



All images: Posed by models.



The Orange Door welcomes people of any age, gender, sexuality, culture and ability. We acknowledge that we are on Aboriginal land and pay our respect to Elders past, present and future. We take your privacy seriously. To find out how we will use your information, please refer to

**[orangedoor.vic.gov.au](https://orangedoor.vic.gov.au)**

The Orange Door provides help and support for family violence, as well as families in need of support with the wellbeing and development of children.



## Help and support

is available for men who use abusive or controlling behaviour at home or in a relationship.



**Southern Melbourne | 1800 271 170**

## Are you worried about your behaviour? It takes strength to seek support.

The Orange Door offers free, confidential support for men who use or are at risk of using abusive or controlling behaviour.

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### Ask yourself if you have ever...

- Shouted or screamed at a family member?
- Called a family member insulting or belittling names and constantly criticised them?
- Prevented my partner spending money for their personal use?
- Slapped, hit, pushed or shoved a family member – or threatened to?
- Scared my partner or children?
- Thrown something in my partner's or child's presence, such as a glass, a chair or tv remote?
- Pressured my partner into doing something sexual that they didn't want?
- Tried to stop my partner doing something that they wanted to do like going out with friends, having a job, doing some study?

### These behaviours are known as family violence.

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#### The Orange Door can help by:

- Listening to you to find out more about your situation.
- Working with you to help you to change your behaviour.
- Supporting you to improve and strengthen your relationships and/or parenting skills.
- Connecting you to support services such as counselling, legal and financial assistance, accommodation, mental health and drug and alcohol services.

The Orange Door can also help if someone you know is in an unsafe relationship or at risk of using family violence.

You can access the service anonymously, you don't need to give your name.

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Family violence is not just physical and sexual abuse. It can be threatening, intimidating, belittling, or controlling behaviour that makes someone feel scared or unsafe. No matter what form it takes, family violence is not OK and we can support you to change your behaviour.



## How can I access The Orange Door?

The Orange Door is open 9am to 5pm  
Monday to Friday (closed on public holidays).

**Call** 1800 271 170

**Email** [sma@orangedoor.vic.gov.au](mailto:sma@orangedoor.vic.gov.au)

**Walk in** 311 Lonsdale Street, Dandenong

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You can also call **The Men's Referral Service for free** on 1300 766 491 (8am to 9pm Monday to Friday and 9am to 5pm Saturday and Sunday).

The Orange Door can work with you if you use communication aids or require an interpreter, including Auslan.

Find out more about The Orange Door or your nearest support service at:

**[orangedoor.vic.gov.au](http://orangedoor.vic.gov.au)**

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### The Orange Door - Southern Melbourne

provides services to people in the local councils of Cardinia Shire, Casey and Greater Dandenong.

You can provide feedback about your experience with The Orange Door at **[orangedoor.vic.gov.au/feedback](http://orangedoor.vic.gov.au/feedback)** or by calling **1800 271 170** and asking to speak to your worker, a supervisor or the manager.