

ST GEORGE

DOMESTIC VIOLENCE

INFORMATION AND SUPPORT GUIDE

COMPILED BY



St George
**Domestic
Violence
Committee**

St George Domestic Violence Committee

The St George Domestic Violence Committee is a collective of local professionals from support services, not for profit organisations, and Local and State Governments who are committed to raising awareness about the impacts of domestic and family violence, as well as providing information on local services for victims of domestic and family violence.

The Committee is hosted and led by The Family Co., who has been supporting local families impacted by domestic violence for over 30 years. Committee members meet monthly to discuss local statistics, emerging trends, and best practice support. The committee also hosts annual community outreach activities that promote domestic violence support services in the wider community.

We thank members of the St George Domestic Violence Committee for their contributions and support of the local community. We would like to thank Sutherland Shire Domestic Violence Committee for allowing St George Domestic Violence Committee to adapt this booklet to include local services and support in the St George Region.

The St George region, encompassing the Georges River and Bayside LGAs, is situated on the traditional lands, waters and skies of the Bidjigal people whom we respectfully acknowledge as the Traditional Owners. We honour the enduring strength, wisdom and resilience of Aboriginal and Torres Strait Islander peoples and acknowledge the disproportionate impact of domestic and family violence experienced within these communities.

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What is Domestic Violence?

Domestic Violence can take many forms and is different in every family situation. Domestic violence generally occurs as a pattern of behaviours that are linked by power and control. This means that one person in the relationship intentionally and deliberately rules by fear, suppresses the others free will, intimidates, coerces and threatens to, or actually does harm to the other, as a way and means to control or have power over them.

No-one asks to be in a domestic violence relationship.

Domestic and Family Violence can happen to anyone from any country, religion, disability, age, social class or cultural background, sexuality or gender. This includes lesbian, gay, bisexual, heterosexual, monogamous, open, polyamorous, dating, long-term, living together or not living together, even long distance. It can happen to people who identify as transgender, gender-diverse, intersex, queer, sistergirl, brotherboy or cisgender.

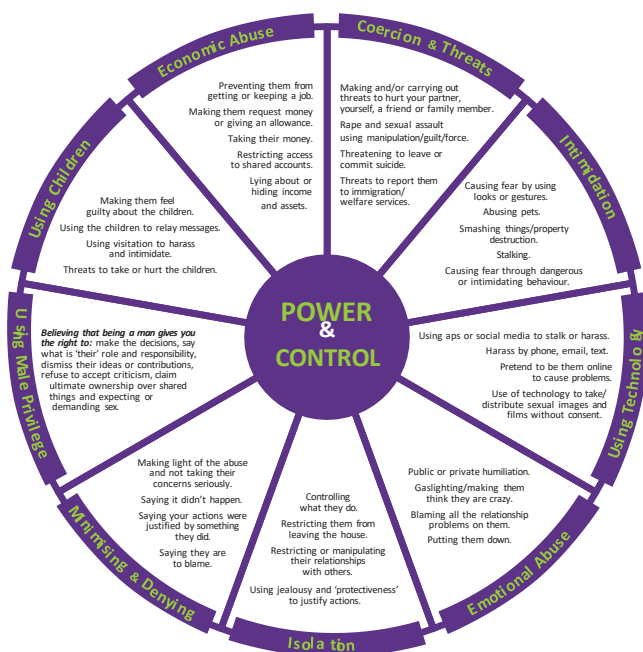
(NSW Government, 2018; <https://www.facs.nsw.gov.au/domestic-violence/my-situation/im-lgbtqi>).

No-one deserves to be in a domestic violence relationship

For the purposes of this resource, perpetrators will be referred to as male and victims will be referred to as female to highlight the overwhelming statistics that show males as perpetrators within society, with one in four Australian women are impacted by domestic violence in their lifetime (NSW Bureau of Crime Statistics and Research). We acknowledge Aboriginal or Torres Strait Islander peoples, LGBTQIA+ communities, people with a disability, older persons, children and young people, and those from culturally and linguistically diverse backgrounds experience disproportionately higher rates of domestic and family violence.

The Power and Control Wheel

Power and Control are at the centre of the wheel. Each segment represents particular tactics which may be used to exert and maintain control.



