



INTIMO AWARE

Together we are inspiring women to make a difference. Everyday. Always.
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What are the Effects of Domestic Violence?

Domestic Violence has wide ranging physical, medical and emotional, social and psychological consequences.

Anxiety, depression, emotional distress, physical stress, sleep disturbances, suicide attempts, alcohol and drug abuse, loss of self esteem, social isolation.



The Wide Ranging Effects of Domestic Violence

The Physical Impact

Intimate partner violence is the leading contributor to death, disability and illness in Victorian women aged 15-44.¹ This statistic is higher than other known risk factors such as high blood pressure, smoking and obesity.

“Women in abusive relationships are often on prescription medication for depression or to help them sleep and regularly struggle with heavy use of tobacco and alcohol. Changing these damaging conditions and habits is extremely difficult when abuse has led them to feel worthless and think so negatively about themselves.” Jo Cavanagh, CEO Family Life in Melbourne.

The Psychological Impact

Verbal and emotional abuse is far more devastating and long lasting in its effect than physical violence. Psychological and emotional abuses are often built into relationships and often occur around the ‘little things’ of daily life.² Often the threat of physical violence can be equally as powerful in maintaining control them as the actual violence itself particularly when the perpetrator has previously shown they are capable of carrying out the threats.

Domestic Violence and Children

Children are often the ‘silent victims’ of domestic violence. Even though they may not be the victims of physical violence the exposure to the behaviour has severe consequences. 61% of women who have experienced violence in a relationship had children in their care at some point, 38% of these said the children had witnessed the violence.³

Children living in families experiencing domestic violence are gravely affected even when they are not the targets of the abuse. For many the impact of witnessing violence can not be differentiated from the impact of experiencing direct violence.

Contacts

Anxiety
Depression
Living in Fear
Social
Isolation
Fear of New
Relationships
Loss of
Confidence &
Self Esteem

National

Emergency 000

Domestic Violence Confidential
Helpline 1800 200 526

Lifeline 13 11 14

Kids Helpline Australia
1800 55 1800

Mensline 1300 78 99 78

Relationships Australia
1300 364 277

Victoria

The Domestic Violence & Incest
Resource Centre 9486 9866

Women's Domestic Violence Crisis
Service 9373 0123 or 1800 015 188

Immigrant Women's Domestic
Violence Service (Mon-Fri 9-5)
03 9898 3145

Women's Information & Referral
Exchange (Mon-Fri 9-5) 1300 134 130
Family Life 03 8599 5433

Queensland

Domestic Violence Telephone
Service 1800 811 811

Immigrant Women's Support
Service (Mon-Fri 9-5) 07 3846 3490

ACT

Domestic Violence Crisis Service
(24hr) 02 6280 0900

New South Wales

Domestic Violence Helpline (24hr)
1800 656 463

Domestic Violence Advocacy
Service (Mon-Fri 9-5) 02 8745 6999

Immigrant Women's Speak Out Assn
(Mon-Fri 9-5) 02 9635 8022

South Australia

Domestic Violence Helpline (24hr)
1800 800 098

Domestic Violence Crisis Service
1300 782 200

Tasmania

Domestic Violence Crisis Service
1800 633 937

SHE (Support, Help &
Empowerment) 03 9278 9090

Western Australia

Crisis Line (24hrs) 1800 199 008

Women's Refuge Group (Mon-Fri
9-5) 08 9420 7264

Northern Territory

Crisis Line (24hr) 1800 019 116

Domestic Violence Counselling
Service (Mon-Fri 9-5) 08 8952 1391

New Zealand

Emergency 111

Domestic Violence Crisis Line
Auckland (24hr) 303 3939

More Information



1. Department of Human Services (2004) The Health Costs of Violence. Measuring the Burden of Disease Caused by Intimate Partner Violence.
2. South Australian Department of Human Services, Adelaide. (1998). South Australian Health Goals and Targets: Violence and Abuse Priority Areas.
3. Australian Bureau of Statistics (1996) Women's Safety Australia.
4. Hewitt & Cavanagh (2000) Family Violence: A Whole Family Approach.

