



Are you being abused?

Relationship red flags

- Do you constantly feel like you are **walking on eggshells**?
- Is your partner **intense**? Are they excessively charming, bombarding you with excessive texts and phone calls?
- Do you feel **controlled** by your partner? Are they constantly checking up on you?
- Does your partner **criticise** you? Do they use name calling or isolate you from family and friends?
- Has your partner ever **pushed** or hit you?
- Have they ever **damaged** your property on purpose?
- Has someone ever tried to **choke** or strangle you? **This is an emergency red flag. Please seek help immediately.**

It is not your fault.

You **don't** deserve to be treated this way. There is **no excuse** for abuse.

What is coercive control?

Coercive control is the most common type of violence in a relationship. It may include:

- **Controlling** who you see and talk to
- **Monitoring** you
- Controlling what you say, do, or wear
- **Gaslighting**
- Name calling
- Controlling money
- Being 'the man' or in control of the relationship
- **Manipulating** the kids
- Controlling your body
- **Jealousy**
- **Pressure** for sex or sex acts you don't want
- Hitting walls or smashing objects
- **Destroying** belongings
- **Making threats** to kill or hurt you, your kids, your pets or themselves

If not recognised, **coercive control can be life threatening.**

Safety planning

'You don't have to leave to get help.'

Ask for help

- **If in danger call 000**
- Tell supportive family and friends what is happening
- Call a Domestic Violence Support Service

Keep evidence

- Photos of abuse
- Journal
- Doctors reports

Prepare a safe bag and include:

- A list of emergency contacts (this guide)
- Spare keys
- Cash and credit cards
- Copy of drivers licence
- Copy of legal documents e.g. Birth Certificate, Mortgage or Lease Agreement
- Clothing and medication

When and where to go?

- Work out when is the safest time to leave
- Decide on a safe place; friend, relative or refuge

Family violence hurts kids too

"My daughter says she feels scared."

"My son has started having angry outbursts."

- Everyone has the right to feel safe
- Children and young people are scared by family violence
- Exposing children to violence is **against the law**
- Family violence does affect kids and this can last a lifetime. Even if they can't hear it, they know what is going on
- If your partner is physically or verbally abusive towards you, your children might be next

What can you do?

- Seek help and support early
- Reassure them
- Give lots of cuddles
- Take time out and have fun

"Now I have left, I control my own life and my kids are happy."

How do I help my friend or family member?

"Why doesn't she just leave?"

There are many reasons why people stay in abusive relationships. Leaving can be a very dangerous period for a victim.

ABC's of supporting loved ones:

- **Acknowledge**, support and listen
- **Be** non-judgemental
- **Care**, yet know that you cannot rescue
- **Discuss** a safety plan
- **Encourage** and empower
- **Friendly** - offer to provide practical support, invite them out to social events
- **Give** information about domestic violence

"You don't have to be hit to be hurt."

If a friend says that are being abused **believe them.** A victim may only reach out for help once.

What is physical abuse?

"When I recover, I won't flinch every time someone raises their hand near me."

Physical abuse may include:

- Any intentional act to another person that may result in **bodily injury, physical pain, trauma or impairment**
- **Striking** (with or without an object), hitting, beating, pushing, shoving, shaking, slapping, kicking, pinching and burning
- Being **denied access** to your home or locking the victim in or out of the house
- **Deprivation** of sleep or food
- **Driving dangerously** to scare you or your children
- **Damaging property**

"You may feel weak, but within you is the strength to leave, within you is the strength to overcome and achieve that which you deserve" From *Stories of Survivors*

What is financial and technological abuse?

"They are constantly texting me, checking where I am. I feel like I'm being tracked."

Financial and technical abuse may include:

- Complete **control** of all money and tactics to limit your access to family finances
- Providing inadequate 'allowance'
- Preventing you from seeking or holding down a job or showing up at your workplace
- Coercing you to sign documents
- Phone and online **harassment**, such as constant texts, calls, emails or online following
- **Stalking or monitoring** your phone, emails and social media accounts
- **Tracking** with GPS

It's not OK for someone to **monitor your movements** or control your access to money.

What is sexual, social and spiritual abuse?

"I feel so isolated."

Sexual abuse is ANY forced or **unwanted** sexual act or behaviour without your informed **consent**.

Sexual assault Is an act of **power** and **control**. It can occur in long term relationships. It is **not** about intimacy. It is **not** a shared experience. It has **nothing to do** with love or affection.

Social abuse may include controlling who you see, who you speak to or where you go.

Spiritual abuse may include ridiculing or not allowing you to practice your chosen religion, cultural beliefs, or access family or community.

Consent must **never** be assumed it must always be **freely and voluntarily given.**
Just because a person doesn't say 'no', or doesn't physically resist, it does not mean 'yes'.