The abusive partner rules by fear, using a wide range of methods to build up power and control

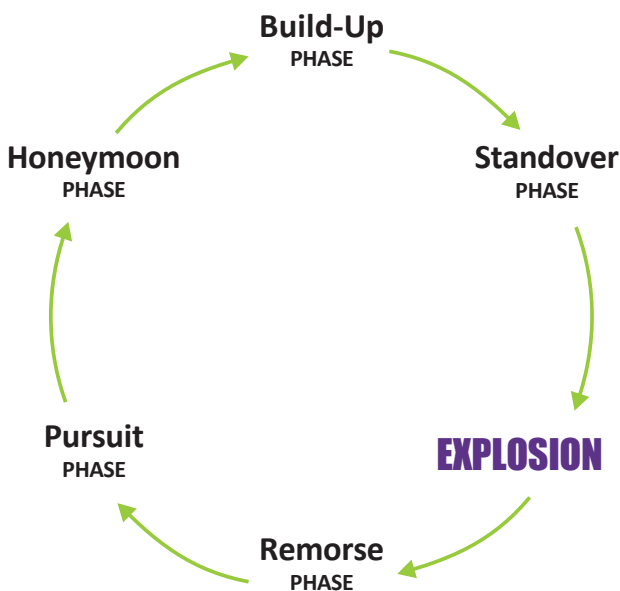
The wheel above is adapted from the Duluth Model: Power and Control Wheel, developed by the Domestic Abuse Intervention Project (Duluth MN) and produced by the National Centre on Domestic and Sexual Assault.

(Source: <https://www.theduluthmodel.org/>)

The **Cycle** of Violence

In healthy relationships, both people resolve conflict and tensions in a safe way that embodies equality and respect.

In contrast, in relationships where domestic violence occurs, tension leads to abuse and violence towards one person followed by a phase of apology and normality in the relationship.



This cycle of violence and remorse, including how quickly a family progresses through the cycle and severity of behaviour in each stage, is completely controlled by the abuser.

Often the cycle provides victims with a sense of hope that the relationship might improve and this often motivates women to stay in relationships or blame themselves when violence occurs again.

What Healthy Relationships Look Like

In a healthy relationship power is shared equally between both parties, neither partner has to be in control of the other

Both parties feel comfortable and safe, and are treated with respect.



Many women have been able to leave abusive relationships and build new lives that are safe, healthy, happy and fulfilling, for them and their children

Myths Versus Reality of Domestic Violence

MYTH

Domestic violence is a family issue and should be kept private

REALITY

Domestic and family violence can occur in any relationship, including current and former partners, those in domestic living arrangements and across a range of family structures.

Some violence can even occur remotely where the victim may not have met the perpetrator.

MYTH

Domestic violence is because the abuser is mentally unwell, has an addiction or has been abused themselves

REALITY

Violence is a choice. Domestic violence is a pattern of abusive behaviours used to control another person. There is no excuse for behaviour that is designed to maintain power and control over another person, or where physical or sexual violence is used.

MYTH

Domestic violence stops after the relationship ends

REALITY

Often women experience post-separation violence, well after the relationship has ended.

MYTH

Women are more passive and submissive therefore are more likely to become victims of domestic and family violence

REALITY

Regardless of a woman's role within a family, this does not make any violence towards them acceptable. Society's views of male dominance perpetuates the circumstances that cause domestic violence.

MYTH

Women can leave a violent relationship if they really want to

REALITY

Women's safety is most at risk when they leave or attempt to leave a relationship where violence and abuse is occurring. For some, fear for their children's safety or a lack of resources and information mean women are unable to leave a violent relationship. Sometimes shame or isolation make women feel they will not be believed or supported if they do leave. These and other complex reasons stop women from leaving violent relationships.

Signs of an Abusive Relationship

Emotional & Psychological Abuse

- ☐ Does your partner call you names or make you feel bad about the way you look?
- ☐ Does your partner verbally degrade your self-worth by constantly putting you down?
- ☐ Has your partner ever humiliated you in front of friends, family or in public?
- ☐ Has your partner ever threatened to have you “committed” or tell others you are crazy?
- ☐ Has your partner ever played mind games with you?

Physical Abuse

- ☐ Has your partner ever pushed, shoved, slapped, pinched, punched, or physically hurt you?
- ☐ Does your partner have a history of using violence with others?
- ☐ Has your partner ever attempted to strangle you or grabbed you around the throat or neck?
- ☐ Has your partner ever physically harmed you while you were pregnant?
- ☐ Has your partner ever stopped you from gaining access to medication or medical assistance?

