

# Dealing with domestic violence

Domestic violence can affect anyone. It is about power and control and may take the form of physical, emotional, financial and/or social abuse.

There are things you can do to ensure the safety of yourself and those around you. Do not underestimate the danger, even if your abuser is downplaying the seriousness of what they are doing.

## What you should do:

- If there is **immediate danger**, or a chance of you or someone around you being hurt, you need to **move to safety now**. If you can, do so discretely without your abuser becoming aware and angrier.

To help:

- » Inform the police before leaving
- » If it is safe to do, keep a bag with essentials packed and ready
- » Make a copy of key documents and papers – like your driver's licence, Medicare card, birth certificate and passport, and those of your children (if applicable) and take a copy with you
- **Talk to someone you trust**. Considering leaving an unsafe situation can be hard and scary – but friends, family members, a counsellor or your GP can help you
- Remember that someone hurting or threatening you or those around you is never acceptable. Although maintaining self-confidence can be hard, believe in yourself
- **Trust your instincts** and take yourself (and if applicable, others) out of the situation as early as you can
- Investigate your legal rights



## The following services may also help you and those around you:

- If you are experiencing domestic or family violence or sexual assault, or supporting someone who is, consider contacting **1800 RESPECT (1800 737 732)**. They provide counselling with qualified professionals, and information and support – 24 hours per day, 7 days per week. A local call cost applies (and may be higher from mobiles). You can also access online counselling from qualified professionals at [1800respect.org.au](http://1800respect.org.au) – 24 hours per day, 7 days per week.
- ReachOut NextStep is an anonymous online tool, especially for young people, that can recommend support options that might be suitable for you. The tool is free and available at [au.reachout.com/reachout-nextstep](http://au.reachout.com/reachout-nextstep)
- Daisy is a free app that connects women to legal, housing, finance, children's and specialist domestic violence services, and is available Australia-wide:
  - » Download the Android App on Google Play <https://play.google.com/store/apps/details?id=au.com.medibank.projectconnect> or download on the App Store for iPhone <https://itunes.apple.com/us/app/daisy/id968542048?ls=1&mt=8>