

Employee fact sheet:

Getting Support for Domestic and Family Violence



Domestic and family violence can affect your safety, wellbeing, confidence, relationships, housing, finances and ability to work.

It is not always physical violence. Domestic and family violence can involve controlling, intimidating, threatening or abusive behaviour that makes you feel afraid, unsafe or unable to make your own choices.

You do not need to be certain about what is happening before seeking support. If someone's behaviour is affecting your sense of safety or control, it is worth speaking with someone confidentially.

What the domestic and family violence can look like

Domestic and family violence can take many forms.

You may be experiencing What this can feel like

Controlling Behaviour	Feeling like you need permission to make decisions, go places or see certain people.
Monitoring or Surveillance	Feeling watched, tracked or unable to maintain privacy.
Threats or Intimidation	Feeling afraid of what may happen if you disagree, leave or seek help.
Financial Control	Having limited access to money or feeling unable to make financial decisions.
Isolation	Feeling disconnected from friends, family or support networks.
Emotional Abuse	Feeling criticised, blamed, humiliated, controlled or made to feel worthless.
Physical or Sexual Violence	Experiencing harm, threats, coercion or unwanted sexual activity.

You may still care about the person involved, feel confused about what is happening or wonder whether it is serious enough to seek support. These feelings are common.

What You Can Do

Below are some strategies you can try yourself or with support from others if you are experiencing domestic and family violence. You can also access [EAP support through PeopleSense by Altius](#) at any stage. Support from a qualified psychologist can give you a confidential space to talk through what is happening, consider your options and identify additional supports that may help you take the next step safely.

1. Talk to someone you trust

A trusted friend, family member, colleague, psychologist or support service can help you feel less alone and explore your options.

2. Prioritise your safety

If you are concerned about your safety, seek support from a specialist domestic and family violence service to discuss safety planning (See **1800RESPECT** below).

3. Use safe communication methods

If someone monitors your phone, email, internet use or location, consider whether there are safer ways to access information or support.

Seek professional support

If you are experiencing domestic and family violence, specialist support is available.

1800RESPECT provides free and confidential support 24 hours a day, 7 days a week. Phone: **1800 737 732**

If you are in immediate danger, call 000.

You can also access confidential support through your EAP with PeopleSense. Through PeopleSense, you can speak with a qualified psychologist about what is happening, how it is affecting you and what support options may be available. PeopleSense can also help connect you with specialist domestic and family violence services where appropriate.



Reaching out early makes a real difference. Contact [**PeopleSense**](#) to book a confidential appointment with a qualified psychologist.

In an emergency, call 000

1800RESPECT: 1800 737 732 (24/7) – National Domestic Family and Sexual Violence Counselling Service

peoplesense.altius.au
reception@peoplesense.com.au

AU: 1300 307 912
NZ: 0800 425 526