

# Abuse and Domestic Violence Services

## Local information and details for the Lismore

### ABORIGINAL DOMESTIC VIOLENCE SERVICES

#### Goori Community Caring for Women Project

*Provides advocacy, support and referrals for ongoing assistance for Aboriginal women affected by domestic violence. So, if things aren't great at home, call Goonellabah Child and Family Health and have a yarn about how the Aboriginal Support Worker might be able to support you and the kids. The service also provides community education regarding the effects of family violence and ongoing assistance for Aboriginal women affected by domestic violence.*

**37 Oliver Av Goonellabah 02 6625 0111**

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#### Aboriginal and Domestic Violence Homelessness and Prevention Service

*A service for women who are experiencing domestic and family violence and for Aboriginal people who are at risk of or experiencing homelessness. The objective of the service is to assist individuals and families to secure safe and sustainable housing through the provision of 4 core responses: Rapid re-housing / Early intervention and prevention of homelessness / Crisis and transitional housing*

*Intensive support to address complex needs.*

**115 Dawson St Lismore  
shsintake@otcp.com.au 1300 355 305**

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#### Bugalma Bihyn Aboriginal Women's and Children's Refuge

*Bugalma Bihyn is committed to the empowerment of women and provides Aboriginal women and children who have been living with domestic abuse and sexual assault a safe and supportive environment and emergency shelter where they can consider their options and make informed choices.*

**support@lawr.com.au 02 6621 5187**

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### DOMESTIC VIOLENCE SERVICES

#### Lismore Women's and Children's Refuge

*Provides women and children who have been living with domestic abuse and sexual assault a safe and supportive environment where they can consider their options and make informed choices. Staff provide services additional to 'supported accommodation' to assist women living in violent or abusive relationships including: Information, referral and advice / Emotional and psychological support / Domestic Violence Support Groups / Short term crisis counselling / Individual support and case mgt.*

**lismorerefuge@norwacs.org.au  
02 6621 2685**

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#### Lismore Women's Health and Resource Centre

*Delivers generalist counselling, women's groups, women's health nurse services, and health promotion programs, with a focus on women who have experienced domestic or family violence. The Centre also advocates on behalf of women concerning a range of issues, provides referrals and information, and offers free childcare at Gingerbread House.*

**womenshealth@norwac.org.au  
60 Uralba St Lismore 02 6621 9800**

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#### Richmond Sexual Assault Service

*Call the 24hr number listed above for the Sexual Assault Service which provides free information, crisis counselling and medical/forensic services and follow-up counselling and medical checks after sexual assault. Also offers court support and court preparation; information and support; child and adolescent trauma counselling services. Men are able to access the service but all counsellors are female.*

**Indigo House 02 6620 2970  
indigohouse@ncahs.health.nsw.gov.au**

## Reaching Out Sexual Assault Service

*Provides counselling service for adults who have experienced child sexual assault. The service provides free and confidential long or short term face-to-face counselling to adults sexually abused as children; counselling and support to non-offending family members and/or significant others; and outreach where access and equity issues are concerned. Interpreters are provided where required.*

**76 Carrington Street Lismore**  
rosas@inci.org.au                      02 6621 9861

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## Women's Domestic Violence Court Advocacy Service

*Offers advocacy, support and information to women experiencing domestic violence by: providing information about how to apply for an Apprehended Domestic Violence Order (ADVO); information about Local Court procedures and the ADVO process; assistance and information to tailor an ADVO that meets your individual needs; providing support to women and children who have applied for an ADVO; making appropriate referrals to other agencies; and advocating for women and children's right to live a safe life.*

**Northern Rivers Community Legal Centre**  
16 Carrington St, Lismore 2480                      1300 720 606

## TRAUMA SUPPORT SERVICES

### Child and Adolescent Trauma Counselling Service

*A counselling and education service for children, adolescents and families that addresses traumatic reactions young people may experience as a result of such things as sexual assault or family violence. The counselling program uses a variety of creative and expressive therapies to address the symptoms of trauma including sand tray and symbol work, drawing therapy, play therapy, relaxation and mindfulness.*

