

Violence doesn't discriminate by age.

“It took 45 years to finally have the knowledge and courage to make a new life.”

It's never too late to seek help, even if you have experienced violence all your life.



If you or someone you know is experiencing violence or abuse, you can call **1800RESPECT** on **1800 737 732**, text **0458 737 732** or visit **www.1800respect.org.au** for online chat and video call services.

This campaign is supported by the Office for Women. To find out more about violence towards older women and support available, go to www.cotasa.org.au/olderwomen



Government
of South Australia
Office for Women



The Plug-in.