Using Male Privilege

- ☐ Does your partner always see themselves as superior or always right?
- ☐ Does your partner treat you like you're a possession that can be owned?
- ☐ Does your partner insist on making all the big decisions?
- ☐ Has your partner ever told you what to wear, read, or restricted where you can go and who you can talk to?
- ☐ Does your partner monitor and control the financial matters including spending, bills, assets, loans and bank accounts?

Using Coercion and Threats

- ☐ Does your partner use force or coercion to make you do things against your will?
- ☐ Has your partner threatened to hurt the children, friends, family members or pets?
- ☐ Has your partner threatened to report you to Centrelink, the Tax Office, Immigration, Corrections, Police, Child Safety, Employers or others?
- ☐ Has your partner ever threatened to leave you, harm themselves or commit suicide?
- ☐ Has your partner ever insisted you dress more or less sexually than you want?
- ☐ Has your partner ever threatened to kill you and/or your children?

Signs of an Abusive Relationship *continued*

Using Isolation

- ☐ Does your partner try to control your contact with your family and friends?
- ☐ Does your partner make you feel uncomfortable to be around friends and family?
- ☐ Does your partner need to know where you are constantly?
- ☐ Does your partner insist that you are always at home, only let you out of the house if they are with you or insist on knowing where you are going?

Technology Facilitated Abuse

- ☐ Does your partner monitor or limit your phone calls, conversations and Facebook, internet access, emails?
- ☐ Does your partner check your browser history, phone calls or messages?
- ☐ Has your partner ever used banking apps to send threatening messages, abuse or harassment?
- ☐ Has your partner ever used social media to send threatening messages, abuse or harassment?

Minimising, Denying and Blaming

- ☐ Does your partner blame you for their anger and violence, saying it was your fault?
- ☐ Does your partner deny using violence afterwards?
- ☐ Does your partner say the violence “wasn’t really that bad”?
- ☐ Does your partner say that you were “asking for it” after physically hitting or abusing you?

Sexual Abuse

- ☐ Does your partner pressure you to have sex which is unpleasant, pressured or forced?
- ☐ Has your partner ever made you do something very humiliating or degrading?
- ☐ Has your partner ever made you have sex after emotional or physical abuse or when you are sick?
- ☐ Has your partner ever forced you to have unprotected sex?
- ☐ Has your partner ever forced you to engage in sexual practices without your consent?
- ☐ Has your partner ever drugged you, filmed you while having sex, shared images or uploaded sexual images of you to the internet without your consent?
- ☐ Has your partner ever forced you to have sex with objects, others or animals?

Using Intimidation

- ☐ Does your partner damage or destroy your belongings or break things around the house?
- ☐ Has your partner ever punched holes in the walls or doors?
- ☐ Is your partner easily angered and prone to sudden mood swings?
- ☐ Does your talking to others result in unfounded jealousy and suspicion that is out of proportion?

Signs of an Abusive Relationship *continued*

Economic Abuse

- ☐ Has your partner ever taken away your money or controlled how you spend it?
- ☐ Has your partner ever refused to pay the household bills or to give any money towards them?
- ☐ Has your partner ever threatened to withdraw financial support?
- ☐ Has your partner ever prevented you from working or jeopardised your employment?

Using the Children

- ☐ Has your partner told you that you would lose custody or never see the children again?
- ☐ Does your partner question the children to find out information about you?
- ☐ Has your partner ever forced or manipulated the children into hurting you physically or emotionally?
- ☐ Has your partner ever sought to destroy or undermine your relationship with your children?

**All women and children
have the right to be
safe in their home**

Leaving Domestic Violence Behind

The journey towards safety and healing

It is a basic human right that all women and children can live safely in their home. For victims of domestic violence, this is not occurring. The journey towards safety and healing from trauma will be different for everyone.

If you are in a domestic violence situation the decision to leave is often a difficult one. After living with domestic violence your self esteem and self-confidence may be low. It may take time to feel positive and hopeful about the future. This is quite normal and to be expected. Some women may also choose not to leave the relationship as they believe staying is their safest option.

Women may leave and return a number of times before they are able to leave permanently. It is important to realise that leaving does not always mean you will become safe immediately. You may be in the greatest danger from your partner's abuse at the time of separation. Any attempt to leave should be planned with the safety of you and your children in mind.

While the challenges may seem overwhelming, many women have been able to leave abusive relationships and build safe, healthy, happy and fulfilling lives for themselves and their children.

