



RUAH

COMMUNITY SERVICES

Open Hearts. Bold Strides.

Belmont Safe Guarding Families Advocacy Service

A collaboration between Ruah Community Services, City of Belmont and Belmont Police to provide services to individuals and families impacted by family and domestic violence in the City of Belmont.

Our service provides:

- Information about domestic abuse and patterns of controlling behaviour.
- Safety planning information.
- Information about family violence restraining order applications.
- Support in reporting a criminal offence associated with family violence.
- Informal counselling support and specialist referral for children and young people.
- Court advocacy and support through the Magistrates Courts in the metropolitan area.
- Specialist risk assessment and risk management planning.
- On-going support and follow-up.

If you are not sure about whether you and your children are experiencing abusive behaviours by other family members (including your partner), here are some helpful questions:

- Are you afraid of any family member, including your partner?
- Are you distancing yourself from friends and family because of your relationship with this person?
- Is controlling, disrespectful or degrading behaviour becoming a pattern?
- Do you feel like the problems of your relationship are all your fault?
- Is your self-esteem affected so that you are always fighting to be good enough and prove yourself?
- Do you find yourself constantly preoccupied with the relationship and how to fix it?
- Are you feeling as if you are being manipulated or coerced?

If you have answered YES to any of these questions, it is helpful to talk to a professional to get some more information about what is abuse and controlling behaviors and what help is available for you, your family and the person choosing to use abuse.



Contact us on 13 RUAH (13 7824) for a chat or to book a one-on-one confidential meeting.

The service is open from 8am to 4pm Monday to Friday and is free to access.



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www.ruah.org.au