

REACH OUT ASK FOR HELP

If you'd like to talk, or make an appointment, call our Burdekin Domestic and Family Violence Support Service between 9am and 5pm, Monday to Friday.

1800 015 664 (free call)

We can arrange to call you back or meet at a nearby location.

All calls are confidential. We won't call you back unless you say it's ok to do so.

Or you can visit us at
17 Aland Street, Charters Towers.

Email: DFVsupport@lwb.org.au

If it's an emergency or someone is in immediate danger call the police on 000 (triple zero)

WE'RE ALL ABOUT YOU

Life Without Barriers is a not-for-profit organisation working in more than 260 communities across Australia.

Our services include:

- supporting people who have experienced domestic and family violence
- supporting people with disability
- caring for children, young people and families
- supporting older people
- providing services to maintain the independence of older people
- working with Aboriginal and Torres Strait Islander communities
- supporting people with housing support and mental health
- supporting refugees and asylum seekers.

For more information about our services visit lwb.org.au



17 Aland Street, Charters Towers
Counselling and Children's Counselling
T. 1800 015 664
M. 0475 982 863

LWB Client Information
and Feedback Service:
T. 1800 721 226.



10/06/2015



REACH OUT, ASK FOR HELP

Charters Towers Domestic and
Family Violence Support Service



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DOMESTIC AND FAMILY VIOLENCE CAN AFFECT ANYONE

Domestic and family violence is when one person in a relationship uses violence or abuse to maintain power and control over the other person. It causes the person being abused to live in fear.

Domestic violence can include physical, verbal, sexual, emotional or psychological abuse. It can include behaviours like stalking, isolation or controlling what a person does, who they see or even what they wear.

Living with domestic violence can have a profound effect on children and young people. There is often more than one victim of the abuse.

Domestic violence, in all its forms is unacceptable and a violation of human rights.

This service supports people experiencing domestic and family violence by helping them keep safe and get their lives back on track.

WE'RE HERE FOR YOU

For people experiencing abuse or violence in their relationship, it can be difficult and very frightening to reach out and let someone know what is happening.

Our counsellors at Life Without Barriers have worked with many people experiencing domestic violence and understand how hard it can be to take that first step and how impossible change can seem.

We are here to listen, help and support you in your choices.

We can:

- provide counselling and relationship advice and work through your options with you
- help you make a safety plan for you and other members of your household
- help you find immediate and safe accommodation
- arrange transport
- arrange financial assistance
- help make arrangements to keep your pets safe.

Our service is completely free and confidential.

CHILDREN'S COUNSELLING

Exposure to domestic and family violence, can have a complex and long lasting impact on children. Our counsellors talk with children and young people who have been affected by physical or emotional abuse happening around or to them, and help them deal with their experiences. We can also link in with schools and other community services to make sure they have access to a strong local network of support.

DO YOU KNOW SOMEONE WHO NEEDS HELP?

If you're worried about a friend or family member that you think may be experiencing abuse and you're not sure what to do, you can call our service for confidential advice. We can talk to you about ways to support the person you're concerned about and help them stay safe.

For more information about the signs of domestic violence, supporting others and raising awareness in our communities visit www.qld.gov.au/trustyourinstinct