

## Staying safe, healthy and resilient

### Goal: Everyone is free from violence, can stay healthy and recover from adversity

Being safe, healthy and resilient gives people their best chance to live good lives. This means being free from violence, avoiding sickness or injury if possible and recovering quickly if not, and being able to bounce back from uncertainty, surprise, change and emergencies.

Victoria can complete its world-leading reforms in family violence prevention, and keep delivering the Royal Commission's recommendations to deliver real and lasting change for Victoria's women, children and families.

Victoria can create an easy-to-access, low-cost health system, focusing on preventive and primary health care and dismantling barriers to health care. We can improve people's health literacy, and build new health services in regional communities to fight unequal health outcomes.

And Victoria can work in partnership with communities, government, agencies and business to build resilience so people can survive, adapt and thrive in the face of everyday challenges and emerging global risks.

Güler Altunbas endured physical, sexual, emotional and financial abuse across multiple decades.

"And I still suffer from it today as Post Traumatic Stress Disorder and all the flashbacks," she said.

Connecting with services, leaving abusive relationships and rediscovering art has helped Altunbas rebalance her life in safety.

She says people "need to listen with their hearts and their ears" to achieve lasting change.

"Let's all work together and not have another person die again."

Story and video at [vcoss.org.au/GoodLife](https://vcoss.org.au/GoodLife)



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VCOSS State election platform 2018.

The VCOSS publication for the 2018 Victorian election can be viewed at this link.

<https://vcoss.org.au/wp-content/uploads/2018/06/VCOSS-Good-Life-Platform.pdf#page=21>