



**Recognising
Domestic Violence**
and getting help



**Jenny's
Place**

**Newcastle Domestic
Violence Resource Centre
4927 8529**

jennysplace.org

What is Domestic Violence?

... all or any of the following

- Physical assault
- Pushing and shoving
- Sexual assault
- Constant verbal abuse
- Threats or intimidation
- Not being allowed out of home, not allowed to have family or friends visit
- Being denied access to money
- Constant criticism
- Being humiliated
- Damaging property
- Coercive control
- Use of mobile phones or electronic media to harass, humiliate or intimidate.

Domestic violence may occur when power and need for control in a relationship are not equal.

This may be less evident at first, but often becomes worse over time.

In a healthy relationship there is more mutual respect and more 'give and take'

Offenders may be partners, a family member, or someone close to you.

It is a crime*

*Laws vary in different states.

How we can help

We provide long-term support and referrals to:

- **Legal**

such as making statements, applying for AVO's, court support, family law, victims services, free legal clinics etc.

- **Practical**

In some cases you can access services to improve your home security and replace locks and keys etc.

- **Emotional support**

Physical violence or constant verbal aggression or criticism can be very damaging to a person's confidence and self-esteem.

Starting to understand what has been happening and how to stop the violence from continuing, is the first step towards empowerment, better relationships and freedom from abuse.



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For help, information and referrals relating to Domestic Violence, phone 4927 8529

We also provide links to services such as:

- Crisis Accommodation
- Housing Services
- Financial Services
- Welfare Support Agencies
- Legal Assistance/Court Support
- Specialised Counselling
- Children's Services
- Support Groups
including support groups for women and children exposed to domestic violence, groups for parents and 'anger management' groups for offenders.

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