

# Quick checklist



- Has the increased pressure I am under been impacting my partner or family?
- Have I ever scared my partner or family?
- Have I been putting my partner or family down or calling them names?
- Has my partner ever said they feel controlled, threatened or scared by me?
- Am I concerned with how my behaviour is impacting my kids or family?

**If you tick any of these, give us a call 1300 766 491.**



Operated by No to Violence

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Call the Men's Referral Service on

# 1300 766 491

or visit our website

# www.mrs.org.au

Available 24 hours 7 days a week

No to Violence is supported by the Commonwealth Government, Victorian Government, New South Wales Government, South Australian Government, Tasmanian Government and Victoria Legal Aid.



**Australian Government**

**Department of Social Services**



Families, Fairness and Housing



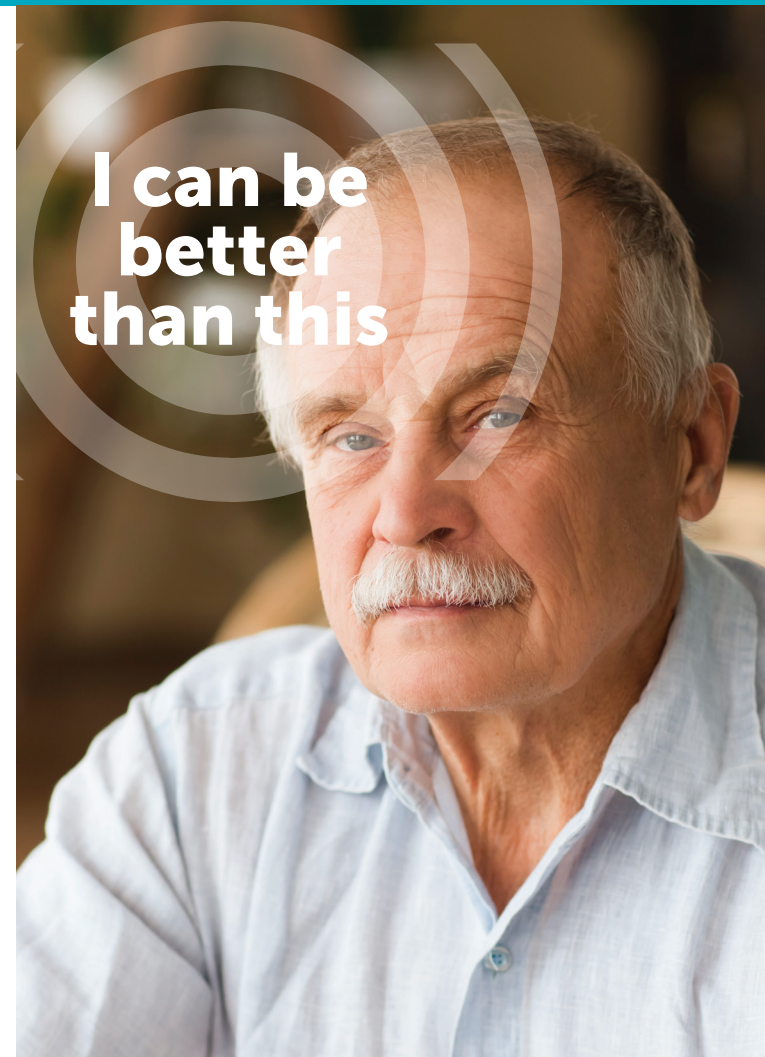
**Communities & Justice**



**Department of Justice**



MRS - 2024.02



# I can be better than this

**Free, confidential and expert support to help break the cycle of violence**

## Many people do not know where to turn for help...

The Men's Referral Service is a men's family violence telephone counselling, information and referral service and is the central point of contact for men taking responsibility for their violent and abusive behaviour.

The Men's Referral Service is staffed by trained counsellors who will listen to you, find out more about your situation and give you the advice and support you need.

When you call the Men's Referral Service:

- You will talk with a trained counsellor
- You will be treated with respect and without judgement
- You don't need to give your name.

**Call 1300 766 491**  
or head to our  
website to chat  
online.



**"I know I was taking it out on my family. It was hard to dial that number to the Men's Referral Service. But, I'm so glad that I did because that was the first time anyone really listened to what I had to say."**

**"I want to be better than this. My family deserves better than this."**

**Note: If you have a support person, advocate or representative you are welcome to have that person with you during your call to support your decision making.**

No to Violence and the Men's Referral Service acknowledges First Nations Peoples across these lands; the Traditional Custodians of the lands and waters.

We pay respect to all Elders, past, present and emerging. We acknowledge a deep connection with country which has existed over 60,000 years.

We also assure members of the LGBTIQ+, Multicultural, Multifaith, Refugee and Asylum Seeker and Culturally and Racially Marginalised communities that they are entering a culturally safe environment.

