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SAFE Information and Referral Directory

Domestic Violence - What is it?

Domestic violence occurs in many relationships. It may involve various acts such as

- Physical- examples may include: pushing, throwing objects, hitting, kicking, using and or threatening to use weapons, inflicting burns, and or other injuries.
- Emotional/psychological- includes behaviour which may cause someone to live in constant fear . Examples may include: being put down often (at times in front of others, such as children , family, and friends). It may include threats to harm the kids or pets, or destroying possessions. It may include: emotional blackmail (such as threatening to take the kids away if you leave or tell others what is happening).
- Financial- This may involve a partner taking control of the finances so that you have no say in financial matters. It may mean not having any money for yourself or even to buy groceries for the family. Others are threatened that if they leave they will withdraw financial support. It may also involve constantly monitoring money you've spent or opening your mail to check your finances.
- Social- this often involves a partner isolating you for seeing friends and family. He may tell you not to see anyone or certain people. If you try to, they often make you feel guilty-as though you've done something wrong. Others keep constant track of where their partner goes and constant questing or accusing you of an affair for example. This may also involve dictating that you're not allowed to practice your religion or spending time with your social group.
- Harassment, stalking and intimidation- this may involve someone following you, calling you excessively when you don't want them to, writing threatening letters or even "love" letters when you've told someone you no longer want contact with them. He might damage your property, threaten to hurt friends or family or threaten to tell others things about you.
- Sexual abuse- this involves any sexual activity or behaviour that you have not consented to. Example may include: being forced to have sex when you don't want to, being forced to view pornography or perform sexual acts which are humiliating.

Domestic violence is behaviour that is intended to control and intimate someone.

Who does it happen to?

It can happen to anyone and is not limited to culture, race, backgrounds, income levels and age groups.

Although men are usually identified as the perpetrator of domestic violence, men may also be the victim of domestic violence, whether that be in a gay or heterosexual relationship. Domestic violence may also occur in lesbian relationships.

Helpful Contact Numbers - Where to from here/ who can help?

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Department of Community Services
 Domestic Violence Counselling & Advice Line
 1800 656 463
 TTY 1800 671 442

Telephone Interpreter Service
 Translating & Interpreting service
 131 450

Domestic Violence Advocacy Service
 (02) 9637 3741
 1800 810 784
 TTY 1800 626 267

Women's Legal Resources Centre
 (02) 9749 5533
 1800 674 333

Indigenous Women's Contact Line
 C/- Women's Legal Resources Centre
 1800 639 784
 TTY 1800 674 333

Wirringa Baiya
 Aboriginal Women's Legal Centre
 (02) 9569 3847
 1800 686 587

Ethnic Affairs Commission
 Head Office
 (02 9716 2222

Immigrant Women's Speak-out
 (02) 9635 8022

Victims Compensation Tribunal
 (02) 9374 3111
 1800 069 054

Women's Information and Referral Service
 1800 817 227



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Sexual assault- What is it?

Sexual assault is when a person forces someone to have sexual contact against someone's will. This is an abuse of power and trust.

According to the law, sexual assault is grouped into 4 types of "offences" which may include:

- Act of indecency- where the abuser exposes his genitals or masturbates in public
- Indecent assault- where the abuser touches you indecently (in places such as breasts, genitals or anus) or forces you to touch his genitals in a sexual way.
- Sexual assault refers to 'sexual intercourse' against your will/without your consent.
- Aggravated sexual assault- refers to 'sexual intercourse' without your consent in aggravating circumstances. This may involve: physical violence at the time of the sexual assault, using a weapon, other people being present, if the victim has a severe disability, or if the abuser is an authority figure.

According to sexual assault law, 'sexual intercourse' involves the abuser putting his penis, fingers, hand, tongue or an object into your vagina or bottom or mouth. It also includes getting or giving oral sex against your will and being forced to put objects into your own vagina or anus.

If someone 'attempts' or tries to impose any of these things on you, they can be charged with sexual assault and can get the same penalties or punishment.

Contacts - Who can help?

In an emergency, call 000 and ask for police.

Women's Information & Referral Service (free and confidential phone service, providing info and contact details on hundreds of organizations and services for women).

