



# janga sio kisingizio kwa vurugu za familia

Unaweza kusaidia kwa kutumia hatua **4** tu:

1. **ULIZA:** 'Je, uko salama nyumbani?'
2. **TAMBUA:** 'Mambo ambayo umeyaeleza kwangu sasa hivi tu ni vurugu na ni uhalifu.'
3. **JIBU:** Toa habari za mawasiliano ya Huduma ya Vurugu za Nyumbani (Domestic Violence Service) ya mahali unapokaa, CASA na polisi.
4. **FUATILIA:** 'Mara ya mwisho ulipoongea juu ya usalama wako. Ningependa kujua unaendeleaje sasa.'

[www.genderanddisaster.com.au](http://www.genderanddisaster.com.au)

(Adapted from 'Raped by a Partner')

*'She dances on the wind'* by Ona Henderson (03) 9712 0393



## Gender & Disaster Pod

An initiative of WHGNE, WHIN & MUDRI

**Safe Steps 24/7\*** – 9322 3555 au 1800 015 188. Msaada, habari au pendekezo kwa makazi salama. [www.safesteps.org.au](http://www.safesteps.org.au)

**CASA 24/7** – 1800 806 292 Vituo vya Kupinga Shambulia la Kingono (Centres Against Sexual Assault). [www.casa.org.au](http://www.casa.org.au)

**Polisi na Ambulensi\*** – 000

**1800RESPECT 24/7\*** – 1800 737 732 Msaada ziadi ya shambulio la kingono, vurugu na unyanyasaji wa familia. [www.1800respect.org.au/inclusive-practice/violence-in-times-of-disaster](http://www.1800respect.org.au/inclusive-practice/violence-in-times-of-disaster)

**Yarning Safe'n'Strong 24/7** – 1800 959 563, for Aboriginal and Torres Strait Islander people and families who need to have a yarn with someone about their wellbeing

**Kids Helpline 24/7\*** – Simu ya Msaada kwa Watoto, 1800 55 1800, huduma ya ushauri nasaha wa simu na mtandaoni kwa watu wenye umri wa miaka 5 hadi 25. [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Men's Helpline 24/7\*** – Simu ya Msaada kwa Wanaume, 1300 78 99 78, huduma ya ushauri nasaha kwa simu na mtandaoni kwa wanaume. [www.mensline.org.au](http://www.mensline.org.au)

**QLife** – 1800 184 527 Msaada wa rika na pendekezo ya LGBTIQ+ bila kutangaza jina, saa 9 mchana hadi saa 6 usiku (3pm – midnight) kila siku. [www.qlife.org.au](http://www.qlife.org.au)

**Men's Referral Service 24/7\*** – Huduma ya Mapendekezo ya Wanaume. Msaada kwa wanaume wanaotumia vurugu na unyanyasaji. 1300 766 491 (Bila Ada). [www.ntv.org.au](http://www.ntv.org.au)

\*Wakalimani wanapatikana