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Seek support through friends, support groups and professional counselling. Build strong social networks.

A few things to remember when seeking support are:

- Violence is NEVER acceptable and violence is a CRIME
- You are not to blame for the abuse. Abusers make decisions about their behaviour
- Domestic violence has a damaging effect on children, extended families and communities

Support groups offer you an opportunity to identify, learn and receive support for you and your family...Your GP can offer a wide range of emotional and medical supports as well as access to Medicare funded counselling.

A Woman's Guide to Reclaiming a Healthy Relationship. Tweed Shire Women's Service.

GROW 1800 558 268 is understanding, friendship and practical help in a small-group setting.

www.grow.nef.au

Local Community Health Centre: To locate your local services go to-

<http://humanservicesdirectory.vic.gov.au/Search.aspx>

WIRE Women's Information Centre 1300 134 130 www.wire.org.au

Council of Single Mothers and their Children 1300 552 511 www.csmc.org.au

Lifeline 13 11 14

Better Access Initiative: Provides Medicare rebates for up to twelve individual mental health services a year, including consultations with psychologists, social workers and occupational therapists. Talk to your GP about whether or not you are eligible for this scheme .For more information go to

www.health.gov.au/mentalhealth-betteraccess

Essential First Steps to re-establishing financial security - a booklet to assist you to re-establish your finances after leaving domestic violence. www.whealth.com.au/work_financial-abuse-project.html