



# BCS Fact Sheet

What can I do about Domestic Violence?

## What can I do about Domestic Violence?

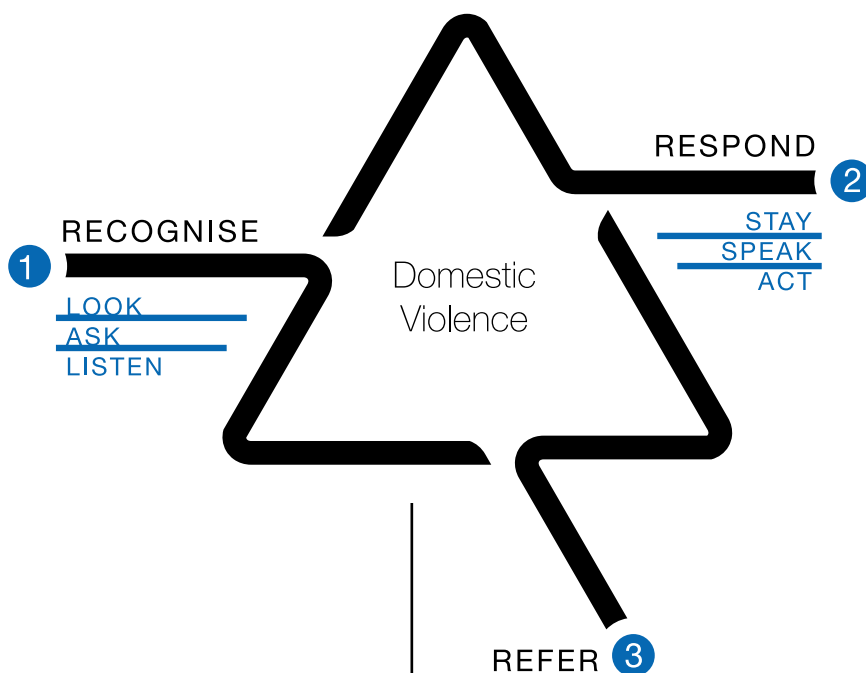
### 1. Recognise:

**Look and notice if your friend, family member, work colleague, church contact or neighbour:**

- Constantly makes excuses for their partner's behaviour
- Withdraws socially from activities they used to enjoy
- Is constantly being checked on by their partner
- Is overly anxious about what their partner thinks about them
- Is worried that their partner may get angry with them for what they say or do

**Ask** if the person would like to talk further with you. If it is not okay at that moment make another time when they can share what is happening without being interrupted by others.

**Listen** to what they say without interrupting. You may be the first person they have ever told. Let them know that they are not responsible for the other person's abusive behaviour. Believe what they are saying, it will only be the tip of the iceberg as to what is actually happening. Many people who are abusive can be charming to others and only abusive to their partner in the privacy of their own home. Domestic Violence thrives on secrecy.



# What can I do about Domestic Violence?

## 2. Respond:

**Stay.** Acknowledge their fear in talking with you and take their concerns seriously. Ask how safe they are feeling? Work out a way they can stay in contact with you if they would like to e.g. mobile, email. Be aware of how comfortable you are feeling and try to find a way of being supportive that does not abandon them. You may also want to seek support for yourself.

**Speak.** Respond by acknowledging their courage in speaking to you. If you are having a private conversation you may want to suggest to them that what they are talking about could be Domestic Violence. You may need to be tentative if no-one has named this before.

**Act.** Provide immediate assistance if they need a safe place to go e.g. a public/private space where you can discuss what they would like to do next. Provide contact numbers and other possible supports. Do not pressure them into making decisions; they need to be entrusted to make the decisions that are best for them and their children at that specific time.

## 3.Refer:

**Offer** resources that may be helpful to them (please see below). If a female or male has disclosed that she or he is being abusive or is being abused by another person the resources listed below can be helpful.

**Follow up.** The person may well withdraw from you initially. They may fear they have said too much or that you do not believe them. By following them up later you acknowledge that you believe them, take seriously what they have said and genuinely want to be helpful to them.

### Where to get help?

- In an emergency call the Police or Ambulance: 000
- 24 hour Domestic Violence Line: 1800 65 64 63; TTY 1800 67 14 42 (interpreters available)
- Domestic Violence Advocacy Service: 8745 6999
- BCS LifeCare Counselling & Family Services: 9708 2088, 1300 130 225
- Law Access NSW: 1300 888 529
- Relationships Australia: 1300 364 277
- Mensline Australia: 1300 789 978
- Lifeline: 131 114

# What can I do about Domestic Violence?

## **Where to get help?**

- Kids Helpline: 1800 551 800
- Parentline: 132 289
- Salvo Care Line: 9331 6000
- Sydney South West Legal Centre: 9601 7777
- Women's Legal Resource Centre: 9749 5533
- Indigenous Women's Legal Service: 1800 639 784
- National Assoc. for Prevention of Child Abuse and Neglect (NAPCAN): (03) 9654 9552
- Call your doctor