

Ask yourself



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?

 **Men's Referral Service**
Operated by No to Violence



Call the Men's Referral Service on
1300 766 491
or visit our website
www.mrs.org.au

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It can be



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

better than this

No to Violence is supported by the Federal Department of Social Services, Victorian Government, New South Wales Government, Tasmanian Government, South Australian Government, and Victorian Legal Aid.



If you answered yes to any of these questions, it's time to give us a call.

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

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.

Call 1300 766 491 or head to our website mrs.org.au to chat online.

If English is not your first language, we will arrange a translator through the national Translating and Interpreting Service (TIS).

The Men's Referral Service takes your rights and concerns seriously. Find out more at mrs.org.au.

It can be better than this

The COVID-19 pandemic and the accompanying restrictions on economic and social life have caused heightened levels of stress and anxiety for families across Australia.

We know that many families are under financial stress and facing questions about their future and that this is contributing to tension at home.

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

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 that you need.

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

"I know I was taking it out on my family, and the pressure I was facing was making it worse. 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've made a start fixing things and I know I can be better than this."

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