

What is family violence?

Family violence is a pattern of abusive behaviour where one person in an intimate or family relationship controls or dominates the other. This causes the person affected to fear for their safety or the safety of someone else.

There are many forms of family violence including physical, emotional, psychological and spiritual. Family violence can occur in many different kinds of intimate relationships. For example, from one partner towards another or from an adolescent towards a parent.

Emotional abuse: When someone regularly puts you down, criticises you or threatens to harm themselves if you leave the relationship. This includes spiritual abuse, when someone prevents you from spiritual connections or practices, or from expressing your spiritual identity.

Social abuse: When someone prevents you from seeing your friends and family, makes you feel guilty about socialising or going to work, or constantly checks to see where you are.

Financial abuse: When someone takes control of your financial affairs without your permission, prevents you from accessing money or gaining and keeping employment.

Sexual abuse: When someone makes you do or witness sexual things without your consent. Forcing you to have sex is a criminal offence, even if you're married.

Physical abuse: When someone pushes or hits you, throws objects, drives dangerously to frighten you or threatens to physically harm you, other people or your pets.

Stalking: When someone makes unwanted, repeated efforts to contact you, follow you or loiter near your home or workplace. This includes cyber-stalking.

Brimbank-Melton Family Violence Program

To find out if you are eligible for the program, please contact Women's Health West on **03 9689 9588**, **Monday to Friday, 9am-5pm.**

We work directly with Women's Health West for the benefit and ongoing support of our clients.

If you are in immediate danger, call 000 (emergency)

Out of hours assistance:

Safe Steps 1800 015 188
(24hrs – 7 days) (free call)

The Salvation Army Crisis Contact Centre
(24hrs – 7 days) 1800 627 727

1800 RESPECT – national sexual assault, domestic and family violence counselling service
(24hrs – 7 days) 1800 737 732

National Relay Service 133 677 (TTY)
1300 555 727

Good Shepherd Australia New Zealand has a long history of working with women and their families in Victoria.

We provide a range of integrated, community-based programs and services so people can live safe and fulfilling lives.

We value each person who comes to us, and pay attention to their different needs. We work compassionately, co-operatively and to high professional standards.



Good Shepherd
Australia New Zealand

stalbans@goodshep.org.au
goodshep.org.au



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Brimbank-Melton Family Violence Program

Support and
safety
for women
and children

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The Brimbank-Melton Family Violence Program offers

- Safe and confidential support and information, over the phone or face-to-face
- Individualised support from experienced, all-women staff
- Assistance finding safe accommodation and emergency support
- Support guided by a woman's choices, whether she chooses to stay in the relationship or not
- Links to other services such as financial and legal counselling, and support groups for women and children who have experienced family violence

Who is eligible?

The Brimbank-Melton Family Violence Program is available to any woman (and her children) who live or work in the Brimbank-Melton area and are currently experiencing, or have experienced, family violence.



A new beginning

All forms of violence have damaging consequences. It can be difficult to recognise the signs of abuse.

The Brimbank-Melton Family Violence Program supports women to recognise the signs of family violence and assists them to make decisions about their lives.

The program aims to support and empower women to remain within their community where possible, feel safe and live free from violence and intimidation.

Everyone has the right to feel safe and live free from violence and intimidation