

Domestic & Family Violence

What is Domestic Violence (DFV)?

Domestic and family violence is any behaviour used to control, dominate, or harm another person in a close relationship. It can happen to anyone, but women are most often the victims.

DFV is not just physical. It can take many forms, including:

- **Physical Abuse**

Hitting, slapping, choking, pushing, or using weapons. It also includes threats of physical harm and damage to property.

- **Emotional or Psychological Abuse**

Constant criticism, name-calling, gaslighting, intimidation, or threats to harm you, your children, or pets. This form of abuse can deeply affect your self-esteem and mental health.

- **Sexual Abuse**

Any unwanted sexual contact or coercion, including being pressured or forced into sexual acts. Consent must be freely given and can be withdrawn at any time.

- **Financial Abuse**

Controlling your access to money, preventing you from working, taking your income, or forcing you to account for every dollar spent. This can make it difficult to leave or gain independence.

- **Social Abuse**

Isolating you from friends, family, or community. This may include monitoring your movements, controlling who you see or speak to, or spreading lies to damage your relationships.

- **Cultural or Spiritual Abuse**

Using your cultural identity, beliefs, or religion to control, shame, or isolate you. This may include preventing you from practicing your faith or using cultural practices against you.

- **Technological Abuse**

Using phones, social media, or tracking devices to monitor, stalk, harass, or intimidate you. This can include threats via text or online platforms.

You Deserve to Feel Safe

If you are experiencing DFV, it is not your fault. You have the right to live free from fear and harm. There are people and services ready to support you, no matter your situation.

What You Can Do

1. **Reach out for help** – You don't have to go through this alone.
2. **Create a safety plan** – Think about where you can go and who you can call in an emergency.
3. **Keep important items ready** – ID, bank cards, medications, keys, and important documents.
4. **Talk to someone you trust** – A friend, family member, or support worker.
5. **Know your rights** – You have the right to be safe and supported.

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SCAN FOR MORE
HELPFUL TIPSHEETS

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Where to Get Help in Darwin & NT

Emergency Support

- **Police (Emergency): 000**
- **Police (Non-emergency): 131 444**
- **1800RESPECT (24/7 National Helpline): 1800 737 732**

Helplines & 24/7 Support

Legal Aid NT: 1800 019 343

Aboriginal Family Legal Service: 1800 469 246

QLife (LGBTIQ+ Peer Support): 1800 184 527

Lifeline (24/7 Crisis Support): 13 11 14

Local Services for Women

- **YWCA Domestic and Family Violence Centre – Darwin**
Safe accommodation, counselling, and support for women and children.
📞 (08) 8932 9155
✉️ DFVCSupportDarwin@ywca.org.au
🌐 YWCA DFV Centre Darwin
- **Dawn House Women's Shelter – Darwin**
Crisis accommodation and outreach support for women and children escaping violence.
📞 (08) 8945 1388
🌐 dawnhouse.org.au

- **Women's Safety Services of Central Australia (Alice Springs)**
Shelter, case management, and advocacy.
📞 (08) 8952 6075
- **Victims of Crime NT**
Support for women affected by violence, including court support and counselling.
📞 1800 672 242
🌐 victimsofcrime.org.au

You Are Strong. You Are Not Alone.

Leaving a domestic violent relationship is one of the most courageous and challenging decisions a person can make. It often involves not only physical risk but also emotional, financial, and social upheaval. You may feel overwhelmed, afraid, or unsure of what the future holds—but please know this: you are not alone, and you are not to blame for the abuse you've experienced.

There are people who care deeply about your safety and wellbeing. Across the Northern Territory and beyond, there are services, shelters, and professionals who are ready to walk alongside you—whether you're planning to leave, have already left, or are simply exploring your options. These supports are confidential, non-judgmental, and designed to help you regain control over your life at your own pace.

Healing from abuse takes time, and rebuilding your life can feel daunting—but it is possible. With the right support, you can rediscover your strength, rebuild your confidence, and create a future that is safe, stable, and filled with hope. You deserve to live free from fear. You deserve respect, dignity and peace. And most importantly, you deserve to be believed and supported every step of the way.