

## HOW TO DEAL WITH DOMESTIC VIOLENCE

### WHAT'S HAPPENING IN YOUR LIFE RIGHT NOW?

Perhaps you have recently hurt your partner? Maybe she has left you? You might be overwhelmed by feelings of anger, guilt, loss or fear of a future without her. Do you worry about the effect of your violence on your kids?

### DO YOU OFTEN FEEL OUT OF CONTROL OR SHORT-TEMPERED?

- Slow down: Think carefully about what you do next. Ask yourself, do I really want to hurt the person who matters most to me?
- Stay away from alcohol and drugs: you will make poor decisions if you are drunk or under the influence of drugs. They may dull the emotional pain, but they are likely to make things worse. Perhaps you haven't hurt your partner but you're worried that you will? If you want your relationships with your partner and kids to be without fear and violence, here are some ideas to start with.
- There may be a whole range of things you and your partner don't agree on. However, the most important thing is to remove fear from the relationship. You cannot resolve those other issues until your partner feels safe to discuss them with you.
- You may want to blame others for what is happening to you. This is not going to help you. Focus on what you can do differently, NOT what you want other people to do differently. Overcoming a problem with violence can take time. It's about having the courage to face up to how you've been hurting loved ones and doing something about it.

### WHAT SHOULD I DO NOW?

#### GET HELP

- Getting help is a sign of strength and courage. You can call the Men's Domestic Violence Helpline on 1800 000 599 and talk anonymously to a trained professional, who will listen to you and give you some options on what you can do.

- You can order our free self-help booklet from the Men's Domestic Violence Helpline or from the Department for Child Protection's website at: [www.childprotection.wa.gov.au](http://www.childprotection.wa.gov.au). This booklet is easy to read and is based on the stories of other men who have been in a similar situation. This booklet also looks at what causes men to be violent or abusive, the effects of domestic violence on children and why relationships are important.

### WHERE TO GET HELP

Getting help is a sign of strength and courage. Deciding to get help shows that you are ready to take control of your situation and take a positive step towards sorting things out.

24 HOURS MEN'S DOMESTIC VIOLENCE HELPLINE 1800 000 599 The Men's Domestic Violence Helpline is open 24 hours a day, 7 days a week. You can call and talk anonymously to a trained professional, who will listen to you and give you some options on what you can do.

CRISIS CARE (24 hours) (08) 9223 1111 or free call 1800 199 008 OFFICE HOURS  
The following organisations have offices and services across the State.

Centrecare (08) 9325 6644

Communicare (08) 9439 5707

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

Relationships Australia 1300 364 277

TRANSLATING AND INTERPRETING SERVICES 131 450 Translating and Interpreting Services (TIS) are open 24 hours a day, 7 days a week. For the cost of a local call, TIS helps people who do not speak English.