- If you need an interpreter, request one in your language when speaking to the emergency operator.
- If you need police to attend your home immediately, have your address in English ready to inform them where you are.

**If you are worried about experiencing violence, please contact us to speak to our Adira team. You can request an interpreter.**

- We are open Monday to Friday, 9am–5pm.
- If you are calling outside of these hours, please leave a message and your contact information, and we will call you back.

**What is domestic, family and sexual violence?**

It includes a wide range of abusive behaviors or threats, both violent and non-violent, that occur within intimate (partner or spouse) or other family relationships, including:

- Other family or household members
- Carer relationships
- Cultural and kinship relationships
- Foster care relationships
- Blood relatives who do not live together (they may even live overseas).

**Examples of this violence**

- Emotional abuse
- Physical abuse
- Sexual abuse
- Verbal abuse
- Financial abuse
- Technology facilitated abuse
- Visa / immigration related abuse
- Psychological abuse
- Controlling behaviours.

**Examples of abusive behaviour by a partner or family members**

- You are being called names or being spoken to in a cruel or offensive way
- You are physically harmed or hurt
- You are threatened that your visa will be cancelled, and you will be sent back home
- You are not allowed to have your own money
- Your phone is checked or you are stopped from talking to friends and family
- You are threatened that your children will be taken away from you or will be hurt
- You are forced to do sexual things you do not want to do
- You are not allowed to practice your religion or culture.

**We can help you and your children**

Take the important step of reaching out for support. This brings you closer to a safer and healthier future for you and your children.

**For more information head to our website:**  
[ssi.org.au/safety-centre](https://ssi.org.au/safety-centre)

Contact us at Adira  
**02 8111 7077** or  
[safetycentre@ssi.org.au](mailto:safetycentre@ssi.org.au)