

English translation of the attached information card

Help for Polish Women

Moving to another country with a partner or to be with a partner as well as living in a new country can be stressful. Sometimes women who migrate experience violence and abuse from their partner or another family member. In Australia this is known as domestic violence and is a crime.

Domestic violence includes behaviours such as: physical & sexual assault, threats of violence or to have you deported, not allowing you to do things that you want to do, controlling or taking your money from you. It is also behaviour that makes you fear for your (or your children's) safety.

If you experience any of these behaviours from a partner or a family member you can get help to be safe and to find out your rights. You can contact a domestic violence organisation in the state you are living in for help.

These services are free and confidential. Interpreters will be provided to assist you free of charge.

Organisations that support the Polish community are also listed.