

# KNOW DOMESTIC ABUSE

**Are you or someone you know  
living with domestic abuse?**

**Does your partner or their partner -**

- control your access to money – that's financial abuse
- criticise or force you to act against your beliefs and culture, or misuse scripture to punish or control you – that's spiritual abuse
- control who you can see and when, cut you off from friends and family – that's social isolation
- constantly belittle or blame you – that's verbal and emotional abuse
- threaten to harm you, your children or your pets – that's psychological abuse
- physically harm or injure you – hit, punch or choke you – that's physical abuse
- force you to do sexual acts without consent – that's sexual abuse
- use technology to stalk, harass or embarrass you – that's technology facilitated abuse.

**This is not just a bad relationship, this is domestic abuse.  
We're here to help - talk to someone at church you trust.**

**Or call Anglicare Counselling - 1300 651 728  
1800RESPECT 1800 737 732 or  
Mensline - 1300 789 978**

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[knowdomesticabuse.church](http://knowdomesticabuse.church)  
[anglicare.org.au](http://anglicare.org.au)

