

Children of all ages who witness, are exposed to or experience abuse of any form can be affected:

- Behavioural issues
- Learning difficulties
- Problems managing anger and other emotions
- Mental health issues
- Drug and alcohol addiction

The best thing you can do for your children and their future is to get help

It is never too late to change the life of a child

contact

For free, non-judgemental and confidential support call

JewishCare **1300 133 660**

If in immediate danger **000**

or

Domestic Violence

24hr Hotline **1800 65 64 63**

Violence Against Women

Helpline **1800 RESPECT**

A Rabbi/Rebbetzin

For further information

jaafv.org.au

jewishcare.com.au



JCA



today
tomorrow
forever

Jewish  Care

Designed by Print35

how
healthy?
is your
relationship

Jewish  Care

in a healthy and safe relationship you

- feel respected, supported, trusted and safe
- feel good about yourself
- can negotiate, compromise and communicate honestly
- are free to pursue goals, beliefs and activities that interest you
- are treated as an equal, there is a balance of power
- are able to say “No”



but if your partner

- humiliates/puts you down
- controls and limits your finances
- intimidates or threatens you with harm to yourself, children or pets
- violently loses temper, damages your personal or shared property
- belittles your beliefs or imposes their beliefs on you
- hits, kicks, shoves, pushes you
- forces you to engage in sexual acts
- isolates you from family and friends

You may be experiencing abuse. Help is available

shalom bayit, peace in the home is everyone's responsibility

If someone you know is experiencing abuse, you can help:

- Believe what the victim tells you
- Let them know it's not their fault
- Focus on their safety
- Inform them about services that can support them

If you are experiencing abuse:

- Seek help and support
- Plan for your safety
- Know that you are not to blame and you are not alone