

1800RESPECT

NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

What is violence and abuse?

There are many types of violence and abuse.

Violence and abuse might mean someone



- says they will hurt you
- shouts at you
- says things that make you feel bad



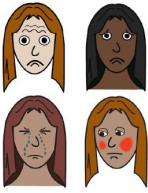
- does NOT let you spend your money on things you want or need
- uses you for your money
- spends your money without asking you



- slaps, hits, punches or kicks you
- pulls your hair
- throws things at you

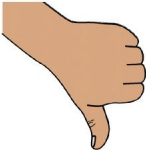


- makes you have sex when you do NOT want to.



It can make you feel

- bad in your body
- bad in your head
- like you want to run away
- like you cannot move.



Violence and abuse is NOT okay.



Violence and abuse is NOT your fault.



You can get help.

Call 000 if you are in danger now.

Call 1800 737 732 to talk to someone for support.



If you need a relay service (NRS)

call 1800 555 677

or TTY 133 677

then ask for

1800 737 732.