



Belmont Safeguarding Families advocacy service

The City of Belmont takes the issue of family and domestic violence (FDV) very seriously and has services to support residents who may be experiencing abuse or controlling behaviour.



Am I experiencing abuse?

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

- Do you have a family member or partner that says or does things that make you fearful for your safety?
- Are you feeling isolated or 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 in your relationship are all your fault?
- Do you feel, or are you being made to feel that you're not good enough or are worthless?
- Do you find yourself constantly preoccupied with the relationship and how to fix it?
- Do you feel intimidated or scared by verbal abuse, physical threats, or stalking?

RUAH

COMMUNITY SERVICES

Open Hearts. Bold Strides.





YES?

If you answered yes to any of these questions, it might be helpful to talk to a professional to get some more information about what is abusive and controlling behaviour. There is help available for you, your family, and the person choosing to use abuse.

- 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



Here's how we can help

- 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

The Belmont Safeguarding Families advocacy service is free to access.

You can access our services from Monday to Friday between 8am and 4pm.

Simply call **0466 438 360** for a chat or to book a one-on-one confidential meeting.



Belmont Safeguarding Families advocacy service is 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.