**NRCG 76 Carrington Street Lismore**  
counsellor@inci.org.au                      02 6621 9861

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### WEND - Women Exploring New Directions

*A series of support groups for women to help establish personal safety, develop self-empowerment and build self-esteem. The groups offer women the opportunity to SHARE their experiences, overcome isolation in their lives and learn new and valuable skills.*

**1 Club Lane Lismore**  
events@menandfamily.org.au                      02 6622 6116

## Blue Knot Foundation - Survivors of Trauma Support Services

*The leading national organisation working to improve the lives of the five million (1 in 4) Australian adults who are survivors of childhood trauma, including abuse and domestic violence. The Foundation supports survivors, their families and communities through professional phone counselling, information and resources, advocacy and educational workshops.*

helpline@blueknot.org.au                      1300 657 380

## DOMESTIC VIOLENCE HELPLINES

### Domestic Violence HelpLine

*If you or someone you know is experiencing domestic violence, you can ring the Domestic Violence Line for help on 1800 656 463. This is a statewide free-call number and is available 24 hours, seven days a week. The Domestic Violence Line provides telephone counselling, information and referrals for women and same-sex partners who are experiencing or have experienced DV.*

admin@dvnsw.org.au                      1800 656 463

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### 1800RESPECT

*National Sexual Assault, Domestic, Family Violence Counselling Service provides a 24/7 telephone and online counselling service for anyone in Australia experiencing sexual assault or domestic and family violence, or seeking to support someone who is. Whether you are seeking help for yourself, a friend or relative, someone you work with, or a client, 1800RESPECT can help.*

www.1800respect.org.au                      1800 737 732

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### NSW Rape Crisis Telephone Counselling

*A 24/7 telephone and online crisis counselling service for anyone in NSW - men and women - who has experienced or is at risk of sexual assault and their non-offending supporters. Counselling services for women who were sexually assaulted in childhood are also available from Women's Health Centres across NSW. NSW Rape Crisis is committed to upholding the rights of all people to live in a socially just and non-violent society.*

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## DV HELPLINES cont....

### Child Protection Helpline

If you think a child or young person is at risk of harm from abuse or neglect, contact Child Protection Helpline on 132 111. The Helpline is a 24 hours a day, 7 days a week, statewide call centre staffed by professionally qualified caseworkers to receive and screen all reports.

**132 111**

**1800 212 936**

### DOMESTIC VIOLENCE OFFENDERS SERVICES

#### Men and Family Centre

*The Centre has many services for men focusing on groups for men who want to take responsibility for their abusive behaviour and for women who have recently left or are living with abusive relationships. Programs include Fathering groups, groups for men wanting to modify their behaviour, counselling and groups for men and women who have experienced violence or abuse, or are dealing with grief and loss.*

**1 Club Lane Lismore**

**02 6622 6116**

**events@menandfamily.org.au**

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### MEND - Men Exploring New Directions

*Provides anonymous and confidential telephone counselling for Australian men impacted by family violence or for those who want support to stop using violent and controlling behaviour. If you are a victim of violence from a partner or family member, or your behaviour has brought you into contact with the police or courts and you're facing issues such as an intervention order, behaviour change, anger management, access or custody, call this number.*

**Men and Family Centre**

**1 Club Lane Lismore**

**02 6622 6116**

### Men's Referral Service

*A group for men who suspect that they are hurting or frightening the people they love and want to stop. Abuse and violence are not just physical. They can also be verbal, emotional, psychological and sexual. MEND can assist you in making your time with your partner and children fulfilling. It runs all year, once a week in 15 week cycles. MEND groups discuss: the consequences of abusive controlling behaviour; how to take responsibility for change; managing anger, and understanding and managing feelings.*

**mrs.org.au**

**1300 766 491**