

Violence doesn't discriminate by age.

“There is so much stigma and shame around violence in the home, particularly for older people. It's hard to get over that to get help.

The more we talk about it, the less stigma.”

If you are experiencing violence in your home, **there are people who can help. It's not your fault.**



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.