



Family Violence
Counselling and Support Service
Adult Program
1800 608 122

CONTACT
1800 608 122



What is family violence?

The Family Violence Counselling and Support Service (FVCSS) is a free service that works with adults, children and young people who have experienced family violence.

The Adult Program provides assistance to anyone whose partner or former partner uses violence, threats and intimidation to control and dominate them.



What is family violence in Tasmania?

Family violence is an offence committed by a person against their spouse, partner or ex-partner.

In Tasmania, family violence includes:

- Verbal abuse
- Physical abuse
- Emotional abuse (put downs, manipulation, isolation)
- Financial abuse
- Sexual assault
- Threats of violence, stalking, coercion and intimidation
- Contravening a Family Violence Order (FVO) or an interim FVO or a Police Family Violence Order (PFVO)
- Assaulting a pregnant woman.

You could be experiencing family violence if your partner is:

- Criticising, humiliating and insulting you.
Calling you names
- Stopping you, or making it difficult for you, to see friends and relatives
- Depriving you of basic necessities such as money, food and shelter
- Making you have sex against your will
- Frightening you by damaging your house, furniture and other possessions
- Harming, or threatening to harm, your pets
- Threatening to hurt you
- Shaking, pushing or shoving you
- Denying you access to ceremonies, land or family or preventing you from practicing your beliefs
- Slapping, kicking or punching you
- Using weapons such as knives to threaten you
- Threatening to call and have your visa revoked, or criticising your cultural background
- Checking your letters, emails and phone calls
- Undermining your parenting.

Family violence affects us all

Do you often doubt your judgement or wonder if you are crazy?

Are you afraid of your partner?

Do you express your opinion less frequently?

Do you spend less and less time with other people?

Do you ask your partner's permission to spend money, become involved in activities outside the home or socialise with friends?

Do you fear doing the wrong thing or getting into trouble?

Have you lost confidence in your ability to cope with problems?

Are you feeling increasingly depressed?

Do you frequently feel trapped and powerless?

If you find yourself answering 'Yes' to many of these questions, there is a good chance you are being abused and are beginning to change as a result of the abuse.

Experiencing family violence can leave you feeling afraid, insecure, degraded, angry and unsure about what to do. Family violence causes fear and reduces your self esteem. You may even blame your self and think it's your fault. You may feel paralysed by fear.

Family Violence is a crime that seriously reduces the health and wellbeing of individuals, families and communities

By making a decision to access a counselling and support service you are making a positive step towards:

- Experiencing increased confidence and improved self esteem
- Having the freedom to make your own decisions and life choices
- Finding ways of living beyond fear
- Overcoming the problems caused by being isolated from family and friends
- Feeling more comfortable participating in your community
- Overcoming the emotional and psychological effects of violence
- Building the life you want for yourself and your family.



Family violence counselling and support service

The Family Violence Counselling and Support Service (FVCSS) is a partner in the Tasmanian Safe at Home initiative.

FVCSS works together with Tasmania Police, the Court Support and Liaison Service and other key agencies to contribute to a violence free community.

The FVCSS provides the following services:

- Information, counselling and support
- Information and support to family and friends
- Arranging assistance from the police.
- Assistance in organising a safe place to stay
- Assistance in accessing limited financial assistance
- Referrals to Legal Aid and/or Court Support
- Act as an advocate in accessing assistance, e.g. Housing Tasmania, Centrelink
- Liaison with Government and non-government sector on behalf of clients
- Participation in weekly case coordination with other Safe at Home providers.
- Therapeutic services, individually and in groups.

You can also report or discuss incidents of family violence by contact the Family Violence Response & Referral Line –

1800 633 937 (24/7)

or in the case of emergencies please phone the

Police on **000**

Who is eligible for help from the FVCSS?

The Family Violence Counselling and Support Service is free and is available to anyone who needs support or information because their partner or ex-partner is or has been violent or abusive to them. People can self refer, or be referred by another person or service. Services are available to people in heterosexual and same-sex relationships.

What is a PFVO/FVO?

The Family Violence Act 2004 uses two types of orders to protect adults and children victims of family violence. Police Family Violence Orders (PFVO) is a protective order issued by the police after a family violence incident.

A Family Violence Order (FVO) can only be made by a magistrate or judge. Assistance and advice about such orders can be provided by the Court Support Liaison Service or Legal Aid.

More information is available at www.safeathome.tas.gov.au

