

“You may feel weak, but within you is the strength to leave, within you is the strength to overcome and achieve that which you deserve.”

- From Stories of Survivors

Domestic Violence

Support Group

What is Domestic Violence?

Domestic violence refers to acts of violence that occur within intimate relationships and take place in domestic settings. It is a form of violence that can occur within any relationship (family or intimate partner). Domestic violence is about power and control and there are many ways this control can be exerted. It includes physical, sexual, emotional, and psychological abuse; social and economic deprivation.

The Mental Health Foundation Australia (Victoria) is facilitating a monthly support group on every 4th Tuesday of the month for women at risk in situations involving domestic violence and the accompanying mental health issues that arise.

Domestic violence is a known cause of mental health issues such as depression and anxiety. This group will support the survivors' mental health and help in enhancing self confidence, positive self esteem and building resilience.

The Women's Domestic Violence Support Facilitator will be responsible for:

1. Operating a peer support group that respects member confidentiality, opinion and experiences.
2. Developing collaborative, productive and supportive relationships with support group members that meet their mental health needs.
3. Utilizing the group as a source of knowledge, mutual aid and referral.
4. Promotion of the group and accepting responsibility for growth of the support group.

The first support group will be on:

Date: 23rd August 2016

Time: 2.00pm—4.00pm

Location: South Yarra Vic 3141

Phone: 03 9826 1422

admin@mentalhealthvic.org.au



Mental Health
Foundation Australia
(Victoria)