DOMESTIC VIOLENCE **AFTER HOURS** SERVICE

Support and wellbeing



Auburn/Holroyd I Blacktown Parramatta I The Hills



WE CAN PROVIDE:

- Access to information about what services are available
- Personalised support to explore options that would work best for you
- Facilitating access to essentials such as food, clothing, personal items or other pressing needs such as medication
- Help with the establishment of, and relocation to, a new home
- Support to access temporary accommodation following immediate crisis
- Assistance to access financial benefits including crisis payments
- Immediate access to emotional support

Support is available 24/7 **Please call DVAHS on** 0435 492 813



Ask for language assistance



Inclusive | Safe | Respectful



DVAHS made me feel supported and gave me comfort when I needed it most.

I felt less alone. I now have a sense of direction and am taking positive steps in my life...

If you need support, please contact Domestic **Violence After Hours Service (DVAHS) directly,** without a referral. Support is available 24 hours 7 days a week:



dvahs@dvnswsm.org.au



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ABOUT THE POWER AND CONTROL WHEEL

Domestic violence is not only physical. Your emotional safety is important. The Power & Control wheel explores different behaviours that are not okay in a relationship.

POWER & CONTROL wheel



WORKING WITH YOU

We understand that being safe is no simple or single decision or task.

Our approach is person-centred, meaning we work in partnership with you to facilitate connections to the supports you need.

We are respectful of, and responsive to, the preferences, needs, and values of the people we work with.

We welcome all people. We respect and work with people according to their lived and expressed gender and identity.

THREATS

Making statements to instill fear, and keep or gain control. For example, "I'll kill you if you ever leave me,"; "I'll hurt your family,"; "I'll take the children and you'll never see them again."

ECONOMIC ABUSE

Concealing information about finances. Using family assets without partner's knowledge or permission. Preventing partner from getting, keeping or leaving a job. Damaging credit ratings. Making partner ask for money. Destroying checkbooks, credit cards, money or property. Giving allowance.

SEXUAL ABUSE

Physically forcing sex, violence during sex, coercing sex through manipulation or threats, inflicting sex specific injuries, accusing partner of being unfaithful, withholding sex or affection as punishment, denying use of birth control or protection from STDs, calling sexual names, or forcing the use of pornography.

USING CHILDREN

Using children to relay messages or spy on the other parent. Undermining partner's parental authority. Using visitation as an opportunity to harass. Using custody of the children as leverage. Physically or sexually abusing the children, abusing partner in front of the children.

MANIPULATION

Denying or minimizing existence, severity or impact of the abuse. Blaming or shifting the responsibility for abuse. Lying or withholding information to gain an advantage. Pretending to be a victim to sympathy. Using intoxication as an excuse. Controlling by being charming o giving gifts. Using religious beliefs to justify abuse.

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INTIMIDATION

recklessly.

POWER

&

CONTROL

Making partner afraid by using looks, actions or gestures that imply danger. Smashing things, destroying property, harming pets, displaying weapons, yelling, stalking, interrogating, slamming doors or driving

EMOTIONAL ABUSE

Put downs, constant criticism, naming calling, and making partner think they are crazy and/or guilty for causing abuse. Playing mind games, humiliation, making unreasonable demands, and expecting perfection. Making statements such as, "No one else would ever put up with you, no one else would ever love you."

ISOLATION

Controlling where partner goes and who the partner talks to. Denying access to resources such as medical attention, education, family, friends, phones and transportation. Moving family to remote locations, kidnapping, telling partner that seeing family or friends is harmful to the relationship.