

What is family violence?

Family violence is more than just hitting your partner. It also includes the following forms of abuse:

- verbal abuse: name calling, shouting or screaming, yelling and verbal threats to harm or kill
- psychological abuse: telling someone they are useless or worthless, humiliating or degrading a person or constantly telling someone they are crazy (gaslighting)
- financial abuse: controlling when, what and how the person uses their own money and not allowing a person to have enough money to cover basic living expenses such as food, rent or electricity
- social isolation: controlling who, when, how or where a person can see their friends, family, or loved ones, interfering in their relationships to cause trouble or telling lies or gossiping to ruin relationships
- coercive control: monitoring the person's movements, internet or phone usage, stalking, using threats or intimidation, and being jealous or possessive
- any other behaviour, action or pattern that causes another person to live in fear

Family violence can happen in any family or intimate partner relationship, regardless of race, sexuality, gender identity, social class, education level, culture or religion.



The User of Violence Case Management service is supported by the Victorian Government

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Adults Using Family Violence: Case Management Services

One in six women and one in 16 men have experienced family violence from the age of 15 at the hands of a boyfriend/girlfriend, partner, husband, wife or close family member.¹

Over 90% of family violence perpetrators are male.²

Are you finding yourself using some of these behaviours or showing some of these patterns?

We can help you to choose not to use family violence; all it takes is a phone call to our service.

We will not judge you or report you.

¹ Australian Bureau of Statistics. (2017). Personal Safety, Australia 2016

² Ibid.

Our Adults Using Family Violence Case Management Service will connect you with a family violence case worker who can help you to identify family violence and the beliefs, values and attitudes that lead to family violence.

Our case workers help you to admit, accept and own your actions and behaviour.

They will help you challenge the beliefs, values and attitudes that might have allowed you to believe that your use of violence is acceptable.

If you are a parent or expecting a baby, we will help you learn skills and gain confidence to be able to be the best parent you can be, free from violence.

Our team can help you to connect with other services including:

- counselling for you and your family
- health and mental health
- alcohol and other drugs
- housing and homelessness
- men’s behavioural change programs
- parenting programs
- employment
- training and education
- legal advice

We can help people close to you who have been harmed or affected by your actions and behaviours by connecting them to services for victim-survivors and children.

Our service is based on an assertive outreach model. This means our case worker will be in regular contact and work with you closely to meet your goals.



Who can use this service?

People aged 18 years and over in Brimbank and Melton can use this service.

We work with people who use violence and control in their intimate partner relationships and/or with family members in their homes as well as anyone who is concerned about their or their family member’s use of family violence.

We work with people of any race, sexuality, gender identity, social class, education level, culture or religion.

Is there a fee?

This is a free service.

Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.



How do I book an appointment?



Scan the QR code and complete our online intake form or contact us on the details below.

P 1300 472 432
E uov.info@ipchealth.com.au

Other support:

1800RESPECT
P 1800 737 732
W 1800respect.org.au

Men’s Referral Service
P 1300 766 491
W ntv.org.au/get-help

MensLine Australia
P 1300 789 978
W mensline.org.au

Beyond Blue
P 1300 224 636
W beyondblue.org.au

InTouch
P 03 9413 6500
W intouch.org.au

Relationships Australia Victoria
P 03 8311 9222
W relationshipsaustralia.org.au

13Yarn
(First Nations clients)
P 13 92 76
W 13yarn.org.au

Brother to Brother
(First Nations clients)
P 1800 435 799

Rainbow Door
(LGBTQIA+ clients)
P 1800 729 367
W rainbowdoor.org.au

IndianCare
P 1300 005 040
W indiancare.org.au