



Domestic and Family Violence

What is domestic and family violence?

According to 1800Respect, domestic and family violence happens when one person in a relationship hurts another or makes them feel unsafe. It can happen in any kind of relationship — not just with husbands and wives or boyfriends and girlfriends (intimate partners). Abuse doesn't have to involve hurt to your body, or physical violence, to be domestic or family violence.

Domestic and family violence can happen to anyone. No one has the right to make you feel unhappy or unsafe.

Common types of Abuse

- Physical Abuse
- Financial Abuse
- Emotional Abuse
- Verbal Abuse

Resources

Learn about the different types of abuse and how to identify them by visiting - <https://www.whiteribbon.org.au/understand-domestic-violence/types-of-abuse/>

Increase Safety

1800 Respect provides information on safety planning - <https://www.1800respect.org.au/help-and-support/safety-planning/>

Call 000

Support Someone: The ManagerSupport program is available to provide free and confidential support 24/7. This service provides access to experienced clinicians who can support you in supporting others.

We're here to help. For a confidential discussion or more information contact Drake WorkWise on 1300 135 600 (AU) 0800 452 521 (NZ).

Note: This material is designed as general information only and may not be applicable to your personal situation. If you have questions or concerns, please contact your doctor.