

**If you need immediate help call 000**

## DOMESTIC AND FAMILY VIOLENCE

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- **1800RESPECT** : 1800 737 732 (available 24/7).
- **Mensline Australia**: 1300 78 99 78 (available 24/7).
- **Men's Referral Service**: 1300 766 491
- **Kids Helpline**: 1800 55 1800 (available 24/7).
- **Relationships Australia**: 1300 364 277
- Each State or Territory has its own network of services that can help deal with domestic and family violence.  
Find a local service in your area at [respect.gov.au/services/](https://respect.gov.au/services/)
- For information about receiving a Centrelink crisis payment to help you with immediate financial concerns, contact Centrelink on 13 2850 or find information online
- Some banks offer support for customers experiencing domestic and family violence.  
Call your bank to see how they can assist you.