

# Are you experiencing violence at home?

## You are not alone.

If you are feeling afraid of your partner, being threatened or harmed, or being isolated or controlled, we can help you.

## How we can help:

DVConnect Womensline provides support to people seeking an immediate pathway to safety from domestic and family violence. We will talk about your situation and help you create a plan to protect yourself and your family.

We can connect you with emergency transport and accommodation.

We support anyone who reaches out for help. This includes people from different backgrounds, religions, genders and sexualities. We can still support you even if you don't want to call the police.

If you have experienced violence but are not currently at risk, your local domestic violence service can support you. If you are actively experiencing violence, you should call 000.

## DVConnect Womensline 1800 811 811

Available 24 hours a day, 7 days a week

## DVConnect Mensline 1800 600 636

Available 9am - midnight, 7 days a week

## Sexual Assault Helpline 1800 010 120

Available 7.30am - 11.30pm, 7 days a week

**DVCONNECT**  
*Be heard. Be safe.*

[www.dvconnect.org](http://www.dvconnect.org)

[mail@dvconnect.org](mailto:mail@dvconnect.org)



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## How to help someone impacted by domestic and family violence

Advice for family,  
friends and community



If you suspect someone is experiencing domestic violence, you may not know how to react. There are things any bystander can do to help, whether you are a friend, family member, or even a stranger.

### **Some signs that a person is experiencing violence:**

- Unexplained injuries or excuses that don't add up.
- Fearful or controlled behaviour around their partner.
- Isolation from social connections.
- Changes in typical behaviour, withdrawal, or anxiety.

### **What you can do to help:**

- Ask if they're okay and listen without judgement.
- Encourage them to seek help – offer information, not ultimatums.
- Help them access domestic violence services. For example, you could give them a business card or let them call a service from your phone.

If you believe someone you know is using violence in their intimate partner or family relationships, don't stay silent. Speaking up could help them recognise the harm they are causing and make a positive change.

### **What you can do to help:**

- Start a safe, respectful conversation. Focus on their specific behaviours that need to change but avoid labeling them as a "bad person."
- Be clear that violence is never acceptable, and there are no excuses.
- Don't minimise their actions or blame the victim.
- Encourage them to take accountability.
- Let them know that confidential, professional support is available.

## **Are you worried about your use of violence?**

**Change is possible. It's up to you to take the first step.**

If you're worried about your behaviour at home, help is available.

Choosing to seek support takes a lot of courage. We are here to support you.

### **How we can help:**

DVConnect will provide brief counselling and can refer you to other services in your area for ongoing support.

We can help you understand your triggers and patterns, learn respectful ways to resolve conflict, and build healthier relationships.

We will help you take responsibility and accountability in a safe, supported environment.

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