



Seeds, Lino Print by Aunty Kath Withers, 2012, is a story of regeneration and growth through turbulence and trial, and making the time to sow and grow something new.

Our Service

The MLHD Counselling Service is staffed by experienced psychologists, social workers and counsellors.

You will receive a priority appointment if you have been a victim of domestic violence within the past 12 months and you can also see us if past domestic violence experiences are impacting your life now.

Individual counselling sessions are available by appointment only and usually last for one hour. Counselling is provided free of charge and is confidential.

Some problems are complex and we may need to speak with others involved in your care. We will consult you about this. Similarly, sometimes we need to request assistance from other services to help make you safer.

Can we help?

If you have been a victim of domestic violence, past or present, call one of the following health phone numbers to discuss your needs and the available options.

MLHD Counselling Service

Corowa	1800 654 324
Deniliquin	1800 654 324
Finley	1800 654 324
Griffith	1800 654 324
Leeton	1800 654 324
Narrandera	1800 654 324
Temora	1800 654 324
Wagga Wagga	1800 654 324
Young	1800 654 324

MLHD Aboriginal Health Unit **1800 249 645**

24/7 Crisis Support

Access Line	1800 800 944
NSW Rape Crisis	1800 424 017
1800 Respect	1800 737 732
Domestic Violence Line	1800 656 463

In an Emergency dial 000



Health
Murrumbidgee
Local Health District

Interim brochure 21/11/17



MLHD
Counselling
Service

For Domestic Violence



Health
Murrumbidgee
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What is Domestic and Family Violence?

Domestic and family violence includes any behaviour in an intimate or family relationship, which is violent, threatening, coercive or controlling, causing a person to live in fear.

People living in the same house, people living in the same residential care facility and people reliant on care are also considered to be in an interpersonal relationship. Coercive and abusive behaviours in these relationships is also considered to be **family violence**.

Family violence is the preferred term in Aboriginal populations as it better captures kinship and extended family relationships in Aboriginal communities.



Source: deaf-hope.org

Domestic Violence Types

Physical assault — including punching, hitting, kicking, pushing, slapping, choking, or the use of weapons.

Sexual assault — being forced to have sex or take part in sexual activities, either by watching or participating.

Emotional abuse — treating you like you are worthless, criticising your personality, your looks, the way you dress, constantly putting you down, threatening to hurt you, your children or your pets.

Intimidating behavior — including damaging property such as the house and furniture, and can also include hurting pets.

Verbal abuse — including yelling, shouting, name-calling and swearing at you and saying derogatory things about you.

Financial abuse — taking control of the money, not giving you enough money to survive on, forcing you to hand over your money, not letting you have a say in how money is spent.

Social abuse — being stopped from seeing friends and family, isolating you socially or geographically.

A perpetrator of domestic violence may use different techniques to control and coerce. They may restrict your freedom through the use of intrusive questioning or surveillance. They may monitor your spending or keep check on your whereabouts through the use of mobile phone apps, and use of electronic devices such as phones, internet and social media.

Referral

You can refer yourself by calling one of the numbers on the back of this brochure.

Your GP or another agency may also make a referral but a Mental Health Shared Care plan is not required.

If someone else refers you, you will always be contacted to discuss your needs and to provide your consent for referral

We will ask if you identify as Aboriginal or Torres Strait Islander and the Aboriginal Health Unit may be available for support if needed.

If language is a barrier, then we will provide an interpreter so that you can access counselling.

Confidentiality

Information about you is confidential and will not be given to anyone unless you have given permission or if there are exceptional circumstances such as issues of safety or if it is required by law.

*Our service is confidential,
free of charge & professional.*
