

Who can call us

- ◆ You can call us at any stage you are worried about your relationship
- ◆ You are afraid of something that has happened or may happen
- ◆ You may want urgent assistance to leave your relationship, please call 000
- ◆ You may be a friend or relative & want some advice about your friend or loved one
- ◆ You may be an organisation that is dealing with women experiencing domestic violence, or
- ◆ You may be worried about a child living in a domestic violence situation

Who can help you

Contact Numbers:

Domestic Violence Resource Svs	07 4957 3888
DV Connect	1800 811 811
George Street NC	07 4957 7222
Police Emergency	000
Ambulance Emergency	000
Kids Help Line	1800 55 1800
George Street NC	07 4957 2626
MRCLC : Legal Centre	07 4953 1211
Community Accommodation	07 4951 4299
Translating & Interpreting Services	131 450



George Street
NEIGHBOURHOOD
CENTRE

Shakespeare Child & Family Centre
43 Shakespeare Street, Mackay
Mackay Qld 4740



07 4957 7222



0497 139 745



Safer Pathways For Culturally and Linguistically Diverse (CALD) Women

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



07 4957 7222



0497 139 745



Domestic Violence is for a purpose

Some effects that living in Domestic Violence can have:

- ◆ physical injuries
- ◆ emotional distress
- ◆ feelings of fear and terror of the partner
- ◆ feelings of helplessness and being trapped in the situation
- ◆ reduced quality of life
- ◆ social isolation
- ◆ feelings of shame or embarrassment
- ◆ loss of self-esteem and confidence
- ◆ confusion and disorientation
- ◆ high levels of stress and anxiety
- ◆ high incidence of depression

DOMESTIC VIOLENCE TAKES MANY FORMS

Some examples are:

Verbal abuse - is when he gets loud and angry; shouting, yelling, swearing and name calling, leading to gradually losing yourself - confidence and feeling fearful.

Emotional abuse - makes you feel scared and unsafe, makes you feel guilty, sad and stupid; making fun of you in front of friends and making light of the abuse as if it's not happening.

Intimidation - makes you feel scared by standing over you, shouting and ranting, smashing objects; kicking and showing weapons to scare you. Threatens to report you to immigration for deportation. Your partner might be doing one or more of these things, but if you feel scared of them, you might have to talk to someone you trust.

Physical abuse is when he pushes you, slaps, punches, kicks and shakes you with force, twisting your arms, holding and choking you.

Financial abuse - is when he prevents you from working or makes you get a job, and takes all your money or not giving you any money. He may demand to know what you are spending; or he won't allow you to buy the food that you like to eat.

Social abuse - is when your partner will not allow you to have contact with your friends or have your friends to come and visit you. Not allowing you to use the phone or not going out without him.

Sexual abuse - is when he is touching, squeezing and stroking you in a way that frightens you or is forcing you to have sex when you don't want to or have said no! Making someone have sex when they don't want to is against the law in Australia

If you are experiencing any of these and feel unsafe, please telephone the:

Domestic Violence Resource Service on: 07 4957 3888

YOU ARE NOT TO BLAME!

Everybody is responsible for their own behaviour. If he is violent, then he is the only one who can change it.

IT IS NOT YOUR FAULT!

Most women in abusive relationships are persuaded by their partners that the violent episodes against her are her fault, and she can then blame herself for being too selfish and thoughtless.

This is not true!

VIOLENCE against you is not your responsibility



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