



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.<sup>1</sup>

Over 90% of family violence perpetrators are male.<sup>2</sup>

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.

<sup>1</sup> Australian Bureau of Statistics. (2017). *Personal Safety, Australia 2016*

<sup>2</sup> Ibid.

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## User of Violence Case Management



### 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, 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 and telling lies or gossiping to ruin relationships
- coercive control: monitoring the person's movements, monitoring their internet or phone usage, stalking, threatening or intimidating and being jealous, or possessiveness
- or 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



## How we can help

Our 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, they will help you learn the skills and gain the confidence to be able to be the best parent you can be, free from violence.

Our Family Violence team can help you to connect with services such as:

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

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's services.

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

## Who can use this service?

This service is open to anyone who uses violence and control in their intimate partner relationships and with family members in their homes and anyone who is concerned about their or their family member's use of family violence.

Our case management program is currently only funded to provide services to users of violence over the age of 18 who live, work or study in the Melton local government area.

This service is open to people of any race, sexuality, gender identity, social class, education level, culture or religion.

## Is there a fee?

This service is free.

## Can I have an interpreter?

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



## How do I get help?

You can contact our case worker by completing our online intake form.



Scan the QR code with your phone to register your details.

Phone: 1300 472 432

Email: [uov.info@ipchealth.com.au](mailto:uov.info@ipchealth.com.au)

## Other support:

### 1800RESPECT

1800 737 732  
[1800respect.org.au](http://1800respect.org.au)

### Men's Referral Service

1300 766 491  
[ntv.org.au/get-help](http://ntv.org.au/get-help)

### MensLine Australia

1300 789 978  
[mensline.org.au](http://mensline.org.au)

### Beyond Blue

1300 224 636  
[beyondblue.org.au](http://beyondblue.org.au)

### InTouch

(03) 9413 6500  
[intouch.org.au](http://intouch.org.au)

### Relationships

### Australia Victoria

(03) 8311 9222  
[relationships victoria.org.au](http://relationships victoria.org.au)

### 13Yarn

(Aboriginal clients only)  
13 92 76  
[.13yarn.org.au](http://.13yarn.org.au)

### Brother to Brother

(Aboriginal clients only)  
1800 435 799

### Rainbow Door

(LGBTQIA+ clients)  
1800 729 367  
[rainbowdoor.org.au](http://rainbowdoor.org.au)

### IndianCare

1300 005 040  
[indiancare.org.au](http://indiancare.org.au)