

# Parent Wellbeing Tip Sheet



## Domestic Violence and Abuse

You should never be in a relationship where you feel unsafe. Abuse and violence can cause serious harm to your mental and physical wellbeing.

You might be in an abusive relationship if you:

- feel afraid of your partner
- avoid certain topics because you're afraid of making your partner angry
- feel like you can't do anything right
- feel like you are walking on eggshells around your partner
- believe that you deserve to be hurt or mistreated
- feel emotionally numb
- feel like you're not good enough for you partner
- are afraid of your partner leaving you
- are called names by your partner or they put you down
- are afraid, threatened or intimidated
- feel like you are going crazy, or feel confused about the truth

These are the key signs of abuse in any relationship:

- **Possessiveness:** Does your partner check on you and try to dictate where you go and who you see?
- **Jealousy:** Does your partner accuse you without good reason of being unfaithful
- **Put downs:** Does your partner attack your intelligence, looks or capabilities?
- **Threats:** Does your partner threaten to use violence against you, your family, friends or even a pet?
- **Physical and sexual violence:** Does your partner shove, hit, grab you, or make you have sex or do things you don't want to?

If your partner displays any of these behaviours, it might be time to seek help. If you need assistance, consider contacting:

- Lifeline at: <http://www.lifeline.org.au/Home>
- The Women's Domestic Violence Helpline on: 92231188
- Mensline on: [1300 78 99 78](http://1300.78.99.78)