

What is domestic and family violence?

Domestic and family violence takes many forms. It includes

- Physical violence and assault

As well as behaviour which is more subtle but no less damaging, including:

- Intimidation and creating an environment of fear
- Emotional abuse
- Verbal abuse, whether shouting and screaming or constant put-downs and ridicule
- Social isolation, cutting the victim off from their family and friends
- Sexual abuse
- Financial control and other extreme controlling behaviour

Contact

(07) 4930 1500

FACITintake@anglicarecq.org.au

Level 1

AnglicareCQ Wellbeing Centre

14 Fitzroy St, Rockhampton



Queensland Government

Domestic and family violence service



About our services

Our Family Adolescent and Community Intervention Team (FACIT) works with people who experience or use domestic violence, and with children who have witnessed violence in the home. All our services are free and available to everyone, whatever your gender, background and situation. You do not need a referral to use our domestic and family violence services.

FACIT is based in the AnglicareCQ Wellbeing Centre in Fitzroy St, Rockhampton, and we also provide outreach services across the Rockhampton and Livingstone council areas.

FACIT can also provide:

- Parenting training and support
- Youth peer skills and personal development training
- Generalist counselling
- Specialist counselling services for children and families

What to expect

What you do while you're working with FACIT depends on your circumstances, priorities and goals. We can help with:

- Practical support
- Keeping yourself safe
- Legal matters and court support
- Housing
- Emotional support and counselling for individuals, families, and children who've witnessed or experienced violence
- Referral to other services which can provide extra help

If you're feeling trapped, we can help you explore your options and support you while you make decisions about your future.

If you need extra help, we can put you in touch with other agencies that provide specialist support, and other AnglicareCQ programs including housing and mental health services.

At your first appointment we'll discuss what's going on in your life and assess your safety. We'll also talk about what you'd like to achieve while you're working with us: there's no one-size-fits-all solution to domestic violence, so we'll come up with a plan based on your circumstances, priorities, and hopes for the future.

The first appointment is also an opportunity for you to learn to identify abuse. Abuse comes in many forms and can be subtle and hard to recognise, especially if you've been in that situation for a long time and it has come to feel normal. We can help you learn about the different kinds of abuse, and identify unhealthy behaviour in your relationship.

In later sessions, we'll follow up on your plan and provide practical help and emotional support as you work towards your goals.

All our services are confidential: your family, friends, workmates and community won't know you've come to see us unless you choose to tell them. However, we are obliged to tell other people about your situation in certain circumstances, such as notifying the police or ambulance when you or another person is in serious immediate danger of physical harm.