

# Domestic Violence is wrong in every culture

## Help is available



Who can I call for help?

### North Queensland Domestic Violence Resource Service

Phone: 4721 2888

Mezzanine Floor, Metway Arcade, 390 Flinders St, Townsville

**The Police** 000

### The Women Centre

Phone: 4775 7555

50 Patrick Street, Aitkenvale

### Townsville Intercultural Centre

Phone: 4772 4800

1<sup>st</sup> floor, City Link Building, Flinders Mall

### Townsville Multicultural Support Group

Phone: :4775 1588

63 Ross River Rd. Mundingburra

### Translating and Interpreting Service

Phone: 131450

### NQDVRs

- ◆ Information and referral
- ◆ AARDVARC program for children
- ◆ Resources
- ◆ Court Support
- ◆ Choosing Safety Upgrades program
- ◆ Men's Behaviour Change Program
- ◆ SAFE Dads Program
- ◆ Community education & Training

#### TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810

Phone: 07 4721 2888 Fax: 07 4721 1794

nqdvrs @nqdvrs.org.au

Mezzanine Floor, Metway Arcade, 390 Flinders Street, Townsville

#### MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825

Phone: 07 4743 0946 Fax: 07 4743 7999

minqdvrs@nqdvrs.org.au

The Old Court House Building, Isa Street

<http://www.nqdvrs.org.au>

## Against Violence #20



## INFORMATION FOR PEOPLE FROM CULTURALLY AND LINGUISTICALLY DIVERSE BACKGROUNDS



## Domestic Violence Where and how to get help?

NQDVRs

Funded by



Queensland  
Government

# What is Domestic Violence?

**Domestic Violence takes many forms.**

**Some examples are:**

## **Verbal abuse -**

is when he gets loud and angry; shouting, yelling, swearing and name calling, leading to gradually losing your self-confidence and feeling fearful



## **Emotional abuse -**

makes you feel scared and unsafe, makes you feel guilty, sad and stupid; making fun of you in front of friends and making light of the abuse as if it's not happening.

## **Intimidation -**

makes you feel scared by standing over you, shouting and ranting, smashing objects; kicking and showing weapons to scare you. Threatens to report you to immigration for deportation.



## **Physical abuse**

is when he pushes you, slaps, punches, kicks and shakes you with force, twisting your arms, holding and choking you.



## **Financial abuse -**

is when he prevents you from working or makes you get a job, and takes all your money or not giving you any money. He may demand to know what you are spending; or he won't allow you to buy the food that you like to eat.

## **Social abuse -**

is when will not allow you to have contact with your friends or have your friends to come and visit you. Not allowing you to use the phone or not going out without him.

## **Sexual abuse -**

is when he is touching, squeezing and stroking you in a way that frightens you or is forcing you to have sex when you don't want to or have said no! Making someone have sex when they don't want to is against the law in Australia.



Your partner might be doing one or more of these things, but if you feel scared of them, you might have to talk to someone you trust.

## **Domestic Violence Protection Orders:**

tell your partner or family member to stop doing the things that scare and hurt you and may order him to stop contacting, approaching or locating you.

**It is not ok to be hurt**

If you are experiencing any of these and feel unsafe, please telephone the

**North Queensland Domestic Violence Service** on:

**4721 2888.**