

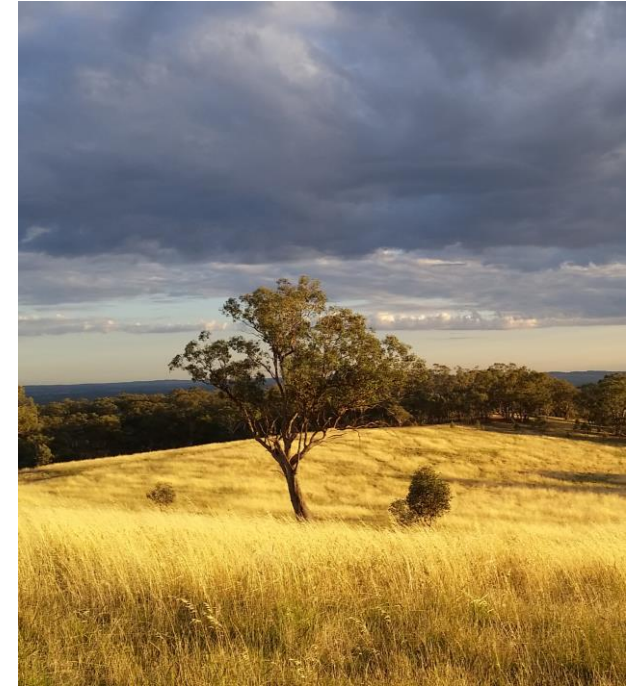


*Seeds, Lino Print by Aunty Kath Withers, 2012, is a story of regeneration and growth through turbulence and trial, and making the time to sow and grow something new.*

## MLHD Counselling Service

Please call **Community Care Intake Service** for counselling in Griffith, Wagga Wagga, Young, Temora, West Wyalong Corowa, Finley, Deniliquin, Hay, Tumut and surrounding locations.

**1800 654 324**



## Our Service

The MLHD Counselling Service provides individual counselling sessions which are available by appointment only.

If you have been a victim of domestic violence, past or present, call one of the following health phone numbers to discuss your needs and the available options.

You will receive a priority appointment if you have been a victim of domestic violence within the past 12 months.

MLHD Aboriginal Health Unit	1800 249 645
<b>24/7 Crisis Support</b>	
Access Line	1800 800 944
NSW Rape Crisis	1800 424 017
1800 Respect	1800 737 732
Domestic Violence Line	1800 656 463
In an Emergency dial	000



Murrumbidgee  
Local Health District



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MLHD  
Counselling  
Service

*For Domestic Violence*

## What is Domestic and Family Violence?

Domestic and family violence includes any behavior in an intimate or family relationship, which is violent, threatening, coercive or controlling, causing a person to live in fear.

People living in the same house, people living in the same residential care facility and people reliant on care are also considered to be in an interpersonal relationship.



Source: [deaf-hope.org](http://deaf-hope.org)

## Types of Domestic Violence –

- **Physical assault** — including punching, hitting, kicking, pushing, slapping, choking, or the use of weapons.
- **Sexual assault** — being forced to have sex or take part in sexual activities.
- **Emotional abuse** — treating you like you are worthless, criticising you, constantly putting you down, stalking, threatening to hurt you, your children or your pets.
- **Intimidating behavior** — including damaging property such as the car, house and furniture.
- **Verbal abuse** — yelling, shouting, name-calling and swearing at you and saying derogatory things about you.
- **Financial abuse** — taking control of money, forcing you to hand over your money, not letting you have a say in how money is spent.
- **Social abuse** — being stopped from seeing friends and family, isolating you socially.

A perpetrator of domestic violence may use different techniques to control and coerce. They may restrict your freedom through the use of questioning or surveillance. They may monitor your spending or keep check on your whereabouts through the use of mobile phone apps, and use of electronic devices such as phones, internet and social media.

## Referral

You can refer yourself by calling the Community Care Intake Service number on the back of this brochure.

A GP or another agency may also make a referral but a Mental Health Shared Care plan is not required.

We will ask if you identify as Aboriginal or Torres Strait Islander and the Aboriginal Health Unit may be available for support if needed.

If language is a barrier, then we will provide an interpreter so that you can access counselling.

## Confidentiality

Information about you is confidential and will not be given to anyone unless you have given permission or if there are exceptional circumstances such as issues of safety or if it is required by law.

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*Our service is confidential,  
free of charge & professional.*

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Cover Photo: Courtesy of A. Farrell.