



Your safety matters



It is important to prioritise your own wellbeing and personal safety. You will be in a much better position to be able to support your loved one to seek help if you are feeling safe.

Before you consider having a conversation with your loved one about their seeking help, you need to make sure you are safe and not putting yourself or others at risk of harm.

If you are experiencing any of the following, you may need to get support to keep yourself safe.

- Physical threats e.g., someone standing over you or punching the wall in front of you
- Verbal threats e.g., threats to hurt you or other people or hurt themselves
- Physical abuse e.g., being hit, shoved, or strangled
- Emotional/ psychological abuse e.g., being threatened, belittled or put down
- Sexual abuse e.g., feeling forced to witness or do sexual acts you don't want to do
- Financial abuse e.g., controlling money
- Threats of harm to animals or property
- Controlling social, family or employment relationships
- Controlling use of phone, emails, social media, access to internet, and access to a car
- Heavy alcohol use associated with any of the above or aggressive behaviours

If you have ticked any of the items on the list above, you may be at risk of Family and Domestic violence

If you are feeling unsafe or are worried about the immediate safety of a loved one, **dial 000**.

Family and domestic violence includes any behaviour that is threatening, controlling or causes fear. It can include physical, verbal, emotional, sexual, psychological, legal, spiritual, or financial abuse.

While there is a link between anger and untreated mental health issues, this does not provide an explanation or excuse for violence within the home.

Help is available from services that deal with family violence like 1800RESPECT, your doctor, the Defence Member and Family Helpline (DMFS), Open Arms, and Relationships Australia.

Support Resources

Defence Member and Family Support (DMFS) offers a range of programs and services to help ADF members and their families manage military life. To contact DMFS call the Defence Member and Family Helpline on **1800 624 608** or email at: memberandfamilyhelpline@defence.gov.au.

The ADF can provide temporary 'safe house' accommodation for the dependants of ADF members in situations of family and domestic violence. You can initiate a request for Special Accommodation for Emergencies (SAFE) by contacting the Defence Member and Family Helpline on **1800 624 608**. More information about this can be found here:

<https://www.defence.gov.au/adf-members-families/health-well-being/services-support-fighting-fit/family-and-domestic-violence-support> or

<https://www.defence.gov.au/adf-members-families/engagement/defence-member-and-family-helpline>

https://www.defence.gov.au/sites/default/files/2022-08/dmfs_family-domestic-violence.pdf

1800RESPECT is a national service available 24/7 to support people impacted by domestic, family, or sexual violence. Phone: **1800 737 732**.

Open Arms provides free and confidential counselling to anyone who has served at least one day in the ADF, and their families. <https://www.openarms.gov.au/>
Phone: **1800 011 046** available 24/7

Relationships Australia is an organisation that provides relationship support services for individuals, families, and communities. It aims to support Australians to achieve positive and respectful relationships. <https://relationships.org.au/> Phone: **1300 364 277**

To access DMFS support services or products:



1800 624 608



MemberAndFamilyHelpline@defence.gov.au



www.defence.gov.au/adf-members-families



@DefenceMemberandFamilySupport



@dmfs_australia



www.forcenet.gov.au