

After you have left

26

- Do you have a current Domestic Violence Order? Are the conditions relevant to you and your current situation? Do you need to have it amended or varied? If it is from another State in Australia or New Zealand and you want it to be recognised in the ACT, you will need to have it registered in the ACT.
- Inform your children's school and/or and child care centre who has permission to collect your children. If you have family court orders a copy may be left with the school.
- Arrange for your mail to be redirected to a post office box instead of your new address if you have moved.
- Consider reviewing your banking and postal arrangements.
- If possible try not to frequent places where you used to go. Use different shops and banks to those you used previously.
- Increase security on your house or unit



- Plan for extra safety between where you park your car and entering your home, e.g. an automatic garage door opener, safety lighting or removal of shrubs or trees in the area.
- Change the locks on your house and ensure the windows are secure. Have security chains fitted to all entry doors and make sure they are used at all times when the door is answered by you or your children.
- Arrange for your phone line to have calling number display/ caller id and arrange for a private unlisted number.
- Keep a mobile phone with you at all times and pre-program any numbers you might need in an emergency; including the Police and DV Connect (1800 811 811 — 24 Hour Refuge Referral Line).
- Vary your travel routes to and from work.
- Tell neighbours that your partner does not live with you and ask them to call the police if he is seen near your house or if they hear an assault occurring.
- Tell your employer if you have a protection order and ask for your telephone calls at work to be screened.
- If your ex-partner breaches the protection order, telephone the Police and report the breach. If the Police do not help, contact your advocate or a legal service for assistance to access support with making a complaint.
- Contact the Australian Electoral Commission and ask for your name and address to be excluded from the published electoral role.
- Contact Centrelink or the Family Assistance Office to notify them of your change in circumstances.
- Attend a woman's domestic violence support group or counselling to help you grow stronger and understand what has happened to you.