1800 817 227

TTY 1800 673 304 (if you are deaf, or hearing or speech impaired)

Telephone Interpreter Service

13 14 50

NSW Rape Crisis Centre

(02) 9819 6565

1800 424 017

TTY (02) 9181 4349

Domestic Violence Advocacy Service

(02) 9637 3741

1800 810 784

TTY 1800 626 267

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Witness Assistance Service
 (part of the office of the director of Public Prosecutions)
 (02) 9285 8949
 1800 814 534
 TTY (02) 9285 8646

Victims of Crime Bureau
 (02) 9374 3000
 1800 633 063

Women's Legal Resources Centre
 (02) 9749 5533
 1800 674 333

Indigenous Women's Contact Line
 C/- Women's Legal Resources Centre
 1800 639 784
 TTY 1800 674 333

Wurringa Baiya
 Aboriginal Women's Legal Centre
 (02) 9569 3847
 1800 686 587

NSW Police Service Customer Assistance Unit
 (02) 9281 0000
 1800 622 571

Local Sexual Assault Services

Blacktown Sexual Assault Service
 9881 8700
 9881 8933

Child Protection unit- Prince of Wales Hospital (Randwick)
 Free service, 24 hour on call
 9382 1412
 9382 1111

Dympha House (Child sexual assault)
 9797 6733
 1800 654 119
 TTY 9181 4349

Eastern & Central Sexual Assault Service- Royal Prince Alfred Hospital (Camperdown)

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Support groups and crisis service for male and female victims over 14 years
9515 3680

Northern Sydney Sexual assault Service- Royal North Shore Hospital (St Leonards)
9926 7580
9926 7111 (24 hrs)
Free service
24 hour crisis counseling and medical services for anyone recently assaulted
Support groups, advocacy and information
Child protection service: 9926 6060

Rosie's Place (Rooty Hill) – information & support for non-offending parents in cases of
child sexual assault
9625 2599
Free service

Southern Sydney Sexual Assault Service – St George Hospital (Southerland)
9350 2494 or 9350 2494

24 hour crisis number: 9350 1111
24 hour service for assaults which have occurred within 1 week
Free counseling
Groups for both male and female survivors of sexual abuse

Wentworth Sexual Assault
(02) 4734 2000

Westmead Sexual Assault
9845 7940
(After hours) 9845 5555

Counselling & Support Services

Hillsong Emerge Health Centre (Family Medical & Counselling Centre)
Castle Hillsong
9680 4700

Hillsong Emerge Centres
Blacktown: 9679 7900
Redfern: 9690 2532

ADRAcare Centres
Blacktown: 9622 7188
Free counseling
Support for victims of abuse and rape
Anglicare Counselling Services

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Head office- 9799 9311

Counselling available in: Wollongong, Cabramatta, Ashfield, Epping, Narrabeen, Penrith, Blacktown, and Lower Blue Mountains

Fees: ranging from \$25 - \$100 depending on salary.

Christian City Church Oxford Falls – Counselling Department

Dee Why

9972 8688

Life care (Baptist Church Counselling Service)

9708 2088

Services at: Campbelltown, Bankstown, Epping, Camden

Fee: depending on salary, ranges from \$10 to \$120

Nepean Adolescent & Family Centre

4721 8070

Free counseling

Programmes

Mercy Australia

1800 011 537

Residential programme for young women aged 16-28 years dealing with life controlling issues (eg; abuse, eating disorders, unplanned pregnancy)

Service is free

Relationships Australia

Head office: 9806 3299

Fee sliding scale, depending on salary

Salvation Army Counselling Service

Penrith & Campbelltown- 4731 1554

Rhodes- 9743 2831

Fees are a donation starting at \$10 and will vary depending on income

Shire Counselling & Medical Centre

Sutherland: 9542 2600

Fee based with a sliding scale and fixed fees for Psychologist

Shore care- North Shore Christian Life Centre

Chatswood: 9417 7377

Group Programmes

Christian Counselling

Fees vary depending on income

St Michaels Family Centre

Castle Hill

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9639 0155

Contact for details re: fees

Accommodation including young pregnant women

Teen Challenge

Chester Hill

9644 7737

Residential Programs for young men dealing with life controlling issues (eg effects of abuse, drug and alcohol use)

No fees

The Wayside Chapel

9358 6577

Women's Adult Survivor of sexual assault support group

Unifam (Uniting Church Counselling Service)

9891 1628

Counselling and mediation

Salary based fees