What is domestic and family violence?

Domestic and family violence is any violent, insulting or threatening actions by a person against their partner or ex-partner, to control, dominate or create fear in them.

A domestic or family violence case includes:
- physical abuse
- emotional abuse
- mental abuse
- financial (monetary) abuse
- sexual abuse

Domestic and family violence can happen to anyone in the community, regardless of your sex, sexual likes, age, where you live, your cultural background, religion, disability or financial position.

What is Emotional or Mental (Psychological) Abuse?

Emotional and mental abuse is any non-physical actions, intended to control, frighten and reduce your dignity and feelings of self-worth or value.

Some examples of emotional and mental abuse used to control you include:
- Threatening you and making you afraid by using looks, gestures and actions.
- Smashing things and destroying your belongings.
- Using “put downs” and calling you names.
- Making you feel bad about yourself or making you think you are going crazy.
- Embarrassing you in front of other people.
- Making threats or doing something to hurt you, your children, your pets or other members of your family.
- Threatening to report you to Government agencies like the police, child protection services and immigration.

How does domestic and family violence affect children?

Domestic and family violence can affect how children develop. They can develop emotional, social, mental health or learning problems.

Children can be physically hurt by the person or be accidentally hurt when there is violent behaviour by the person toward their partner or ex-partner. Children will often try to protect their parent against the violent partner.

Where can I get help?

If you are living with domestic violence or you know someone who is living with domestic violence you can ask your doctor or midwife to refer you to social work or you can contact the social work department on 9845 6699.

You can also find information and support with the following services.

We welcome further feedback on this brochure as a way of continually improving our service.

Please send your feedback to:
WSLHD-Get_Involved@health.nsw.gov.au
# Fact Sheet

**What is domestic and family violence?**

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<tr>
<th>Name &amp; Type of Agency</th>
<th>Contact Details</th>
<th>Web Address</th>
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| Domestic Violence Helpline  
Domestic Violence information / counselling and advice | 1800 656 463  
| 1800Respect  
Domestic Violence information / counselling and advice | 1800 737 732  
| Cumberland Women’s Health Centre  
Domestic Violence - Counselling | (02) 9689 3044  
Monday to Friday  
9am - 4:30pm  
The Centre closes  
| Blacktown Women’s and Girls’ Health Centre  
Domestic Violence - Counselling | (02) 9831 2070  
Monday to Friday  
9:30am - 12:30pm  
1:30pm - 4:30pm | [womensandgirls.org.au/email address](http://womensandgirls.org.au/email address) |
| Immigrant Women’s Speakout Association  
Domestic Violence - Counselling | (02) 9635 8022  
Monday to Friday  
9:30am - 5:00pm | [www.speakout.org.au/email address](http://www.speakout.org.au/email address) |
| Parramatta Holroyd Family Support  
Domestic Violence - Counselling | (02) 9636 8437  
Monday to Thursday  
9am - 4pm  
Friday  
| Safe Beds for Pets (RSPCA)  
| MensLine Australia  
24 hour support information and referral service. Helping men deal with relationship problems | 1300 78 99 78  
24 hour support | [https://mensline.org.au/](https://mensline.org.au/) |
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**What is domestic and family violence?**

This written information is for guidance only and does not replace consultation and advice by your health care provider.

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| **ACON’s LGBTI**  
| **Domestic Violence – Legal / LGBTIQ**  
Safe Relationship Project | 1800 244 481  
Monday, Thursday & Friday  
9am - 5pm  
Tuesday & Wednesday  
9am - 8pm | [www.iclc.org.au/](http://www.iclc.org.au/)  
email address |
| **Women’s Domestic Violence Legal Service (DVLS)**  
Domestic Violence - Legal | 1800 810 784  
email address |
| **Indigenous women legal contact line**  
Free confidential legal advice and referrals for domestic violence sexual assault, family law, discrimination, victims support for aboriginal and Torres Strait Islander women in NSW | 1800 639 784  
Monday, Tuesday & Thursday  
email address |
| **Domestic violence – legal**  
| **Immigration Advise and Rights Centre**  
Domestic Violence – Legal/Immigration | (02) 8234 0799  
Tuesday & Thursday  
2pm – 6pm | [https://iarc.asn.au/](https://iarc.asn.au/) |