

Do you need help because of Domestic Violence ?



" Every one has the right to live free from violence"

What is domestic violence ?

Domestic violence is abuse by someone close to you which is designed to frighten, intimidate or control you. It can be physical assault, such as hitting, pushing or choking. It can also be emotional abuse like putting you down and making you feel worthless, or being possessive and jealous to try and stop you from speaking to friends or family. It can be sexual violence such as forcing or tricking you into sex. It can be economic abuse such as taking or controlling your finances. It can also be making threats to yourself, your children, or threatening to destroy things that are precious to you.

Our relationships and families should provide us with the things we all need: like love, being cared for, support and safety. But sometimes this is not our experience...

Warning signs quiz

Does your partner, your boyfriend or girlfriend, your friend, your carer, or a family member:

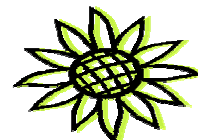
- make you feel uncomfortable or afraid?
- often put you down, humiliate you, or make you feel worthless?
- constantly check up on what you're doing or where you are going?
- try to stop you from seeing your own friends or family?
- make you feel afraid to disagree or say 'no' to them?
- constantly accuse you of flirting with others when this isn't true?
- tell you how the household finances should be spent, or stop you having any money for yourself?
- stop you from having medical assistance?
- scare or hurt you by being violent (eg: hitting, choking, smashing things, locking you in, driving dangerously to frighten you)
- pressure or force you to do sexual things that you don't want to do?
- threaten to hurt you, or to kill themselves if you say you want to end the relationship?
- Have your children heard or seen these things or been hurt themselves?

If you have answered 'yes' to any of these, then there are signs that you are not being treated right, or that you are being abused. If you don't feel safe, respected and cared for, then something isn't right. You can get assistance from the following local services or the Police. (Thank you to the Domestic Violence & Incest Resource Centre, Victoria for the quiz - www.dvirc.org.au)

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**Where to get help about domestic violence in the
Parramatta, Holroyd, Auburn and Baulkham Hills
areas**

Domestic Violence Crisis Line
1800 65 64 63 (24hrs/ 7days)



Local Services who can provide Crisis support & advocacy

- Cumberland Women's Health Centre 9689 3044
9689 1670 TTY
- Parramatta Community Health Centre 9843 3222
- Merrylands Community Health Centre 9682 3133
- Baulkham Hills Community Health Centre 8853 4500
- Auburn Community Health Centre 9636 2233
- Blacktown Community Health Centre 9831 7855
- Immigrant Women's Speakout - Domestic Violence Team
(for assistance if on a spouse visa) 9635 8022
- Auburn Barnardos - Domestic Violence Team 9646 2770
- Hills Family Centre 9899 2944

NSW Police

All local police stations have a **Domestic Violence Liaison Officer**.

- Parramatta Police - 9633 9633
- Merrylands Police - 9897 4886
- Rosehill / Granville Police - 9760 6199
- Castle Hill Police - 9680 5399
- Blacktown Police - 9671 9199
- Quakers Hill Police - 9678 8999
- Auburn Police— 9646 8699

Women's Domestic Violence Court Assistance Schemes

If you are going to court for an apprehended violence order, the court assistance scheme can provide help.

- Parramatta Ryde WDVCS 9760 0441
- Blacktown WDVCS 9671 9126
- Liverpool / Fairfield WDVCS 9601 6988

Free Legal Advice

- Domestic Violence Advocacy Service 8745 6999
- Indigenous Women's Legal Service 1800 639 784
- Women's Legal Services NSW 9749 5533
- Macquarie Legal Centre (Merrylands) 9760 2211