

## KEY AGENCIES + CONTACTS

### 24 HOURS

**IF YOU THINK YOU COULD BE IN DANGER CALL THE POLICE**

In an emergency, call **000**

For police attendance or assistance, call **131 444**

**Crisis Care** (24 hours) **(08) 9223 1111** or free call **1800 199 008**

**Women's Domestic Violence Helpline** **1800 007 339**

### OFFICE HOURS

The following organisations have offices and services across the State.

**Centrecare** **(08) 9325 6644**

**Relationships Australia** **1300 364 277**

**Kinway (Anglicare WA)** **(08) 9263 2050** or STD free call **1800 812 511**

**Women's Council for Domestic and Family Violence Services**  
**(08) 9420 7264**

### LEGAL INFORMATION

**Aboriginal Legal Service** **(08) 9265 6666** or free call **1800 019 900**

**Central Law Courts Family Violence Service** **(08) 9425 2459**

**Family Court Counselling Service** **(08) 9224 8248**

**Legal Aid** **1300 650 579**

**Women's Law Centre** **(08) 9272 8800** or **1800 625 122**

### OTHER AGENCIES THAT MAY BE USEFUL

**Translating and Interpreting Services (TIS)** **131 450**

**Multicultural Women's Advocacy Service** **(08) 9227 8122**

**Centrelink** **131 794**

**Department for Child Protection** **(08) 9222 2555**

or STD free call **1800 622 258** for district office contacts.

To order publications or for more information, visit the Department for Child Protection's website at: **[www.childprotection.wa.gov.au](http://www.childprotection.wa.gov.au)**

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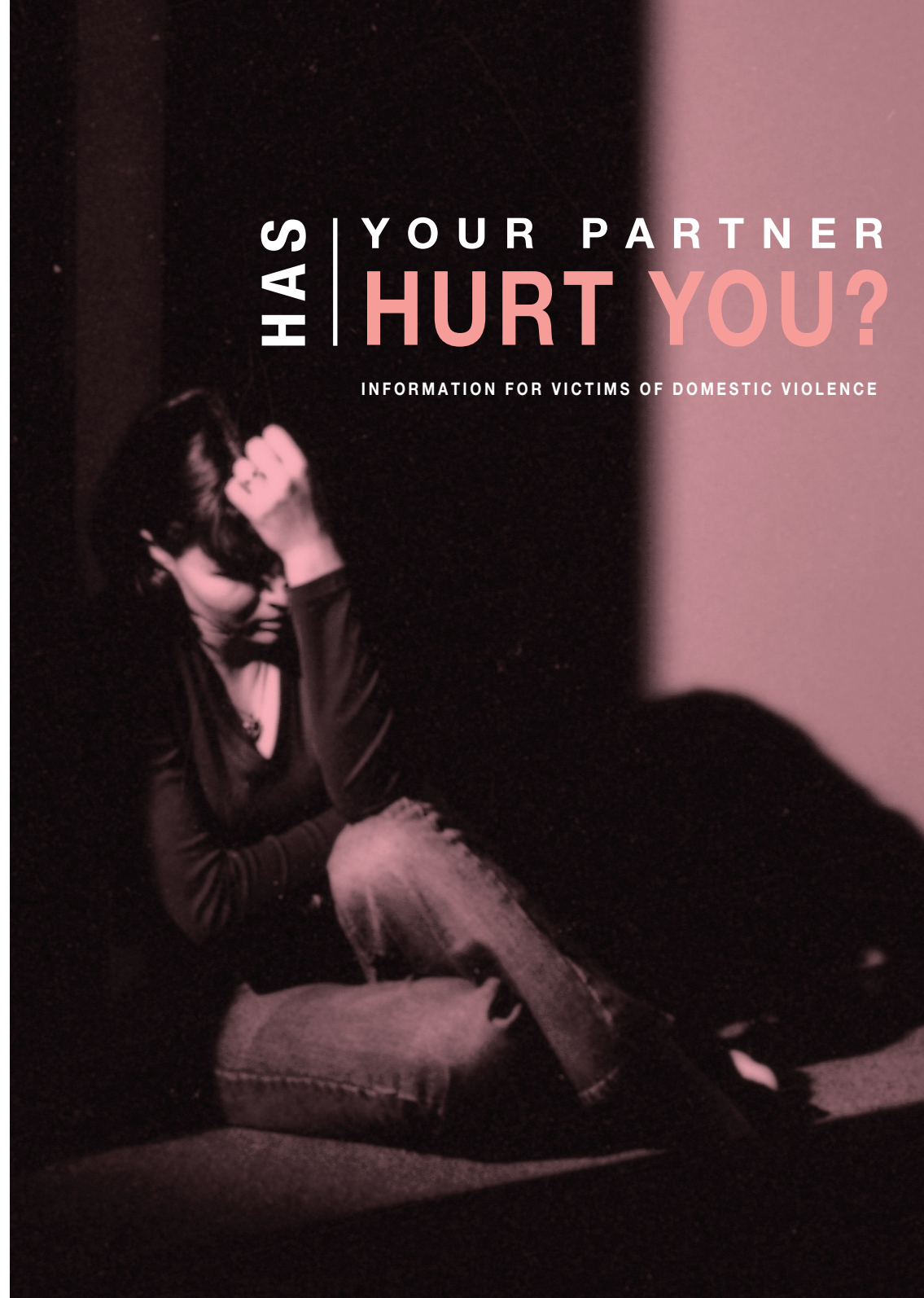