Emergency contacts

**If you are in danger
call 000**

1800 Respect.....	1800 424 017
24hr Domestic Violence Advice Line.....	1800 656 463
GP Access After Hours	1300 130 147
Kids Helpline.....	1800 55 1800
Lifeline.....	13 11 14
Newcastle Domestic Violence Resource Centre.....	4927 8529
NSW Rape Crisis Centre.....	1800 424 017
Police Assistance Line.....	131 444
Suicide Call Back Service	1300 659 467

"You don't have to be in a crisis to call!"

Housing and accommodation

Carrie's Place (Crisis accommodation and resource centre, Maitland)	4934 2585
Compass Housing.....	1300 333 733
Housing Contact Centre (Current clients and applicants)	1800 422 322
Hunter Tenancy Advice Service	4969 7666
Jenny's Place (Crisis accommodation and resource centre, Newcastle)	4927 8529
Link2Home (homelessness).....	1800 152 152
NOVA for Women and Children	1800 679 654
Walgla Ngurra Women and Children's Refuge.....	4950 1566

"I can now come home from work without fear of what is waiting for me behind closed doors. it hasn't been easy but it has definitely been worth it."

Counselling, health and support

ACON Hunter (LGBTQIA+)	4962 7700
Family Drug Support Australia	1300 368 186
Family Planning Newcastle.....	4929 4485
Family Relationship Advice Line.....	1800 050 321
HeadSpace (12-25 year olds) Newcastle.....	4929 4201
Maitland.....	4931 1000
Hunter Women's Centre (Counselling, Groups and Health Information).....	4968 2511
Mensline	1300 789 978
Mental Health Access Line.....	1800 011 511
Newcastle Sexual Assault Service.....	4924 6333
Victims Services.....	1800 633 063
VOCAL (Victims of Crime Assistance League).....	4926 2711

"Counselling opened my eyes to my situation, the counsellor really listened and gave me the support I needed to feel confident and enable change."

Family and community support

CALM (Community Activities Lake Macquarie).....	4950 3888
Cessnock Family Support.....	4990 4507
Child Protection Helpline	13 21 11
Eastlakes Family Support.....	4943 9255
Family Connect and Support	1300 006 480
Got Your Back Sista.....	4989 2777
Maitland Family Support.....	4914 0444
Newcastle Family Support Services (Staying Home, Leaving Violence).....	4926 3577
Parentline	1300 853 437
Port Stephens Family and Neighbourhood Service.....	4987 4674
Singleton Family Support.....	6572 4288
Yacaaba Nelson Bay (Counselling and Referral).....	4984 2176

Financial assistance

Centrelink Crisis Payment.....	13 28 50
Financial Counselling Hunter Valley Project Inc.....	4968 9686
Salvation Army Moneycare Newcastle.....	1800 722 363
Samaritans Emergency Relief	4922 1500
St Vincent de Paul Society (Vinnies) Referral Centre	4961 6885
Survivors R Us Inc	4953 7108
Wesley Mission.....	4915 3600

Counselling, family dispute resolution and mediation services

Catholic Care (Mayfield).....	4979 1120
Interrelate Family Centres.....	1300 473 528
Relationships Australia.....	1300 364 277
Uniting Counselling and Mediation	4925 6000

Aboriginal services

Aboriginal Legal Service.....	4914 6500
Aboriginal Tenants Advice and Advocacy Service.....	4929 5004
Awabakal Medical Centre	1300 174 908
Muloobinba Aboriginal Corporation.....	4969 5299
Victims Service Access Line Aboriginal Contact Line.....	1800 019 123
Walgla Ngurra Women and Children's Refuge.....	4950 1566

Disability services

Elder Abuse Hotline	1800 651 192
National Disability Abuse and Neglect Hotline	1800 880 052
People with a Disability Australia..	1800 422 015

Would you like more information?

Scan the QR code below to follow **Newcastle Domestic Violence Committee NSW** on **Facebook** for updates, information and events.



LGBTQIA+ services

ACON Hunter (LGBTQIA+)	4962 7700
QLife	1800 184 527

"Coercive control is the bit of violence that's 'do what I say, or else.'"

Multicultural services

Health Care Interpreter Service and Multicultural Health Service.....	4924 6285
Northern Settlement Services	4969 3399
Police Multicultural CLO	4926 6521
The Translating and Interpreting Service (TIS National).....	13 14 50

Multilingual translations



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Ji bo Kurdi Kurmanci skan bik
Quét qua để đọc tiếng Việt
ສຳນັກງານພ້ອມາາໄທຍ
كبير علا ءغلل حسم
دينك نكسا يسراف يار

Legal services

Family Advocacy Support Service (FASS).....	1800 113 277
Family Law Courts.....	1300 352 000
Hunter Community Legal Centre.....	4040 9121
Law Access.....	1300 888 529
Legal Aid	4929 5482
Newcastle WDVCS.....	4940 8766
Women's Legal Service.....	1800 801 501

"Family violence is against the law."

Information correct as of November 2021.

Sponsors and contributors

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Jenny's
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Lake Macquarie
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Victims Of Crime Assistance League Inc NSW