

# Digital Mental Health for Domestic, Family and Sexual Violence

## WHAT IS DOMESTIC, FAMILY AND SEXUAL VIOLENCE?

Domestic, family and sexual violence refers to any psychological, physical, emotional, sexual, or financial abuse. This can look like hitting, slapping or pushing, threatening, shouting, humiliating or intimidation, being unable to make your own decisions, controlling who you see or where you go, controlling the money you spend, following you, forcing you to engage in sexual acts that you do not want to do, or preventing you from practicing your religion.

## WHO EXPERIENCES DOMESTIC, FAMILY AND SEXUAL VIOLENCE?

Domestic, family and sexual violence can happen to anyone regardless of their age or gender. Domestic, family and sexual violence is not always committed by a current partner or family member, but can also come from an ex-partner or others in the community. However, domestic, family and sexual violence is more commonly experienced by women, people who report poorer health or disability, people who report using alcohol and/or drugs, and those living in Aboriginal and Torres Strait Islander communities. Other groups, such as individuals identifying as LGBTIQ+ and culturally diverse people may face increased barriers to accessing help.

Online programs can help you work out the signs of abuse, make a plan to leave or keep yourself safe, learn how to keep children safe from abuse and violence, and assist you in linking in with mental health support.

**If anyone is in danger right now, call "000"**

**If you have experienced an unwanted sexual experience or been physically hurt, obtain medical assistance now.**

**Make sure that it is safe to keep this factsheet.**

Scan to download a free PDF version from the eMHPrac Website



## Phone and Online Counselling



### 1800RESPECT

Telephone and online counselling service for people experiencing sexual, domestic and family violence. Access for people with disability or who do not speak English.

1800 737 732  
<http://www.1800respect.org.au/>



### MensLine Australia

24hr telephone, online and video counselling for men with family and relationship concerns.

1300 78 99 78  
<https://mensline.org.au>



### Elder Abuse Hotline

Information, support and referral for anyone experiencing, witnessing or suspecting elder abuse.

1800 353 374



### Full Stop Australia

Telephone and online counselling for people whose lives have been impacted by an unwanted sexual experience.

Sexual Violence: 1800 211 028  
Domestic/Family Violence: 1800 222 387  
<https://fullstop.org.au/>



### National Disability Abuse and Neglect Hotline

Works with callers to find appropriate ways of dealing with reports of abuse and neglect of people with disability.

1800 880 052



### QLife

LGBTIQ+ webchat and peer phone support and referral for people in Australia wanting to talk about sexuality, feelings or relationships.

1800 184 527  
<https://qlife.org.au>



### Family Relationships Online

Information about family issues, including parenting after separation and dealing with family and domestic violence.

1800 050 321  
<https://www.familyrelationships.gov.au/>



### Yarning Safe N Strong

Help line for Aboriginal and Torres Strait Islander peoples and their families who need to have a yarn about their well-being.

1800 959 563

# Digital Mental Health for Domestic, Family and Sexual Violence

This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

## National Mental Health Website

### HEAD TO HEALTH

#### Head to Health

A website that links Australians to free or low-cost online and phone mental health services.  
<https://www.headtohealth.gov.au>

## Information Sites

### eSafety Commissioner - Technology Checkup

Gain online safety advice for domestic and family violence and responding to technology-based abuse.

<https://www.esafety.gov.au/key-issues/domestic-family-violence/online-safety-planning>

### Say It Out Loud

Encourages healthy relationships amongst LGBTIQ+ communities. Features safety planning and information on domestic and family violence, unwanted sexual experiences, and warning signs.  
<https://sayitoutloud.org.au/?state=all>

### What's OK at Home?

Assists young people aged 10 to 17 in identifying family violence and guides them in keeping themselves safe and seeking support.  
<https://woah.org.au/>

### Trauma and Grief Network

Online resources to support children and adolescents through a place where they have not felt safe.  
<http://tgn.anu.edu.au/resource/abuse-neglect-and-violence/>

### Are you safe at home?

Support to help you think about your safety, in up to 15 languages, including easy English. Referral to Victorian support services.  
<https://www.areasafeathome.org.au/>

### Beyond Silence

A trauma-informed website to help women victim/survivors of Intimate Partner Sexual Violence to name the abuse and seek support.  
<https://www.beyondsilence.org.au/>

### Lifeline

Phone and real time online crisis support and domestic violence toolkit.  
13 11 14  
<https://www.lifeline.org.au/get-help/information-and-support/domestic-and-family-violence/>

## REACHOUT

### ReachOut

Information and resources for young people on sexual consent, managing content posted on the internet, unwanted sexual experiences and family and partner violence.  
<https://au.reachout.com/>

### Kids Helpline

Information and support for dealing with parents who hurt each other, family violence, managing difficult situations online and understanding respectful relationships.  
<https://kidshelpline.com.au/>



## Apps

### Sunny App

1800RESPECT's support app for women with disability who have experienced violence and abuse.  
Available on Apple Store and Google Play



### Daisy App

Connecting Australian women to abuse services.  
Available on Apple Store and Google Play



### Living Well

Designed to assist men who have been sexually abused in childhood, to complement, not replace, the work of a qualified health care professional.  
Available on Apple Store and Google Play



## Online Programs

### MySafety

Student resources for people who have experienced sexual or violent behaviour or who are worried about their own behaviour.  
<https://mysafety.org.au/>



### Burndawan

Resources created to provide information and support to Aboriginal and Torres Strait Islanders about harmful behaviours from a partner or family member.  
<https://burndawan.com.au/>



### Family and Friends Support Program

Information about how people can help support themselves, or a family member or friend, who may be experiencing some form of violence.  
<https://ffsp.com.au/>



### Parents Beyond Breakup

Online support for Dads in Distress and Mums in Distress experiencing trauma related to family breakdown and separation from their former partner and children.  
<https://parentsbeyondbreakup.com/>  
1300 853 427

