

Family and  
domestic violence.  
It's time to say  
enough.



**Australian Government**

**Services Australia**

## **Family and domestic violence is not acceptable in any form.**

Family and domestic violence is behaviour that is violent, threatening, coercive or controlling, or causes a person to be fearful. It can include:

- physical, verbal, emotional, sexual or psychological abuse
- neglect
- financial abuse
- controlling behaviour
- stalking
- harm to a person, animal or property
- abuse through social media
- kidnapping or holding them against their will
- restricting spiritual or cultural participation.

Exposing a child to any of these behaviours is also family and domestic violence.

All people can experience family and domestic violence, no matter their age or gender. It can happen in all types of relationships including:

- family members
- kinship groups
- other family groups recognised by various cultures
- past or current relationships, and
- relatives, carers and guardians.

People affected by family and domestic violence may live in fear for themselves and their family. This can happen even after they've left an abusive relationship. Family and domestic violence is always the responsibility of the person perpetrating the violence. It's never the fault of the person it affects.

## Support

If you or someone you know is affected by family and domestic violence, we can connect you to support services in the community including specialists, emergency accommodation, housing and legal assistance.

We can also check if you're eligible for our payments and services, including:

- income support payments
- crisis payment
- exemptions from seeking employment, and
- collecting child support.

## More information

Go to our website **[servicesaustralia.gov.au/enough](https://servicesaustralia.gov.au/enough)**

This card has important contact details for support services.

You can remove the card to keep for future reference.

1800RESPECT

**1800RESPECT.org.au—1800 737 732**

Family Relationship Advice Line

**familyrelationships.gov.au—1800 050 321**

MensLine Australia

**mensline.org.au—1300 789 978**

National Debt Helpline

**1800 007 007**

Elder Abuse Helpline

**1800ELDERHelp—1800 353 374**

Men's Referral Service

**1300 766 491**

Referral card

## Disclaimer

This information is intended only as a guide to payments and services. The information is correct as at October 2020. If you use this publication after that date, please check with us that the details are current.

The people depicted on the cover are models and have been used for illustrative purposes only.



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**[servicesaustralia.gov.au/enough](https://servicesaustralia.gov.au/enough)**