

## Vision of the Service

The Cairns Regional Domestic Violence Service (CRDVS) aims to challenge the social structures that maintain domestic violence by coordinating a comprehensive service to all vulnerable clients by offering a client-centred support system to eliminate family violence in the community.

## What can you expect from our service?

Our service is staffed by qualified professionals with experience in adult and child counselling, court support and training.

We will:

- Listen to, validate and believe you;
- Treat you with respect, dignity and consideration;
- Respect gender, race, ethnic origin, class, religion, political/philosophical beliefs, values and sexuality;
- Keep information confidential unless there are concerns for safety or harm to self or others.

Funded by Department of Communities,  
Queensland

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Monday to Friday 9am–5pm

The service is free and confidential and open to all people of all backgrounds. We can arrange interpreters if required.

No appointment is necessary in an emergency.

## Useful contact numbers

24 hour Qld Domestic Violence Telephone Service (includes access to shelters)	1800 811 811
Police/Ambulance	000
Police–Cairns	(07) 4030 7000
A&TSI Shelter/Refuge	(07) 4051 6390
Legal Aid Qld	1300 651 188
Lifeline Telephone Counselling	131114 (24 hours)
Men's Information Line	1800 600 636

## Cairns Regional Domestic Violence Service



Room 19, 600 Bruce Highway  
Woree, 4868  
(PO Box 12103, Cairns Delivery  
Centre, Cairns, 4870)

Phone: (07) 4033 6100  
Fax: (07) 4033 5863  
Email: [office@dvcairns.org](mailto:office@dvcairns.org)  
[www.dvcairns.org](http://www.dvcairns.org)



## Provides

- Crisis support
- Counselling for adult survivors
- Counselling for children and young people
- Assistance with Domestic Violence Protection Orders
- Court Support
- Information and Referral to other services
- Community Education and Professional Training
- Information brochures, posters and fact sheets
- Liaison and consultation with other agencies

*If home is where the hurt is...*



Tel: (07) 4033 6100

## What is domestic and family violence?

Domestic and family violence is abusive behaviour used by one person in a relationship to dominate and control another. The abusive behaviour generally has a pattern to it and is repeated. The result is that the person subjected to the violence lives in fear and intimidation.

The following behaviours are some examples of domestic and family violence:

- **Physical abuse** such as hitting, slapping, punching, biting, kicking or pushing;
- **Damaging property** such as the house, breaking furniture or hurting pets to intimidate and frighten you;
- **Threats** to harm children, pets, family members or you;
- **Intimidation and harassment** including humiliation, constant criticism, insults, persistent phone calls, following you or staying outside your home or workplace;
- **Forcing** you to have sex or take part in sexual acts that you do not want;
- **Withholding** necessities of life such as food, money, medical care and the company of family and friends.

## You are not to blame and you are not alone

Domestic and family violence often takes place 'behind closed doors'. In the past it was seen very much as a 'private family matter' that society should not get involved with.

It can be difficult for those who are, or who have experienced violence to come forward because they may feel isolated, ashamed, confused or just too afraid to speak about their experiences. Sometimes they blame themselves for the violence because they have been told by their partner on many occasions, that they 'provoked' it.



### **Remember**

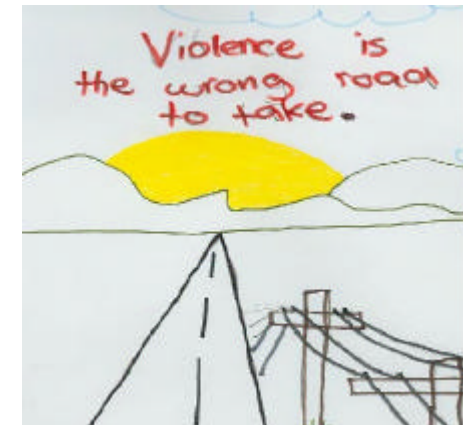
- No one deserves to be abused.
- The person being abusive is responsible for their own behaviour.
- Abuse happens to people from all walks of life, cultures and age groups.
- Everyone has the right to feel safe at home.

## What are the impacts on children and young people?

Children and young people are affected by domestic and family violence even if they have not seen the abuse. Some of the ways children may react include:

- Trying to intervene to stop the abuse or being stunned into terrified silence by what they see;
- Copying the abusive behaviour;
- Wetting the bed, becoming nervous and withdrawn;
- Blaming themselves or becoming frustrated, depressed and angry.

Children and young people may need some help to deal with these difficulties and a child counsellor is available at our service to assist them.



By Bianca,  
aged 12