



You do not feel safe.

You need help.

Places you can ask.



A person hurts you. Like

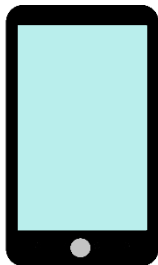
- your dad
- your girl friend
- your brother.

Or



You think this person may hurt you.

You do **not** feel safe at home.



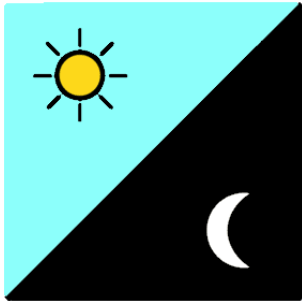
Call **1800 RESPECT.**

1800 737 732.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

It is open each day. You can call on

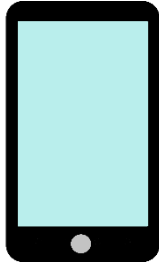
- any week day. Like Monday
- the week end. Like Sunday.



It is open all the time. You can call

- in the day
- late at night. Like mid night.

Or

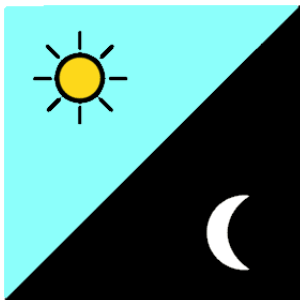


Call **Full Stop.**

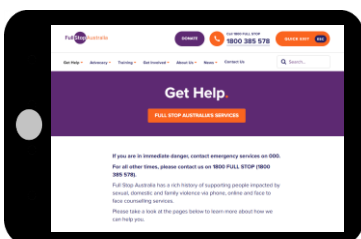
1800 385 578.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

It is open each day.

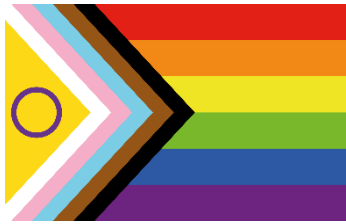


It is open all the time.



Go to

www.FullStop.org.au.



You are

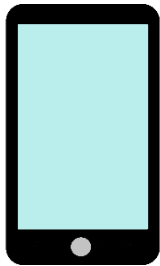
- gay
- lesbian



- trans.



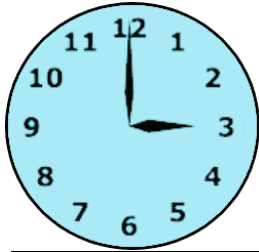
You may use a different word. Like queer.



Call **Q life**.

1800 184 527.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
It is open each day.						



It opens at 3 each afternoon. It is Sydney time.

3:00



It shuts at mid night each night.

12:00

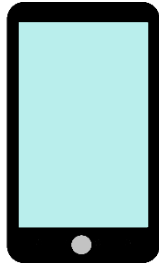


Go to

www.Qlife.org.au.



You want help for your child.
Like a person they can talk to.

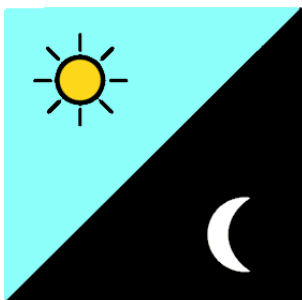


Call **Kids help line**.

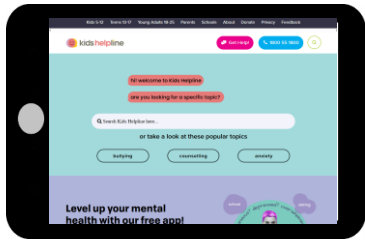
1800 551 800.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
[Green shaded area]						

It is open each day.



It is open all the time.



Go to

www.KidsHelpLine.com.au.



Help to get along



There are people you love. Like your family.

But



You get cross with each other. Like

- your mum yells at you
- you yell at your wife.



You want help to get along.

You can learn ways to stay calm.



There are people you can talk to.

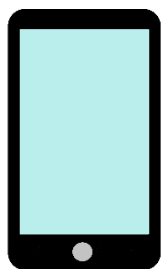
Like a counsellor.

You can talk to them on your own.

Or



You can do it with the other person

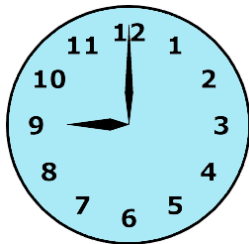


Call **Relationships Australia**. 1300 364 277.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

It is open each week day. You can call on

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday.



It opens at 9 each morning. It is Sydney time.

9:00



It shuts at 5 each afternoon.

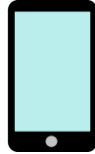
5:00

Images

We can use the images from



- CHANGE www.changepeople.org
- Inspired Services

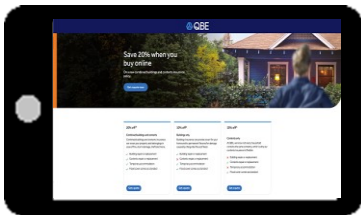


- Picto Selector
- Noun Project



- Tobii Dynavox.

We used AI to make some images.



This fact sheet is based on information from the QBE website.



Access
Easy English

Access Easy English wrote the Easy English.

December 2025.