If you are in immediate physical danger and need assistance, please call 000.

Leaving Domestic Violence Behind *continued*

AT HOME



Incidents of domestic violence occurring.

A victim might be:

- Physically hurt
- Seem sad or afraid to go home
- Be isolated from family, friends and community
- Not have access to any money

A victim may reach out by:

- Speaking to a family member or person they trust
- Attempting to leave a relationship
- Look for somewhere to stay

REACHING OUT



EXTERNAL INTERVENTION



There may be a need for external intervention. This could be:

- Police
- Domestic and family violence support services and caseworkers
- Medical support
- Safe accommodation
- Financial assistance

Legal intervention could include:

- Reporting the case to police
- Obtaining an ADVO
- A court case
- Legal advice about other issues, such as immigration, housing and family law



LEGAL INTERVENTION

THE FUTURE



Future interventions could include:

- Counselling
- Medical assistance
- Accommodation
- Assistance with children's wellbeing
- Financial help
- Ongoing legal advice



There are many ways you can reach out to get help. You don't have to already have left before you reach out for support.

You can ask police to intervene, you can call a government funded hotline, you can get a health professional to refer you to a local support service, or you can self-refer to a local service specialising in domestic violence support.

Taking that first step is the hardest, but once you do, you will have options made available to you. Local support agencies are able to co-ordinate services to support you from safety planning, housing, to emergency financial assistance and long term counselling and support. Most importantly, you will be supported without judgement, and by people who are experienced in helping people in similar situations.

The Role of Police

Police play an important role in ensuring community safety and supporting the protection of women and children from domestic violence.

In the case of domestic violence, police may:

- Be the first on the scene to protect you from any violence or provide/seek emergency support when it is required.
- Investigate an incident of domestic violence to determine any safety needs of victims and family members and/or to gather evidence for any relevant charges.
- Charge perpetrators and bring them to court for any relevant breach of the law.
- Initiate an ADVO application on behalf of a victim or family members who need protection.
- Support victims to navigate any court process (particularly ADVOS).

Leaving Domestic Violence Behind *continued*

- Assist victims to locate and access support services.
- Monitor repeat victims or perpetrators to coordinate responses from a variety of agencies, to reduce occurrences of violence.

Domestic violence is a crime and should be reported to police. It is especially important to do so where a perpetrator has access to weapons. Reporting incidents of violence allows police to best support the safety of women and other family members, and can help victims access other supports to ensure their wellbeing.

AVO's and ADVO's

An ADVO or Apprehended Domestic Violence Order is applied by the court to ensure the protection of a person in a domestic or intimate relationship from future violence by a perpetrator. These orders are not criminal charges but can limit the behaviour of a perpetrator, including restricting where they can go, who they can contact, their ability to hold weapons and other aspects of family safety.

Police can apply for an ADVO where violence, threats or harassment have occurred and there is a reasonable fear it will occur again. Police can also apply provisional ADVO orders on a perpetrator until the court hears the ADVO application. Breaching these orders is a criminal charge. Always notify police if a perpetrator breaches an ADVO. Individuals can also apply to the court for an AVO.

Safety Planning

You can make an appointment with a support agency to discuss safety planning, even if you're not ready to leave the relationship. Getting some advice early can help you maintain your physical safety throughout the process of separation.

Different safety plans are needed for different situations; for example:

- When living with the perpetrator
- When planning to leave the relationship
- When separated and living separately
- What to do in workplace situations
- What to do if in a public place
- How to deal with family gatherings/changeovers

Safety planning can be complex depending on the individual's circumstance, but it aims to decrease the immediate and long-term risks to the safety of women and children.

www.asklois.org.au Women's Legal Services NSW, 2013)

The Future

There is a future after experiencing domestic violence. With support, women can move from living in unpredictable danger to reliable safety, can acknowledge memories but not live in them, and can become socially connected and not isolated.

(Trauma and Recovery, Judith Herman 1992.)

How to Help

What can family and community members do to help?

Family and community members may be able to see the early warning signs of domestic violence or may be the first people that victims reach out to for help. In these instances, the community can play an important role in supporting victims to access the right supports. If you are aware of domestic violence occurring, you can:

- Listen to those who have been impacted, believe them and provide reassurance
- Provide the information about available services and supports listed at the end of this brochure
- Respect their knowledge of their own experience of domestic violence and any decisions they make about steps going forward
- Challenge the condoning of violence against women
- Promote women's independence and decision-making
- Strengthen positive and respectful relationships
- Support the family to access information about available services and supports listed at the end of this brochure.

