

The 9 types of Domestic Violence

PHYSICAL

He just kept shaking me - I could see the anger in his eyes. I nearly fell on one of the kids when he pushed me down.

I constantly have to beg for money - everything from food to school uniforms for the kids.

FINANCIAL

EMOTIONAL

He tells me I'm "stupid and useless" which has really undermined my confidence to do simple tasks, and he uses the kids to manipulate me.

It starts as soon as he walks in. Everything is my fault, yelling at me, "Why isn't this done or that done, why are you so hopeless".

VERBAL

SOCIAL

I can't get out of the house - he takes the car, checks my purse for an Opal card, I can't even get credit for my phone. He won't let me work or even see a doctor.

He forces me to do things I don't want to do and hurts me or makes me feel really bad if I don't.

SEXUAL

STALKING

She's always there - when I leave for work, when I take my lunch break, even when I go somewhere for the first time... is she tracking my phone?

When she's with her parents they gang up on me and attack my views - they knew when we got married that I had different beliefs.

SPIRITUAL

IMAGE-BASED

It's the way he says it... "are you stupid?" or "why would the kids stay with you when you're fat and lazy".

ONGOING SUPPORT

- Barnardos **1300 237 507**
- Catholic Care **4356 2600**
- Central Coast Community Womens Health Centre, Woy Woy **4342 5905**, Wyong **4351 1152**, Wyoming **4324 2533**
- Central Coast Disability Network **4349 3700**
- Central Coast Family Support Service (incl. Grandparents Raising Grandchildren) **4340 1585**
- Child & Family Health Services **4328 7900**
- Interrelate **1300 473 528**
- Parents Next **1300 911 486**
- Relationships Australia - NSW **1300 364 277**
- RSPCA **9782 4408**
- Uniting **1800 067 967**
- Sexual Health Clinic **4320 2114**

Different Cultural Backgrounds

- Indigenous Women's Legal Contact Line **1800 639 784**
- Northern Settlement Services **4334 3877**
- Yerri Aboriginal Health Service **4351 1040**

Young People

- DALE - Young Parents Support **0417 653 627**
- Headspace, Gosford **4304 7870**
- Lake Haven **4394 9100**
- Regional Youth Support Services (RYSS) **4323 2374**
- Youth for Christ **4346 4064**

LGBTQI

- PFLAG Central Coast (Parents & Friends of Lesbians & Gays) **0431 863 799**
- Qlife LGBTQIA+ Helpline (3pm - midnight) **1800 184 527**

For Men

- Baptist Care - Mens Behaviour Change **4352 7900**
- Catholic Care - Caring Dads **4356 2600**
- Catholic Care - Male Victim Support **4356 2632**

Legal & Government

- Central Coast Community Legal Centre **4353 4988**
- Centrelink **13 24 68**
- Domestic Violence Legal Advice Line **1800 810 784**
- DV Court Assistance Scheme **4321 0099**
- Legal Aid DV Unit **9219 6300**
- Legal Aid Gosford **4324 5611**

OTHER RESOURCES

Phone Support

- 1800RESPECT **1800 737 732**
- Beyond Blue **1300 224 636**
- Kids Helpline **1800 551 800**
- Lifeline **131 114**
- Mens Line **1300 789 978**
- Mental Health Hotline **1800 011 511**
- Victims of Crime **1800 633 063**

Online Resources

- ACON **acon.org.au**
- Another Closet **anothercloset.com.au**
- Esafety **esafety.gov.au**
- Gender Centre **gendercentre.org.au**

ANCILLARY SERVICES

- Child Protection Help Line **132 111**
- Community Transport Central Coast **4355 4588**
- Transport Info Line **131 500**
- Tresillian **1300 272 736**

Neighbourhood and Community Centres

- Bateau Bay Neighbourhood Centre **4332 7450**
- Berkeley Vale Neighbourhood Centre **4388 5801**
- Evolution Youth Services (Woy Woy) **4342 3684**
- Gosford / Narara Community Centre **4329 4477**
- Green Point Community Centre **4367 7591**
- Kariong Neighbourhood Centre **4340 1724**
- Kincumber Neighbourhood Centre **4363 1044**
- Lakelands Community Centre (Kanwal) **4394 2500**
- Northern Lakes Neighbourhood Centre **4358 3148**
- Oasis Centre Wyong **4353 9799**
- Peninsula Community Centre **4341 9333**
- Pheonix Youth Support Services (Wyong) **4393 9555**
- San Remo Epicentre **4390 7888**
- The Entrance Neighbourhood Centre **4332 4545**
- Toukley Neighbourhood Centre **4396 1555**
- Wyong Neighbourhood Centre **4353 1750**
- Watanobbi Community Centre **4351 2860**
- Wyoming Neighbourhood Centre **4323 7483**

