



Domestic and Family Abuse and Violence

Patient Factsheet

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What is it?

Domestic and family abuse and violence comes in many forms. This type of violence doesn't discriminate and occurs in all types of relationships and cultural groups.

Violence and abuse can be physical, emotional, psychological, financial or social. It is unfortunately common in the home and often hidden. But nobody should have to live in fear of their partner or family members.

It isn't easy to talk about this type of violence. But talking is the first step towards making a lasting change.

What will my GP do now?

You have already spoken to your GP about violence or abuse at home. Remember, your GP's office is always a safe, supportive space. This is true whether violence has happened to you or if you think it may happen one day.

Talk to your GP about domestic and family violence support. There are community providers who offer services to help.

As well as helping you find support, your GP will:

- Give you a safe place to talk
- Help you find urgent help if necessary
- Give you information on your rights if you leave your partner
- Notify the police with your consent
- Refer you urgently for immediate support if needed

Your GP will also help you develop a safety plan. You can refer to this plan if violence at home gets worse. You can also use this plan in an emergency, or if you need to leave home quickly.

What can I do?

- Think about a referral to a domestic violence service for support
- Develop a safety plan with the help of your GP
- Don't pretend your injuries aren't as bad as they seem
- Consider the safety of your children or other family members
- Be honest and upfront about violence, your injuries, and what's happening at home
- Be aware that violence often gets worse over time – the earlier you act, the better
- Make another appointment with your GP so you can keep talking about your situation

Who to call if you do not feel safe

If you believe you are at risk of imminent harm, phone NSW Police on **000**

If you can't go home, speak to an emergency counsellor at:

Domestic Violence Line
1800 656 463 (24 hours)

1800 RESPECT
1800 737 732



What questions should I ask my doctor?

There's a lot going through your mind, and it can be easy to forget the questions you want to ask your GP. Here's a list of questions you may wish to ask:

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| <input type="checkbox"/> <i>Where can I go if I don't feel safe to go home?</i> | <input type="checkbox"/> <i>How can I get legal support if I leave my partner?</i> |
| <input type="checkbox"/> <i>What do I do if the violence escalates?</i> | <input type="checkbox"/> <i>What if my partner finds out about this talk?</i> |
| <input type="checkbox"/> <i>What do I do if I am threatened with a weapon?</i> | <input type="checkbox"/> <i>What are my rights?</i> |
| <input type="checkbox"/> <i>What if I don't feel safe for myself or my kids?</i> | <input type="checkbox"/> <i>How can I get financial support if I leave my partner?</i> |
| <input type="checkbox"/> <i>How can I make a safety plan?</i> | |

What supports are available?

There are many supports available for victims of domestic and family abuse and violence.

Crisis support

New South Wales Police Service:

The police can help with safety planning. Ask to speak to the Domestic Violence Liaison Officer who is trained in these issues.

Domestic Violence Line:

This line offers crisis counselling and help if you need a place to stay in an emergency. Phone **1800 656 463**

1800 RESPECT:

Phone and online counselling for domestic violence. Phone **1800 737 732** or visit 1800respect.org.au

Cultural support

Migrant Resource Centres:

Visit refugeecouncil.org.au to find your closest centre

Immigrant Women's Speakout:

Phone **9365 8022** or visit speakout.org.au

Legal support services

Warringa Baiya Aboriginal Women's Legal Centre:

Phone **1800 686 587** or visit warringabaiya.org.au

Women's Domestic Violence Court Assistance Service:

Phone **1300 888 529** or visit victimsa.org

Safe Relationships Project:

Phone **9332 1966** or visit iclc.org.au

Women's Legal Services NSW:

Phone **1800 801 501** or visit wlsnsw.org.au

Domestic Violence Legal Advice Line:

Phone **1800 810 784** or visit wlsnsw.org.au

Counselling and support services

Green Valley Domestic Violence Service (Liverpool):

Phone: **1800 111 146**.

ACON Counselling for LGBTI:

Phone **9206 2000** or visit acon.org.au

Benevolent Society Domestic Violence Services (Macarthur):

Phone **4633 3777** or visit benevolent.org.au

Creating Links (Bankstown):

Phone **8713 7700** or visit creatinglinks.org.au

The Gender Centre:

Phone **9519 7599** or visit gendercentre.org.au

Lifecare (Bankstown and Macarthur):

Phone **8713 4333** or visit baptistcare.org.au

The Line:

Phone **1800 695 463** or visit theline.org.au

Mensline Australia:

Phone **1300 789 978** or visit mensline.org.au

Victims Services:

Phone **8688 5511** or visit victimsservices.justice.nsw.gov.au

Accommodation and refuge services

Argyle Housing (Macarthur):

Phone **4627 0002** or visit argylehousing.com.au

Hume Housing (Fairfield):

Phone **9722 4300** or visit humecha.com.au

Link2Home:

Phone **1800 152 152** or visit housing.nsw.gov.au

Want more information?

- **Domestic Violence NSW:** domesticviolence.nsw.gov.au
- **Barwon South West Homelessness Network** - Through a child's eyes: Children's Experiences of Family Violence & Homelessness: nwhn.net.au
- **North Queensland Domestic Violence Resource Service** - violence towards parents by adult children: nqdvrs.org.au
- **Another Closet** - information about domestic violence in same-sex relationships: anothercloset.com.au

Resources for Aboriginal and Torres Strait Islander People

- **Creative Spirits:** creativespirits.info
- **Spirit Dreaming:** spiritdreaming.com.au
- **What's Up With My Mob** - resources on transgenerational trauma: whatsupwithmymob.com.au