

COVID-19: DOMESTIC & FAMILY VIOLENCE

For men who want to stop hurting those they love

Life is so different for everyone right now – people are not going into work and spending a lot more time at home together. It can be a great opportunity for us to re-discover our families in fun new ways, and enjoy quality time together with partners.

But this might come with challenges as tensions can build and the release valves such as going to the gym, spending time with mates, or other favourite pastimes that help us relax are not available. These challenges can get in the way of you being the man you want and prefer to be as a father, son, or co-parent, and can have your lashing out at the people you love.



It's not your family's fault.

We need to take responsibility for our behaviour, and the impact of our behaviour on others, in all kinds of tough times, and this is one of them.



But sometimes we need support to do this.

So, if you are struggling or are concerned about how you are communicating and managing your stress, and how that might be impacting on your partner and children, don't put off seeking help. There are lots of resources out there. (see over) *

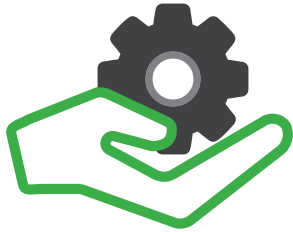


Whatever your situation, don't put off seeking help to do it.

You might also have some ideas about how you can connect with others – friends, colleagues, recreational or sporting groups that you belong to, but haven't been able to meet with recently - to talk about some of these challenging issues, and support each other through this tough time.



Remember that violence and abuse is always a choice. There are no excuses, and nothing and no one else is to blame for being abusive



Resources

Uniting Communities - Counselling for Men

Confidential counselling via phone or video call
(08) 8202 5190 (Mon-Fri, 9am-5pm)
counselling@unitingcommunities.org

SA COVID-19 Mental Health Support Line

phone, online chat, and video chat available
1800 632 753 (8am – 8pm, 7 days a week)

Staffed by counsellors who can provide immediate support and referrals to other services that can help.

Men's Referral Service

1300 766 491
(8am - 9pm Mon - Fri; 9am - 6pm Sat - Sun)

Mensline Australia

phone, online chat, and video chat available 24/7
1300 789 978

Ways to cope with stress during COVID-19

It is understandable that stress and anxiety may rise during this time. However, remember that violence and abuse is always a choice. There are no excuses, and nothing and no one else to blame for being abusive.

To cope with stress:

- Try and stay connected with friends and family outside of your home through phone, social media, and other contactless avenues
- Limit your exposure to news and media
- Get in contact with financial counselling services to deal with financial stress
- Get in contact with alcohol and other drug support services for issues with substance misuse

