

Person experiencing FDSV

Are you in the current or ex-serving military community and experiencing family, domestic and sexual violence?

Family, domestic and sexual violence (FDSV) can be a difficult subject to talk about. It may be considered a taboo topic or a private, family issue—especially in current or former serving military families.

As a military or veteran family, you may be isolated from your support network as a result of frequent relocations. It is important that you are aware of who you can talk to about your experiences.

What is FDSV?

FDSV is conduct that is violent, threatening, coercive, controlling or intended to cause the individual, family or household member to be fearful.

It can include, but is not limited to:

- physical, verbal, emotional or psychological abuse
- sexual assault, either within a relationship or outside of an intimate relationship
- financial abuse, such as controlling money, monitoring or interfering with employment

- legal abuse, such as intimidating, exhausting, exploiting or disempowering someone
- stalking
- harm to an animal or property
- controlling the social, employment or family relationships and a person's decision-making power
- controlling spiritual or cultural participation
- exposing children to violence or harming children.

The term 'family and domestic violence' is used because violent behaviour is not necessarily limited to members of families connected by kinship or marriage, but may also include:

- past or current intimate relationships, including people who are dating or living together, regardless of their gender or sexuality
- relationships involving carers, where care is provided to older people, or people with disability or a medical condition
- service providers
- relatives and guardians
- other culturally recognised family groups.



For further information refer to:

Department of Veterans' Affairs *Family and Domestic Violence Strategy 2020-25*.

If you are experiencing FDSV, there is help available.


If you or someone you know is in an emergency situation, or in **immediate danger, call 000.**

This fact sheet provides you with options for both civilian and military/veteran specific support if you, or someone you know, is experiencing FDSV.

Where can I get help?

The following services provide information and support.

Women's Information Service

 **1800 188 156**

The Women's Information Service (WIS) provides information to South Australian women online, over the phone and in person.

The Women's Information Service can talk with you about:

- ✓ family life and relationships
- ✓ family and domestic violence, sexual assault and safety
- ✓ health and wellbeing
- ✓ accommodation and housing issues
- ✓ financial security and independence
- ✓ women's groups and events
- ✓ education, training and career paths
- ✓ or anything at all.

If you don't know where to go, or what to do—or if you feel you have tried everything already—WIS can help.

1800RESPECT

 **1800 737 732 (24/7)**


The national domestic, family and sexual violence support service provides telephone and online counselling for people experiencing violence, their friends and family as well as workers and professionals. **1800RESPECT** can help you with safety planning, specialised FDSV counselling, finding services and information about healthy relationships.

Domestic Violence Crisis Line

 **1800 800 098 (24/7)**

The Domestic Violence Crisis Line (DVCL) provides support and safe crisis accommodation options and services for women and children affected by FDSV. DVCL can also refer women to appropriate services for Aboriginal and culturally and linguistically diverse peoples.

Open Arms – Veterans & Families Counselling

 **1800 011 046 (24/7)**

The Open Arms counselling service provides 24-hour free counselling and support to you and your family, whether you are current or ex-serving members.

Open Arms also provides a crisis accommodation program to alleviate an urgent situation such as FDSV or an immediate housing crisis. Access may be up to five nights depending on the circumstances. In exceptional circumstances, an extension for accommodation may be given.

ADF Mental Health All-hours Support Line

 **1800 628 036 (24/7)**

The All-hours Support Line (ASL) is a confidential telephone service for ADF members and their families that is available 24 hours a day, seven days a week. The ASL is a triage line which will help you access ADF or civilian mental health services more easily, such as psychology, medical, social work and chaplain services. When calling the ASL, you can expect a qualified mental health professional who has a good understanding of what services are available to you.

Defence Member and Family Helpline


 **1800 624 608 (24/7)**


 **memberandfamilyhelpline@defence.gov.au**

The Defence Member and Family Helpline (DMFH) provides a range of practical and emotional support programs for families facing emergency or crisis. This includes assistance in times of illness, injury, domestic crisis or bereavement.

Families can also seek support or referrals any time.

Yarrow Place Rape and Sexual Assault Service

 **1800 817 421**

 **info@yarrowplace.sa.gov.au**

A free and confidential service for anyone aged 16 years and over who has been raped or sexually assaulted.

Qlife

 **1800 184 527 (3pm - midnight daily)**

 **Webchat is also available at:**
qlife.org.au/resources/chat

Provides anonymous and free LGBTIQ+ peer support and referral for all Australians.

Where can I find out more about FDSV?

A range of online resources are available to help you better understand FDSV.

They include:

-  **Department of Defence**
defence.gov.au → Defence Family and Domestic Violence Strategy
-  **Department of Veterans' Affairs**
dva.gov.au → DVA Family and Domestic Violence Strategy
-  **Australian Government**
plan4womenssafety.dss.gov.au → Partner Service Pension extension
-  **Break the Cycle**
breakthecycle.sa.gov.au
-  **Our Watch**
ourwatch.org.au
-  **Stop it at the Start**
respect.gov.au
-  **White Ribbon**
whiteribbon.org.au
-  **Women's Safety Services SA**
womenssafetyservices.com.au
-  **Embolden (Peak body for FDSV services in SA)**
embolden.org.au