

Information to support you

Thank you for reaching out. We know waiting can be difficult, we will see you as soon as we can. We hope this information will help support you, until you see your counsellor.

If you need immediate help call 000

If you need immediate counselling, these services are available:

**Family Violence
Counselling and
Support Service**

1800 608 122

Mon-Fri, 9am-midnight
Sat-Sun, 4pm-midnight
Emergency counselling

**1800
RESPECT**

1800 737 732

24 hours, 7 days week
Sexual assault and family
violence counselling

What is family violence?

Family violence is the use of behaviour that creates a feeling of fear in another person. That fear is then used to get what they want. The term commonly used to describe such behaviors is 'coercive control'. We made a ten-part video series about coercive control, that can help people understand their experience.



To watch the videos
click the image or visit:

www.engenderequality.org.au/videos



What does family violence look like?

Family violence, or coercive control can look like this:



What are the impacts of family violence?

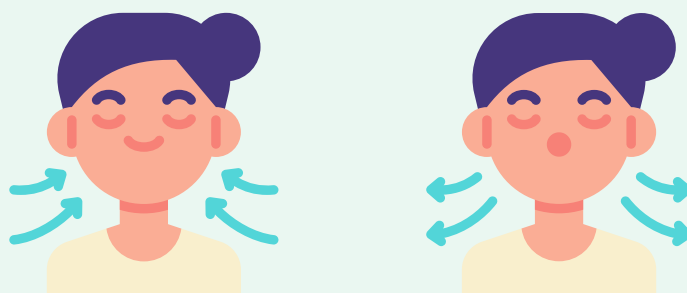
One of the common impacts of experiencing family violence is trauma. Trauma can feel like overwhelming sensations in the body. This can make us feel uncomfortable and can impact how we behave. Discomfort in the body can come with feeling of:

- Sweating
- Tense muscles
- Nausea
- Increased heart rate
- Trembling (shaking)
- Body aches & pains

Body discomfort is the brain sending messages to the body of being unsafe. These feelings can keep going in the body after the threat (the abusive person or behaviours) is no longer present.

Is there a way to manage uncomfortable feelings?

The simplest way of managing uncomfortable feelings in the body is to practice care for yourself. The most helpful tools are those that 'soothe' or look after our nervous system. 'Soothing' or 'regulating' our nervous system usually starts with controlling our breathing.



- Breathe in through your nose for the count of 4.
- Hold for the count of 4.
- Slowly breathe out of your mouth for the count of 4.
- Repeat these steps as many times as you like.

This activity can be challenging and takes practice. Any amount of slowing down your breathing is helpful ♥

Are there other strategies that could help?

Give yourself permission to feel the emotions that are in your body. It is normal to feel the way you do. It can be helpful to try doing things that are meaningful to you.

Other care strategies you might find useful are:

- Seek to have rest when you can.
- Try to keep your day as simple as possible.
- Connect with other people.
- Exercise – even just a little bit.
- Let yourself cry.
- Lower expectations on what you think you ‘should be doing’.
- Talk to someone you trust.
- Remind yourself that your reactions are normal.

Do we all have human rights?

Sometimes people’s experiences of family violence can make them feel like they have no rights. We want to assure you that, by law, you have the same equal rights as anybody else.

Your rights are:

- ✓ To be safe and feel safe - emotionally, physically, socially, sexually, financially, and spiritually.
- ✓ To feel and express your emotions and opinions.
- ✓ To say no.
- ✓ To have your own space and privacy.
- ✓ To end a relationship you no longer want to be in.
- ✓ To make choices about your body.

When will a counsellor become available?

We will get in touch with you as soon as a counsellor is available. In the meantime, if you need to, you can seek support from:

**Family Violence
Counselling and
Support Service**

1800 608 122

**1800
RESPECT**

1800 737 732

If your circumstances change, such as your contact details, or you no longer need our service, we would greatly appreciate your contacting us to let us know.



Engender
Equality

03 6278 9090

9am – 5pm
Monday – Friday

Thank you for reaching out to Engender Equality.

We will be with you as soon as we can. In the meantime, please take care.

Warmly,
Anjelina
Therapeutic Practice Lead