

Ten Tips to thriving after Domestic Violence

- 1 Domestic Violence is NOT your fault.
- 2 Safety of you and your children is the number one priority.
- 3 Seek legal advice promptly.
- 4 ASK and make sure you are receiving all your entitlements and be aware of your rights.
- 5 Seek help, there is lots of assistance out there from the Police, family violence services, etc.
- 6 Seek support through friends, support groups and professional counselling. Build strong social networks.
- 7 Children are affected by family violence. Use your support networks to help with parenting - grandparents, teachers, youth workers, professional counselling.
- 8 See a financial counsellor to get your finances on track. The sooner you ask for help, the easier it is.
- 9 Take time out for yourself.
If you can't look after yourself, you can't look after your children.
- 10 Focus on the future and what you want from the future. Set yourself achievable short term and long term goals.