

## Helpline

Domestic Violence	1800 656 463 1800RESPECT 1800 737 732
Women	1800 811 811
Men	1300 789 978
Kids	1800 551 800
Elders	1800 628 221
Parents	1300 130 052
Victims	1800 633 063
Wesley Mission	02 9263 5555

## Assistance

Accommodation	1800 152 152
Law Access	1300 888 529
DV Legal Advice	1800 810 784
Financial Centrelink	13 18 50
Translating/Interpreting	13 14 50

## Safety

Police/Ambulance/Fire	000
Sexual Assault	1800 010 120
Crime Stoppers	1800 333 000

## Counselling

Suicide/Lifeline	13 11 14
Depression support	1300 224 636
Mission Australia	1300 886 999
Relationships Australia	1300 364 277
Salvo Crisis line	02 9331 2000

## Who We Are

### About Us

A Non-profit Organisation catering for the needs of the Indian sub-continent community in Australia since 2015

### Our Mission

To ensure every single issue facing the Indian sub-continent settlers in Australia is addressed in the best possible manner and would result in a positive transformation of their lives.

### Contact Us

[www.indiansupportcenter.org.au/contact/](http://www.indiansupportcenter.org.au/contact/)

[www.facebook.com/IndianSupportCentre](https://www.facebook.com/IndianSupportCentre)

Phone: 02 9863 5077

**DONATIONS WELCOME**

**Indian Support Centre Inc, ANZ Bank,  
BSB 012-468, Acc No 196337421**

**INDIAN SUPPORT CENTER**

2 Lane St, Wentworthville, 2145

[www.indiansupportcenter.org.au](http://www.indiansupportcenter.org.au)

02 9863 5077



Providing Support For

**Victims of DV  
Job Seekers  
New Migrants  
Students  
Senior Citizens**

**DOMESTIC  
VIOLENCE  
AWARENESS  
INFORMATION  
GUIDE**

INDIAN SUPPORT CENTER  
Registration No: INC1500501  
ABN: 72966316271  
Charity Reg No: CFN/23874

# What is Domestic Violence?

Domestic violence (DV) is violent, abusive, controlling, dominating or intimidating behaviour in any intimate or family relationship.

DV comes in different forms of abuse

- Physical abuse
- Verbal abuse
- Emotional abuse
- Psychological abuse
- Social abuse
- Financial abuse
- Sexual abuse
- False Allegations

DV affects all victims adversely whether they are women, men, children or elderly and may cause long term psychological damage and in some cases even fatality. It is not only a social problem but also a crime.

The main challenge with handling DV is that many cases go unreported owing to social or cultural stigma, dependency, feelings of shame, fear of consequences 'not my business' attitude and mainly unawareness.

# How to Know?

**RED FLAGS** - Signs to look out for.

- Are you afraid of your partner's temper?
- Are you afraid to disagree?
- Are you constantly apologizing for no fault of yours?
- Do you have to justify everything you do to your partner?
- Does your partner swear at you, put you down or insult you?
- Have you ever been hit, kicked, shoved or had things thrown at?
- Do you not see friends or family because of your partner?
- Have you ever been forced for sex?
- Are you afraid to break up because your partner has threatened to hurt you or themselves?
- Has your partner ever threatened your life or the life of someone close to you?
- Is your partner extremely jealous or possessive of you?
- Do you feel you do not have freedom in your relationship?
- Does your partner control your life?
- Are you not let to have any input in decision making?
- Are there any discrepancies or control over your finances?

# What to Do?

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*“Stand up for your rights,  
Speak out for your freedom”*

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Everyone deserves healthy relationships

- ✓ Value the relationship
- ✓ Respect your partner
- ✓ Get consent
- ✓ Allow freedom
- ✓ Reason than argue
- ✓ Do not raise your voice or hand
- ✓ Do not ignore the signs
- ✓ Do not turn a blind eye
- ✓ Get help and support
- ✓ Try counseling
- ✓ Lend an ear
- ✓ Ensure safety first
- ✓ Get proof of abuse
- ✓ Take precautionary measures
- ✓ Be ready for emergencies
- ✓ Report abuse
- ✓ Seek Legal advice
- ✓ Opt out
- ✓ Move on