

What is Domestic & Family Violence?

Domestic and family violence occurs when an individual uses any form of behaviour to control or maintain power and authority over another person they are in a relationship with or related to.

The abuse could be:

PHYSICAL – punching, pushing, harming pets, burning, hair pulling, damaging property, strangulation and or use of a weapon.

SEXUAL – being forced to have unwanted sexual contact.

EMOTIONAL – bullying comments and actions that make you feel undermined, ashamed and powerless. Destroys your self confidence. Could be threatening and/ or humiliating.

FINANCIAL– Limited or no access to money. Not allowed or limited say in how the money is spent.

CULTURAL/ SPIRITUAL – Having your beliefs or cultural background insulted and disrespected. Made to feel stupid, different or less of a person.

VERBAL– The use of threats, put downs, name calling, threats to damage property, jealous accusations & harassing texts/ phone calls.

Never think the violence or abuse is your fault!

**Please contact the
Domestic Violence Resource Service
(Mackay & Region) Inc.**

Ph: 07 4957 3888

Fax: 07 4957 3984

Email:

admin@domesticviolenceservice.com.au

DV CONNECT

1800 811 811 (free call)

Confidential 24 hour crisis line

Support/ Information/ Referral

Or in an emergency;

**Police/ Ambulance
Telephone: 000**



*Domestic Violence
Resource Service
(Mackay & Region) Inc.*

This is a free service for women & children experiencing domestic & family violence

**Monday– Friday
8.30am - 4.30 pm**

Phone: (07) 4957 3888



Funded by the Department of Communities

The Domestic Violence Resource Service can offer:

Counselling & Support:

- Counselling for women, children & adolescents
- Crisis Intervention
- Information & Referral

Court Support:

- Assistance with Domestic Violence Order applications
- Support during the court process

Community Development:

- Training for service providers & volunteers
- Community education
- Media Awareness
- Identify & research community needs in relation to domestic and family violence
- Network Development
- Service Development

Are you...

- ... feeling put down all the time?
- ... being threatened or intimidated?
- ... being physically assaulted?
- ... being kept short of money?
- ... feeling isolated from friends and family?

Do you feel frightened to talk about it?

Do you feel its all your fault?

Are your children being affected and you feel powerless to help?

You are not alone!

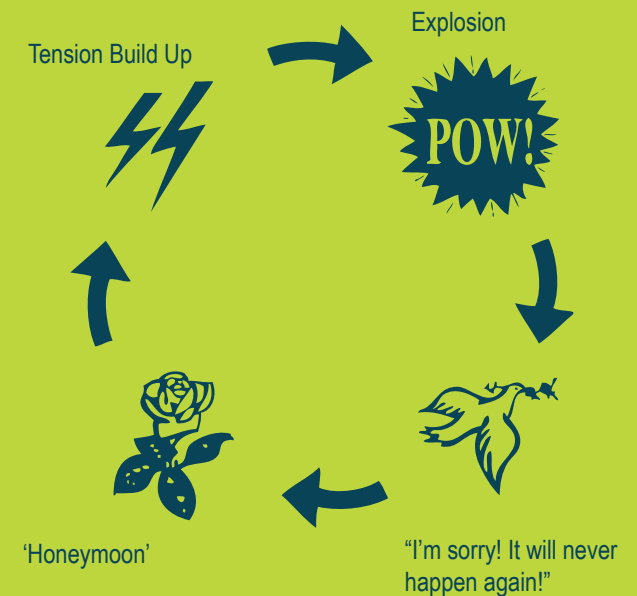
Many women feel like you!

The Domestic Violence Resource Service offers support and information to women, adolescents and children.

Please Call:

(07) 4957 3888

Domestic and Family Violence is part of a cycle, it is not a one off event.



**DOMESTIC VIOLENCE
RESOURCE SERVICE**
(MACKAY & REGION) INC.