

# Why Jewish-specific assistance?

When someone is experiencing or has experienced violence of any kind, it can be incredibly challenging to seek help. It can already be a daunting, uncomfortable or difficult experience.

However, 'culturally-safe' assistance can provide victim-survivors with a sense of ease, familiarity and comfort. It can prevent a feeling of judgement, as those providing help better understand cultural nuances, and the nature of the Jewish community specifically.

It also helps victim-survivors continue with their customs, like observing Shabbat, during this time.

Things like providing Kosher food and understanding customs, including those on chagim (Jewish holidays), can make a big difference to the experiences of victim-survivors when seeking help.

Equally, we know that some Jewish Australians may prefer seeking non-Jewish specific help, and those services are listed below too.



## 24/7 hotlines

*If you, or someone you know is in danger, call 000 immediately.*



☎ [1300 22 4636](tel:1300224636)

@ [beyondblue.org.au](https://www.beyondblue.org.au)



☎ [13 11 14](tel:131114)

@ [lifeline.org.au](https://www.lifeline.org.au)



☎ [1800 55 1800](tel:1800551800)

@ [kidshelpline.com.au](https://www.kidshelpline.com.au)



☎ [1800 737 732](tel:1800737732)

@ [1800respect.org.au](https://www.1800respect.org.au)



☎ [1300 659 467](tel:1300659467)

@ [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)



☎ [1800 011 511](tel:1800011511)

@ [health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx](https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx)

# CULTURALLY-SAFE HELP IS AVAILABLE

## FOR JEWISH AUSTRALIANS EXPERIENCING DOMESTIC, SEXUAL AND FAMILY VIOLENCE IN NSW



# Culturally-safe spaces you can always turn to

1



Jewish House

In NSW, services like Jewish House are run by the Jewish community, for the Jewish community - and the NSW community at large.

Jewish House has a 24/7 crisis line which offers support for people experiencing crisis, such as drug and alcohol addiction, suicidal thoughts, domestic violence and homelessness. Their services are strictly confidential.

Jewish House also provides accommodation for up to 100 people per night with nowhere else to sleep. They also have counselling and mediation available.



**24/7 CRISIS LINE**

**1300 544 357**



**ACCOMMODATION**

**02 9386 0770**



**COUNSELLING**

**02 9386 0770**



**MEDIATION**

**02 9386 0770**

2



JewishCare is here to support any community member who is experiencing domestic and family violence, irrespective of age, gender, sexual orientation or socioeconomic position.

JewishCare provides confidential case management, support groups and counselling services for victims/survivors of DFV.

We work closely with Jewish House and other housing providers if there are urgent accommodation needs.



## How to help

*When someone is experiencing violence, how you talk and listen to them makes a real difference.*

*It's important you make them feel safe and understood, and do what you can to help - without forcing them to do what you might think is best.*

- Believe them, and take their fears seriously.
- Remember that domestic and family violence is not just physical - it can also be emotional, financial, spiritual, religious, social, legal, and can include stalking and neglect.
- In an emergency, or if someone is in immediate danger, call 000 straight away.
- Listen without judgement or interrupting.
- Never blame the person experiencing violence.
- Understand they may not be ready to leave/it may not be safe to leave.
- Help in practical ways, with transport, appointments, child minding, or a place to escape to.
- Help explore culturally safe and other options. You or the person you are supporting can call 1800RESPECT, Jewish House or Jewish Care.
- Keep in touch. In a way that does not put them in danger, check in with them and let them know you're there.