

Violence and Abuse

“There are different types of abuse, and they are not always physical. Abuse is a pattern of behaviour, to gain power and control.”

Violence and abuse can happen in any kind of relationship. It is never OK.

Violence and abuse take many forms, not just physical.

If you or someone you know is experiencing violence or abuse, you can call 1800RESPECT on 1800 737 732, chat online via our website or text 0458 737 732.

What is violence and abuse?

Sexual, domestic and family violence can happen to anyone, regardless of the country they are from, religion, sexuality, gender, age, social background or culture.

It can also happen in any relationship, including with:

Boyfriends, girlfriends, partners, husbands or wives

Ex-boyfriends, ex-girlfriends, ex-partners, ex-husbands or ex-wives

Carers and paid support workers

People you work with

Parents, guardians and other family members

Adult children.

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No matter what your relationship to someone is, sexual, domestic and family violence are never OK.

1800RESPECT can also assist with information on how to support someone who is experiencing violence and abuse, including options for professional support and safety.

Supporting someone can be difficult, so you can contact 1800RESPECT to seek support for yourself, whether you're a friend, family member or professional.

On these pages you will find information about sexual, domestic and family violence and the particular types of abuse that might be involved. You will also find information on how to support someone experiencing violence, as well as options for professional support and increasing safety.

If you or someone you know is experiencing violence or abuse, you can call **Lifeskills Australia** on **1800 870 080** or email us at info@lifeskillsaustralia.com.au to speak with one of our clinicians.