

You have the right to be...

- Safe
- Happy
- Unafraid
- Treated with respect
- Listened to and believed
- Able to make decisions and choices
- Emotionally supported and allowed to ask for help

Services offered through SHE include:

- Individual counselling and support
- Support groups
- Community education
- Information and referral to services & resources
- A place for women to talk about their situation



SUPPORT HELP EMPOWERMENT

SHE offers a free and confidential counselling and support service to women who have experienced abuse in an intimate relationship.

Appointments are available
Monday - Friday
Call (03) 6278 9090



PO Box 300
North Hobart 7002
t (03) 6278 9090
f (03) 6278 8292
www.she.org.au



Is your relationship making you unhappy?

Free & confidential counselling for women experiencing or who have experienced abuse in a relationship

(03) 6278 9090

What is Domestic Violence?

Domestic or family violence occurs when someone intentionally uses violence, threats, force or intimidation to control or manipulate a partner or former partner.

Domestic violence may include physical, sexual, financial, verbal, or psychological abuse.

It affects people of all ages, sexual orientation, and cultural or economic backgrounds.

You may feel...

Trapped	Guilty
Alone	Depressed
Panicky	Frightened
Unable to cope	Confused
Worthless	Powerless

- Like you are walking on eggshells
- Pressure to look after everyone else
- Responsible for what happens

Are You Being Told That...

- Everything is your fault
- It's all in your mind
- You're crazy

Does your partner...

- Put you down?
- Blame you when things go wrong?
- Make you feel unsafe?
- Threaten you or damage property?
- Humiliate or criticise you?
- Make you have sex against your will?
- Deprive you of money or good, medical care, or other necessities?
- Hurt you, your children, or your pets? (eg. push, shove, poke, slap, punch)
- Stop you from seeing family and/or friends?
- Control you, not allow you to decide what you say, what you wear, what you do or who you see?
- Turn your children against you?

If you have experienced any of these, you may be in an abusive relationship.