Government of Western Australia  
Department for Child Protection

**FREEDOM FROM FEAR**  
CAMPAIGN AGAINST DOMESTIC VIOLENCE

# HAS | YOUR PARTNER HURT YOU?

INFORMATION FOR VICTIMS OF DOMESTIC VIOLENCE



# HAS YOUR PARTNER HURT YOU?

**It is very hard when a person you may love hurts or abuses you. It is hard to understand why he chooses to hurt you. It can be hard to explain to your family and friends that you may still love him even though he abuses you.**

Sometimes, because of the hurt that you've gone through, all of your positive feelings and love for him may have gone. However, you may still find it hard to leave for reasons like fear, the children and money. You may be worried about the effect your partner's behaviour is having on your children and feel helpless to change what he's doing.

Domestic violence is very much a hidden crime and most is not reported. It is often very hard for women when it is happening to them. Many women feel ashamed that they are a victim of abuse and that they have put up with it for so long.

Abusive partners use psychological abuse to make you feel like less of a person. They may tell you things like you're useless, stupid, lazy or ugly and that no-one else would ever want you.

Domestic violence also includes hitting, threatening to hit, forcing you to have sex when you don't want to, not giving you any money for your own personal expenses and isolating you from your family and friends.

## **WHY DOES THE VIOLENCE AND ABUSE HAPPEN?**

Most couples in intimate relationships disagree about things. Disagreements are a part of normal, healthy relationships. In healthy relationships, both partners treat each other as equals; they compromise to find solutions to their problems.

Most women who experience abuse live in fear of their partner because domestic violence is about power and control. It's a problem if one partner feels so threatened or scared that their partner will physically hurt or abuse them that they won't argue back or give their opinion. When this happens, the balance of power is no longer equal.

There is no valid excuse for violence. Alcohol and other drugs are often blamed for a man's violent behaviour – this is wrong. Some women may use their partner's alcohol or drug use to rationalise or excuse his abusive behaviour. Their partner may also use it as an excuse to justify his violence.

It is hard to accept that someone you have loved and trusted can behave so aggressively towards you. Because you can't explain your partner's behaviour, you may begin to think you are to blame.

## **YOU ARE NOT TO BLAME.**

He is responsible for his own behaviour and he is the only one who can change it.

## **WILL THE VIOLENCE AND ABUSE KEEP HAPPENING?**

The simple answer is yes, unless your partner accepts responsibility for his behaviour and gets help to change. Generally speaking, your partner will not stop being abusive just because you want him to. If you don't think he will take responsibility and change his attitudes and behaviour, you will find yourself in the difficult position of having to decide whether to keep living with the abuse.

Only you can judge your situation. You can't change your partner – he has to get the help himself. The Men's Domestic Violence Helpline provides men with an opportunity to call to receive help. They can speak to a trained professional who will provide them with alternatives to their abusive behaviour.

If your partner doesn't decide to change his behaviour, you may decide to leave. This can be a very hard decision for women to make, however, support and help to do this is available. It is important to have strategies for leaving, to ensure you and your children's safety and wellbeing.

## **WHAT CAN YOU DO?**

It is important that you receive accurate information and help from people experienced in the area of domestic violence. There is help and support out there for you and your children. You may want to ask a close friend or relative to go with you when you get help. There is a list of organisations that can help you on the back cover of this pamphlet.

