



# Gippsland Women's Health Service

**Valuing Diversity,  
Inclusion & Equity**

## **Our Vision**

*To engage with women, communities, service providers and government to promote and enhance the health and wellbeing of women across Gippsland.*

## **Health Promotion**

Prevention of Violence Against Women  
Sexual and Reproductive Health  
Promoting Mental Health and Wellbeing  
Health Information and Education

## **Family Violence Reform**

Implementation of Regional  
& Statewide Strategies

## **Support Services**

McGrath Foundation Breast Care Nurse  
Wig Bank



56b Cunninghame Street, Sale  
Ph: 03 5143 1600 or 1800 805 448  
admin@gwhealth.asn.au  
[www.gwhealth.asn.au](http://www.gwhealth.asn.au)



REG. NO. A0024460W ABN 21 214 835 436

**HEALTHY RELATIONSHIPS**

# Healthy Relationships

Our relationships and families should provide us with the things we all need: like love, being cared for, support and safety. But sometimes this is not our experience...

## **Does your partner, your boyfriend or girlfriend, your friend, your carer, or a family member:**

- Make you feel uncomfortable or afraid?
- Often put you down, humiliate you, or make you feel worthless?
- Constantly check up on what you are doing or where you are going?
- Try to stop you from seeing your own friends or family?
- Make you feel afraid to disagree or say 'no' to them?
- Constantly accuse you of flirting with others when this isn't true?
- Tell you how the household finances should be spent, or stop you having any money for yourself?
- Stop you from having medical assistance?
- Scare or hurt you by being violent (like hitting, choking, smashing things, locking you in, driving dangerously to frighten you)
- Pressure or force you to do sexual things that you don't want to do?
- Threaten to hurt you, or to kill themselves if you say you want to end the relationship?
- Have your children heard or seen these things or been hurt themselves?

**If you have ticked 'yes' to any of these, then there are signs that you are not being treated right, or that you are being abused.**

**If you don't feel safe, respected and cared for, then something isn't right.**

## **Contact for help and support**

Women's Domestic Violence Crisis Service of Victoria  
**24 hour crisis support: 1800 015 188**

The Gippsland "**Stop Family Violence Card**" lists Local Support Services for Women, Children and Men. Find it on our website **[gwhealth.asn.au](http://gwhealth.asn.au)** or phone **5143 1600 / 1800 805 448 for a copy.**

Quiz reprinted with permission from the Domestic Violence Resource Centre Victoria [dvrcv.org.au](http://dvrcv.org.au)