Services That Can Help

Police Support and Police Stations

EMERGENCIES

000 or 112 from mobiles

St George Police Area Command

Kogarah Police Station
13 Montgomery Street,
Kogarah, NSW, 2217 8566
7499

Hurstville Police Station
36-38 Ormonde Parade,
Hurstville, NSW, 2220 9375
8599

Riverwood Police Station
Corner of Shenstone Road and
Belmore Road, Riverwood,
NSW, 2210 9717 5399

Helplines

1800 RESPECT

1800 737 732 1800
respect.org.au

Child Protection Helpline

132 111

Kids Help Line

1800 551 800
kidshelpline.com.au

Lifeline

131 114
lifeline.org.au

NSW Domestic Violence Crisis Line

1800 656 463
facs.nsw.gov.au/domestic-
violence/helpline

NSW Sexual Violence Helpline

1800 424 017
Fullstop.org.au

Parent Line NSW

1300 130 052
parentline.org.au

Southern Sydney Sexual Assault Service

9113 2494

Local Community Support Services / Counselling

Family Connect and Support

1800 066 757
familyconnectsupport.dcj.nsw.
gov.au

St George/Sutherland Domestic Violence Service Counselling Service

9087 8300

The Family Co. Child & Family Services / Therapeutic services

9528 2933
thefamilyco.org.au

Services That Can Help

Staying Home Leaving Violence

(SLHV) Team 9528 2933

Southern Sydney Women's Domestic Violence Court Advocacy Service

8508 4300

sswdvcas@thefamilyco.org.au

Interrelate

Casework and counselling
Support Groups Mediation
Supervised Contact
8522 4400

interrelate.org.au

Women and Girls Emergency Centre (WAGEC)

9319 4088

www.wagec.org.au/refer-client

Integricare Parenting and Family services / ST George Supported Playgroups

9599 7821

[www.integricare.org.au/
services/family-services](http://www.integricare.org.au/services/family-services)

2 Connect Youth and Community

9556 1769

2connect.org.au

Jannawi Family Centre

9750 0500

www.jannawi.org.au

The Benevolent Society - Child Youth and Family Program

1800 236 762

www.benevolent.org.au

The Kogarah Storehouse

9587 5761

www.kogarahstorehouse.org.au

Georges River Life Care

9153 6300 (press 2 and leave a message)

www.grlc.org.au/life-care/

The Salvation Army Trafficking and Slavery Safe House

1300 473 560

safehouse@salvationarmy.org.au

The Salvation Army Additional Referral Pathway (ARP) – Modern Slavery

1800 000 277

[www.salvationarmy.org.au/
additional-referral-pathway/](http://www.salvationarmy.org.au/additional-referral-pathway/)

Haete Weiner Counselling

0414 179 880

Child Protection

Department of Communities and Justice (DCJ)

Child Protection Helpline

132 111

facs.nsw.gov.au

Crisis Housing Support

Homelessness NSW

8354 7600

homelessnessnsw.org.au

Housing NSW- Hurstville
02 9585 7211 www.nsw.gov.au/home-s-nsw

Link2Home
1800 152 152

Southern Sydney Tenants' Advice and Advocacy Service
9787 4679 tenants.org.au/taas/sstaas

The Salvation Army Trafficking and Slavery Safe House
1300 473 560
safehouse@salvationarmy.org.au

The Aged-Care Rights Service (TARS)
1800 424 079
seniorsrightsservice.org.au

Women's Legal Advice Line
8745 6988

Sutherland Legal Aid
9521 3733 legalaids.nsw.gov.au

Marrickville Legal Centre
9559 2899
mlc.org.au

Georges River Life Care
9153 6300
(press 2 and leave a message)
www.grlc.org.au/life-care/

Legal Advice and Support

Domestic Violence Legal Advice Line
1800 810 784 / 8745 6999
wlsnsw.org.au

Family Violence Law Help
familyviolencelaw.gov.au

Intellectual Disability Rights Service (IDRS)
1300 665 908
idrs.org.au

Law Access NSW
1300 888 529
legalaids.nsw.gov.au

NSW Courts
1300 679 272
localcourt.justice.nsw.gov.au

Services for Aboriginal People

Aboriginal Community Liaison Officers
NSW Police
131 444

Aboriginal Contact Line – Victims' Services
1800 019 123

Aboriginal Health Liaison Officer Sutherland Hospital
9540 7996

First Nations Women's Legal Contact Line
8745 6977
wlsnsw.org.au

Services That Can Help

Kurranulla Aboriginal Corporation – Jannali
9528 0287
kurranulla.org.au
Narrangy-Booris Aboriginal Early Childhood Health Service Menai 9543 1111

