

## Our Purpose

The Cairns Regional Domestic Violence service aims to use its specialist knowledge and skills to prevent domestic and family violence in the community and to empower those affected by it, by providing counselling, support, advocacy and community education and professional training to all stakeholders. While undertaking this, the CRDVS will at all times strive to uphold high levels of professionalism and accountability.

## 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 Child Safety,  
Youth and Women

© CRDVS 2019



## 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 (non urgent) 131444

A&TSI Shelter/Refuge (07) 4033 1900

Legal Aid Qld 1300 651 188

Lifeline Telephone Counselling 131114 (24 hours)

Men's Information Line 1800 600 636



3 Bolton Street  
Ravenshoe, QLD, 4888



Phone: 1300 909 250  
Email: [office@dvcairns.org](mailto:office@dvcairns.org)  
[www.dvcairns.org](http://www.dvcairns.org)



## TABLELANDS SOUTH

### Provides

- Crisis support
- Counselling for adult survivors
- Service in Mt Garnet once a week and Millaa Millaa once a month
- Assistance with Domestic Violence Protection Orders
- Information and Referral to other services
- Liaison and consultation with other agencies

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



Tel: 1300 909 250

## 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 law in Queensland defines domestic violence as behaviour that is:

- ◆ **Physically** or **Sexually** abusive;
- ◆ **Emotionally** or **Psychologically** abusive;
- ◆ **Economically** abusive;
- ◆ **Threatening** or **coercive**; or
- ◆ in any other way **controls** or **dominates** another person or causes them to fear for their safety or the safety of someone else.

Even if domestic violence is not committed personally, someone who incites another to commit these acts is recognized as committing domestic violence.

## 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

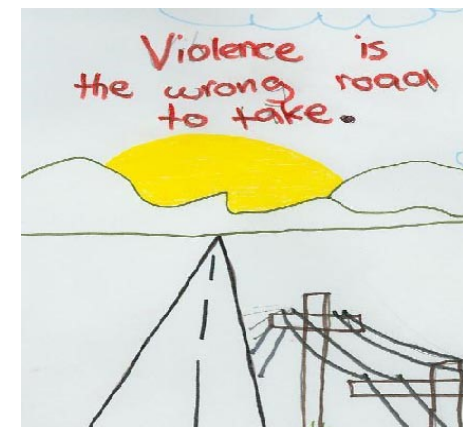
- No one deserves to be abused.
- The person being abusive is responsible for their own behaviour.
- Abuse happens to people from all walks of life, cultures and age groups.
- Everyone has the right to feel safe at home.

## 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 Cairns and Atherton services to assist them.



By Bianca,  
aged 12