

Domestic abuse is not just physical violence

Image-based Abuse

Taking, sharing or threatening to share intimate, nude or sexual photos or videos of you to friends, family, strangers in person, on the internet, on social media sites, or through a text message or app

Psychological Abuse

Creating fear, such as driving dangerously, possessing weapons, angry looks

Physical Abuse

Direct assault on the body

Verbal Abuse

Swearing and continual humiliation, in private or in public

Religious Abuse

Stopping you or shaming you for practising your spiritual or religious beliefs

Emotional Abuse

Blaming the victim for all problems in the relationship

Financial abuse

Forbidding access to bank accounts or only providing only a small 'allowance'

Sexual Abuse

Any form of pressured or unwanted sex or sexual degradation causing pain during sex

Social Abuse

Instigating and controlling the move to a location where the victim has no established social circle or work opportunities

Isolation

Isolation from family and friends such as ongoing rudeness to them, or limiting contact with them

Reproductive Abuse

Forcing or pressuring you to have unprotected sex, become pregnant or have an abortion

Harassment and Stalking

Following and watching, or tracking with Global Positioning Systems (GPS)

Coercive Control

Manipulating, lying, and gaslighting to get their way and convince you that you're wrong

If you are in immediate danger, call 000



Link2Home	1800 152 152
1800 Respect	1800 737 732
Police Assistance Line	13 14 44
Emergency	000
Men's Helpline	1300 789 978
Qlife (LGBTQIA+ Line)	1800 184 527
Lifeline	13 11 14
NSW Domestic Violence Line	1800 656 463
Kids Helpline	1800 551 800

LOCAL SUPPORT SERVICES

Supported Accommodation & Homelessness Services Shoalhaven Illawarra (SAHSSI)	4229 8523
South Coast & Country Community Law ...	1800 229 529
Domestic Violence Intervention Service	4423 8510
Women's DV Court Advocacy Service	1800 938 227
Family Relationship Centre (South Coast) .	1300 651 728

For more information and resources visit
www.shoalhavendv.com