

Family violence counselling

A free therapeutic service for people aged 16 and over who are affected by family violence.

Relationships Australia
VICTORIA



Everyone has the right to feel safe and free from abuse and violence in their relationships. If you're affected by family violence, we're here to help.

What is family violence?

Family violence is more than just physical assault.

It also includes a range of power and control behaviours which may include:

- direct or indirect threats
- fear and intimidation
- sexual assault
- emotional and psychological torment
- financial control
- social isolation
- pet abuse and threats of harm
- monitoring and surveillance of movement and social life
- spiritual and religious abuse
- coercive control
- manipulative behaviours such as gaslighting (making you question your perception of reality)
- other behaviours that cause you to live in fear.

Family violence can affect anyone, from any community, and of any age, gender and sexual preference throughout Australia.

Please note: This is not a crisis service.

If you feel unsafe right now, please call emergency services on 000.

How can counselling help?

It can be hard to get support if you're affected by family violence.

You might have a range of feelings about your experiences or seeking help, including feeling anxious, nervous or uncertain.

Our service can help you to manage any psychological, emotional and/or physical impacts you might be experiencing. These can affect people who experience family violence, as well as those who witness it, and may happen straight away or after some time. Our counselling service is a pathway to safety, healing, and recovery.

We provide a safe, non-judgmental, confidential space to:

- talk about your experiences
- understand that the violence done to you is never your fault
- receive support, validation, and trauma-informed care
- get help to manage the impacts of family violence in your life
- rebuild your self-esteem
- learn about positive, respectful, safe and fulfilling relationships.

We can also work to identify and connect you with other supports that may be helpful to you.

Whether you're currently experiencing family violence or have experienced it in the past, we're here to support you.

What support is available?

We can provide up to 8 free sessions of specialist counselling for people of any gender who are currently or have previously been affected by family violence.

Sessions are available in person at our centre in Cranbourne, or online via videoconferencing.

Who can attend?

We're funded to provide this service for people aged 16 and over who have a connection to any of the following areas:

- City of Boroondara
- Shire of Cardinia
- City of Casey
- Greater Dandenong City
- City of Hobsons Bay
- City of Keilor
- City of Brimbank
- City of Manningham
- City of Melbourne
- Melton
- Bacchus Marsh
- City of Monash
- City of Greater Shepparton

If you're not from these areas, we can still support you through our general counselling services. While fees do apply for our general counselling services, we try to make them as affordable as possible and will discuss fees with you when you contact us.

Visit www.rav.org.au/counselling to find your closest centre location.

About us

Relationships Australia Victoria (RAV) has over 75 years' experience providing family and relationship support services across Melbourne and Victoria.

We are committed to providing safe, inclusive and accessible services for all people.



RAV acknowledges First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia. We support their right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.

Contact us to get started

Please contact our Cranbourne Centre to find out how we can support you and your family.

You can:

- send us an online enquiry by scanning the QR code or visiting rav.org.au/affected-family-violence/counselling
- email enquiriesfvcounselling@rav.org.au
- call (03) 5990 1900.



Please note that this is not a crisis service.

Free crisis support

If you feel unsafe right now, please call emergency services on 000 (triple zero).

For a list of crisis support services, scan the QR code or visit rav.org.au/resources/services-for-people-affected-by-violence-abuse-and-trauma

