

FACT SHEET

Family violence and COVID-19: SEEKING SUPPORT

During a crisis, things can get hard. COVID-19 is having a major impact on all Tasmanians. Isolation, social distancing, job losses, financial insecurity, stress, concern and disruptions are impacting many families. But tough times don't justify a tougher time at home.

Check-in

- ☐ Do you feel 'on edge'?
- ☐ Are you quick to respond to family members with anger?
- ☐ Are you having angry or violent thoughts about family members?
- ☐ Are you safe to be around?
- ☐ Do your responses to situations feel like they 'come out of nowhere'?
- ☐ Are you worried about how you might behave?
- ☐ Is your behaviour causing problems for your relationship?
- ☐ Have Police been called due to your behaviour?

If you answered yes to any of these questions, consider seeking support.

Help and support is available

Services are available to provide counselling and information to help you make the changes needed so you can be safe around your partner and family.

SAFE
HOMES
FAMILIES
COMMUNITIES

**IN AN EMERGENCY
ALWAYS CALL 000**



Men's Referral Service

1300 766 491 Available 24 hours

Telephone counselling, live chat, information and referrals to local services. Callers can remain anonymous. www.ntv.org.au

Engender Equality

(03) 6278 9090 Monday to Friday, 9am – 5pm

Counselling and support service including for women who use violence. www.engenderequality.org.au

Men Engaging New Strategies Program

1300 364 277 Monday to Friday, 9am – 5pm

Program delivered by Relationships Australia Tasmania for men who have abused their partners.

MensLine Australia

1300 789 978 Available 24 hours

Telephone and online counselling service for men with emotional health and relationship concerns. www.mensline.org.au

"It takes strength and courage to admit to using violence or control, which is the first step towards changing your behaviour"

– Men's Referral Service

COVID-19 does not cause, justify or excuse family and sexual violence. Everyone deserves to live free from fear and violence. If you or someone you know is impacted by family violence, call the Safe At Home Family Violence Response and Referral Line on **1800 633 937**. In an emergency, always call **000**.