Sutherland/St George Aboriginal Family Worker Project
The Family Co.
9528 2933
thefamilyco.org.au

Wirringa Baiya Aboriginal Women's Legal Centre
1800 686 587
wirringabaiya.org.au

13Yarn
139276 13yarn.org.au

Financial Assistance / Emergency Financial Relief

Australian Red Cross
Assistance for asylum seekers,
refugees and other migrants
1800 733 276

Salvation Army
1300 371 288 salvationarmy.org.au/need-help/

St Vincent De Paul Hurstville
9580 2459
183C Forest Road, Hurstville,
NSW, 2220

Financial Management

Centrelink Employment Services Line
132 850
servicesaustralia.gov.au

Child Support Agency Enquiry Line
131 272
servicesaustralia.gov.au

Financial Rights Legal Centre
National Debt Helpline
1800 007 007
financialrights.org.au

Welfare Rights Centre
9211 5300
welfarerightscentre.org.au

Wesley Mission Financial Counselling and Support Services
1300 827 638
wesleymission.org.au

Health Services

Child and Adolescent Mental Health Service (CAMHS)
8198 7300

Health Direct Helpline
1800 022 222 healthdirect.
gov.au

Mental Health Line
1800 011 511

Short Street Centre Sexual Health Clinic
St George Hospital/ Sutherland
Hospital
9113 2742

St George Hospital
28A Gray Street, Kogarah NSW,
2217
9113 1111

Services for Older Women

Older Women's Network NSW
9519 8044

Ageing & Disability Abuse Helpline 1800 62822

Seniors Rights Service
1800 424 079

St George Region SouthCare
1300 427 603

Mediation

Family Court of Australia
1300 352 000
fcfcoa.gov.au

Family Relationships Advice Line
1800 050 321
familyrelationships.gov.au

Interrelate
1300 473 528
interrelate.org.au

Services for Women from Non-English Speaking Backgrounds

Advance Diversity Services
9597 5455
advancediversity.org.au

Al Zahra Muslim Women's Association
9599 1839
azmwa.org.au

Immigration Advice and Rights Centre (IARC)
8234 0700
iarc.org.au

Immigrant Women's Speakout Association NSW
9635 8022
speakout.org.au

Services That Can Help

Transcultural Mental Health Centre

9912 3850 dhi.health.nsw.
gov.au/ transcultural-mental-
health- centre

Translating and Interpreting Service (TIS)

131 450
tisnational.gov.au

Services for Women with a Disability

Ability Rights Centre

1300 665 908 9265 6300/6350
idrs.org.au

People With Disability Australia

1800 422 015 pwd.org.au

LGBTQIA Services

ACON Anti-Violence Project (AVP)

1800 063 060 acon.org.au

Gay and Lesbian Counselling Service NSW

8594 9555
twenty10.org.au

Services for Men

BaptistCare – Facing Up

1300 130 225 baptistcare.
org.au

Enough is Enough

9542 4029 enoughisenough.
org.au

Mensline

1300 789 978 mensline.org.au

Men's Referral Service

1300 766 491 ntv.org.au

Support for Young People

The Family Co. Youth Services

9528 2933
thefamilyco.org.au

Project Youth

9525 7919

Headspace Hurstville

8 Woodville Street, Hurstville,
NSW, 2220
8048 3350



Victims' Compensation

Marrickville Community Legal Centre

9559 2899
mlc.org.au

Victims' Services

1800 633 063
[victimsservices.justice.nsw.
gov.au](http://victimsservices.justice.nsw.gov.au)

Complaints

Department of Health – Health Care Complaints Commission

1800 043 159
hccc.nsw.gov.au

NSW Ombudsman

1800 451 524
ombo.nsw.gov.au

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DCJ LGBTIQ+ and experiencing domestic violence available at: <https://dcj.nsw.gov.au/children-and-families/family-domestic-and-sexual-violence/my-situation-is---/i-m-lgbtqi-and-experiencing-domestic-violence.html>



St George
Domestic
Violence
Committee

**Adapted from the Sutherland Shire Domestic
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