



# Therapy Services

## RESOURCE SHEET

### Recognising and Responding to Family Violence



**Family violence is never your fault.** It can take many forms, physical, emotional, psychological, financial, sexual, social, or spiritual. It often involves patterns of control, fear, and harm. The impacts can be deep and long-lasting, but healing is possible.

#### What Can Family Violence Look Like?

- Being constantly criticised, blamed, or belittled
- Having your movements, money, or relationships controlled
- Feeling afraid to disagree or express yourself
- Being isolated from friends, family, or support
- Experiencing threats, intimidation, or physical harm

#### How It Affects You?

- Hypervigilance or anxiety
- Difficulty trusting others
- Shame, guilt, or self-blame
- Disconnection from your body or emotions
- Feeling stuck, numb, or overwhelmed

#### What Can Help?

- Understanding your responses: Fight, flight, freeze, or fawn are survival strategies not weaknesses.
- Naming the abuse: Language helps make sense of what's happening.
- Building safety: Emotional, physical, and relational safety are all important.
- Reclaiming your voice: You deserve to be heard, believed, and supported.
- Gentle support: You don't have to tell your whole story to begin healing.

## Things You Deserve to Hear

- ***"It wasn't your fault."***
- ***"You didn't deserve what happened."***
- ***"You are not alone."***
- ***"You are allowed to take up space."***



## Helpful Resources

In a crisis contact Triple 000

**1800RESPECT – National Domestic, Family and Sexual Violence Counselling Service**  
[1800respect.org.au](http://1800respect.org.au)

**The Orange Door (Victoria)**  
[orangedoor.vic.gov.au](http://orangedoor.vic.gov.au)

**Safe Steps – 24/7 Family Violence Response Centre (Victoria)**  
[safesteps.org.au](http://safesteps.org.au)

**Yes Unlimited (The Hub Albury NSW)**  
[yesunlimited.com.au/domestic-family-violence](http://yesunlimited.com.au/domestic-family-violence)

**13Yarn**  
[13yarn.org.au](http://13yarn.org.au)

**InTouch – Multicultural Centre Against Family Violence**  
[intouch.org.au](http://intouch.org.au)

Inclusive, Trauma-Informed Counselling  
Supporting individuals, families, children, and young people through grief, trauma, parenting, relationships, and more.

Learn more or refer:  
Visit [umfc.com.au/what-we-do/umfcstherapy-services/](http://umfc.com.au/what-we-do/umfcstherapy-services/) or scan the QR code.

**You can also call us on 026055800  
or email [therapyservices@umfc.com.au](mailto:therapyservices@umfc.com.au)**



umfc  
**Therapy  
Services**



[@UpperMurrayFamilyCare](https://www.facebook.com/UpperMurrayFamilyCare)



[@uppermurrayfamilycare](https://www.instagram.com/uppermurrayfamilycare)