

WHAT CAN I DO IF I AM IN A VIOLENT OR ABUSIVE RELATIONSHIP?



1. FIND SUPPORTIVE FRIENDS/FAMILY MEMBERS

Have someone you can safely talk to while processing and making decisions around your relationship. Break the isolation and reach out.

2. LET GO OF FEELING RESPONSIBLE

Domestic & family violence and abuse is not caused by something you have done or not done. It is a choice by your partner to exert control over you and it is a crime. In most cases they will not stop the violence without professional help.

3. KNOW YOUR RIGHTS

Seek legal advice and practical and emotional support from your local domestic violence services.

4. CONTACT A SUPPORT GROUP

Organisations that support survivors of domestic & family violence can help you connect to others who have experienced similar situations. This sharing can offer you direct help and hope.

5. LOOK AFTER YOURSELF

Find a supportive GP or health worker and tell them what's happening. You can also ring Lifeline for support 24 hours a day, 7 days a week on 13 11 14.

The National Sexual Assault, Family & Domestic Violence Counselling line 1800 RESPECT (1800 737 732)

6. DO NOT JUDGE YOURSELF

Remember that part of the difficulty of leaving an abusive relationship is coping with loss and change.

You may find that you have regrets around leaving the relationship, even though you are very relieved to have left the abuse. This is the grief process in action as you miss what the relationship was supposed to stand for. Talk to supportive friends, family or support workers when you are feeling this way.

7. RECOGNISE YOUR STRENGTHS

You have to be very resourceful to survive in a violent and abusive situation. Your skills and abilities have kept you going and may have already helped you to leave. You can draw on these strengths to create a more positive and happy life.

IF YOU ARE IN IMMEDIATE DANGER, PHONE 000 AND ASK FOR THE POLICE AND/OR AN AMBULANCE

1800 RESPECT

is the 24-hour national domestic, family and sexual violence counselling, information and support service. Call 1800 737 732.

LIFELINE

is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Call 13 11 14

Call **GOT YOUR BACK SISTA** on 02 4989 2777 during business hours to book an appointment with our Support Team or receive information and advice.