

There is another story

PEEL SAYS
NO TO
VIOLENCE

STORIES OF HOPE FROM THE PEEL SAYS NO TO VIOLENCE PROJECT

We can all
make a
difference ...



Recognise

behaviour that's causing harm to you or an older person you know.



Listen

to their story, let them know you understand what they are saying and how they are feeling.



Level of urgency

Is it an emergency? What are the threats? Is there a possibility of them hurting themselves or others?



Plan

If at risk, tell them you are concerned and call the Police. If it is not immediately serious, talk to them about a safety plan and where they could go for help.



Refer

Let them know you are there for them and help them find services.



Document

Keep a note of what you have done.



GETTING HELP - CATHY'S STORY

"I was still in denial that I needed help."

I was aware of services like Pat Thomas House, but I was still in denial that I needed help. It wasn't until I spoke to a close girlfriend who had been there and she said to me I needed to think of myself - that there is help out there, and that I did need it.

It was through this friend who was going through something similar, that I finally got help. I really got a lot of my information from her. I think because she is a friend and I trust her. I don't think I would have made those calls to get help otherwise. At that stage I was drawing on people I knew for my support. I was just relying on my parents, close friends, and occasionally seeing my GP.

My GP did mention it, but I didn't really want to go outside my box or do something that wasn't familiar. I remember years ago Centrelink actually put me onto a few services and I was just in denial. I was actually shocked when they were throwing all these brochures at me. I used to come home and put them in the bin.

There is so much on the TV and everywhere about domestic violence, but you don't want to air your dirty laundry. Even now I find it very hard to admit that it is what my relationship was like. It took years for me to acknowledge it. I was just wanting to keep my family together. I wanted that environment. I wanted that family unit for the kids and I was always hoping that it was going to get better. Then it got to the point and it just blew up and I thought here we go again. These cycles kept repeating and getting more frequent.

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GETTING HELP - CATHY'S STORY

"Thank god I had that friend who put me onto the outreach centre."

Without help, I wouldn't truly have known where to start. Thank god, I had that friend who put me onto the outreach centre. It has lead me in all these directions to get all sorts of help. My head was so confused with what was going on and all that I really wouldn't have had the strength to get out a phone to call them up.

I knew about these services and I didn't call them straight away. Help is definitely there, but sometimes you needs someone to help you see that you need it.

Cathy, 33, Mandurah

After 10 years in an abusive relationship, strengthened by the support of her friends and family, the woman in this story received help from Pat Thomas House's outreach service.

DISCUSSION TRIGGERS

Your neighbour seems depressed and withdrawn and you are worried about her- everything seems fine on the surface, they are a charming couple but you have heard him yelling and putting her down at her when no one else is around - what could you do?

A friend has asked you for advice as she is worried about her relationship and its future, and wondering whether she should leave or stay with her partner. How would you approach this?

You are worried about your daughter as she seems to be in an abusive relationship. She is starting to withdraw and not see the rest of the family and her old friends. You have tried to talk with her, but she won't discuss it. How could you deal with this situation?

HOW CAN YOU HELP?

It can be hard to understand why someone would stay in a relationship if they are being treated so badly. You might think that the abuse is partly her fault because she puts up with it, or that she is weak or stupid if she stays. From the outside, it may seem easier to leave than it actually is. It can be very difficult to leave an abusive partner and can be quite dangerous. The abuse may continue or increase after she leaves.

Many people worry that they will be 'interfering' if they get involved, or that it is a 'private matter'. But it is equally worrying if someone is being abused and you say nothing. Your support can make a difference. It is unlikely you will make things 'worse' by expressing concern.

The most important thing you can do is to listen without judging, respect their decision, and help them to find ways to become stronger and safer.

Questions you could ask and things you could say (using your own words and saying only what you believe is important).



Who can help?

Emergency

For emergency & life threatening situations, contact emergency services;

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Crisis support

For urgent and 24-hour support contact:

Lifeline

www.lifeline.org.au/

13 11 14

Pat Thomas House
Mandurah

(08) 9535 4775

Counselling

Allambee Counselling
Mandurah

(08) 9535 8263

Relationships Australia
relationships.org.au

1300 737 732

Free toolbox resources

For free resources to share with your community, club or employees, go to;

www.peelsasysnotoviolence.org.au/resources/

All of the stories we share are local stories from local people, shared with the permission of each research participant. Names & images have been changed to protect the individual's identity.

To read the research report, go to;
www.peelsaysnotoviolence.org.au