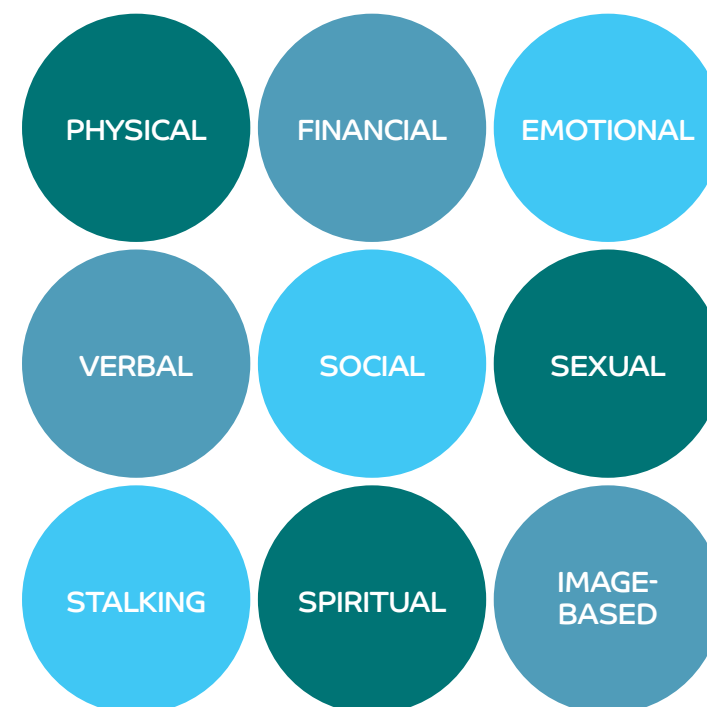
Group Programs

- Coast Shelter - Love Bites **0423 830 174**
- Top Blokes Program **1300 450 850**

Are you affected by DOMESTIC VIOLENCE?

Domestic Violence takes many forms, and doesn't always leave a physical scar.

The Community Sector on the Central Coast are working together to support and empower you through your journey, no matter what type of abuse.



What type of support DO YOU NEED?

IMMEDIATE SUPPORT

If you, or someone close to you is in danger or at crisis point, contact these services.

The journey
starts here

CASE MANAGEMENT

These services are free to use, and will walk side-by-side with you on the whole journey. Use them, as much or as little as you choose.

ONGOING SUPPORT

If you just want to move at your own pace, check out the variety of supports in your community.

OTHER RESOURCES

Helplines, websites and toll-free numbers to access if needed.

ANCILLARY SERVICES

Domestic Violence may not be the only challenge in your life. These resources may come in handy for you, or workers supporting you.



DOMESTIC VIOLENCE SERVICES

- Information
- Support
- Counselling

FOR IMMEDIATE SUPPORT CONTACT:

		CHILDREN	YOUTH	FEMALE	MALE	FAMILY OF VICTIM	PERPETRATOR
POLICE / AMBULANCE in an emergency	000	•	•	•	•	•	•
DOMESTIC VIOLENCE LINE Telephone counselling, information & referrals	1800 656 463	•	•	•	•	•	•
RAPE CRISIS CENTRE Telephone counselling, information & referrals	1800 424 017	•	•	•	•	•	•
BIALA SEXUAL ASSAULT SERVICE On site at Gosford Hospital	4320 3175	•	•	•	•	•	•
COAST SHELTER Rondeley 24hr accommodation & support service	4340 7088	•	•	•	•	•	•
LINK2HOME To access temporary accommodation	1800 152 152	•	•	•	•	•	•
SCHOOL COUNSELLORS Schools are a safe place away from home and there are counsellors, wellbeing officers, teachers or principals who are ready to lend an ear - you just need to ask.		•	•	•	•	•	•
HEALTH Your first point of call is your GP, but our local Emergency Departments have specially trained Social Workers to support and connect you to the right services		•	•	•	•	•	•

CASE MANAGEMENT is a process where any of the organisations listed below will allocate a staff member that is dedicated to your support. They are familiar with all the other services on the Central Coast and beyond, and will walk with you on the journey. You move at your own pace, and engage when you feel safe.

CATHOLIC CARE	4356 2600	•	•	•	•	•	•
UNITING	1800 067 967	•	•	•	•	•	•
BAPTIST CARE	4352 7900	•	•	•	•	•	•
COAST SHELTER	4325 3540	•	•	•	•	•	•
YERIN ABORIGINAL HEALTH SERVICES INC.	4351 1040	•	•	•	•	•	•

If you speak another language call T.I.S 131 450

Central Coast
Community Council Inc.

PROUDLY
SUPPORTED
BY

Central
Coast
Council