

Fact Sheet

What is domestic and family violence?

womensnewbornhealth.com.au

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
and / or
- 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.



**Domestic and Family
Violence is a Crime**

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?

womensnewbornhealth.com.au

Name & Type of Agency	Contact Details	Web Address
Domestic Violence Helpline Domestic Violence information / counselling and advice	1800 656 463 24 hour support	www.community.nsw.gov.au/parents,-carers-and-families/domestic-and-family-violence/domestic-violence-line
1800Respect Domestic Violence information / counselling and advice	1800 737 732 24 hour support	www.1800respect.org.au/
Cumberland Women's Health Centre Domestic Violence - Counselling	(02) 9689 3044 Monday to Friday 9am - 4:30pm the Centre closes 12:30 - 1pm for lunch	www.cwhc.org.au/services/counselling-general-and-domestic-violence/ email address
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
Immigrant Women's Speakout Association Domestic Violence - Counselling	(02) 9635 8022 Monday to Friday 9:30am - 5:00pm	www.speakout.org.au/ email address
Parramatta Holroyd Family Support Domestic Violence - Counselling	(02) 9636 8437 Monday to Thursday 9am - 4pm Friday 9am - 12noon	http://phfs.org.au/services/staying-home-leaving-violence/
Safe Beds for Pets (RSPCA) Domestic Violence - Pets	(02) 9782 4408	www.rspcansw.org.au/what-we-do/working-in-communities/community-domestic-violence-program/
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/

Fact Sheet

What is domestic and family violence?

womensnewbornhealth.com.au

Name & Type of Agency	Contact Details	Web / Email
ACON's LGBTI LGBTI Domestic Violence – ACON resources and support services	Online discussions	www.acon.org.au/what-we-are-here-for/domestic-family-violence/
Domestic Violence – Legal / LGBTIQ Safe Relationship Project	1800 244 481 Monday, Thursday & Friday 9am - 5pm Tuesday & Wednesday 9am - 8pm	www.iclc.org.au/ email address
Women's Domestic Violence Legal Service (DVLS) Domestic Violence - Legal	1800 810 784 contact times	www.wlsnsw.org.au/legal-services/ domestic-violence-legal-service/ 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 10am -12:30pm	www.wlsnsw.org.au/legal-services/indigenous-womens-legal-program/ email address
Domestic violence – legal Women's Domestic Violence Court Advocacy Program	1800 938 227	www.legalaid.nsw.gov.au/what-we-do/community-partnerships/womens-domestic-violence-court-advocacy-program
Immigration Advise and Rights Centre Domestic Violence – Legal/Immigration	(02) 8234 0799 Tuesday & Thursday 2pm – 6pm	https://iarc.asn.au/