

Coronavirus (COVID-19): Supporting men: family and domestic violence response

TIP SHEET

The COVID-19 pandemic has had a significant impact on many aspects of our everyday lives. Restriction of movement, increased isolation in close quarters with others, loss of employment and reduction in social contacts are all considerable difficulties to face.

Many men may feel overwhelmed by these challenges. At this time, it might be helpful to ask yourself:

1. Are you having any concerns about how you are adapting to your new household routine?
2. Have there been any changes in support for you?
3. What are you most worried about for you and your family?
4. Have you acted in ways towards your partner or children during this time that you are not feeling good about?
5. Do you think your partner and children might be concerned about your behaviour at this time?
6. What specific actions would you be willing to take that might promote the safety and wellbeing of your partner and children during COVID-19?



Here are some strategies that might help support you and your family during this time:

- Try to keep a daily routine. Find opportunities for self-care and give yourself something to look forward to each day.
- Keep things in perspective. Remind yourself that this is a temporary situation which will pass.
- Make time for physical activity. Exercise increases the production of the brain's feel-good transmitters, endorphins. It can also help you relax, lower anxiety and improve your sleep.
- While keeping informed is important, try to limit consumption of news and social media coverage of COVID-19 that can feed anxiety.
- Connect with others and keep your support network strong where possible, even if you have to do this virtually. Reach out to

friends and colleagues. Let them know how you are doing.

- Recognise that this may also be a difficult time for your partner and children. Expect that children are likely to be more irritable and challenging. They may be feeling cooped up, missing friends and lacking a regular routine. Try to find opportunities to positively connect with them throughout the day, however small.
- If you think your behaviour is hurting the people you care about, allow yourself to reach out for help.

No matter how you feel during this time of hardship and extra stress, it is not okay to hurt your partner or your children. You remain responsible for your own behaviour, even under the added pressures COVID-19 may bring. Support continues to be available through the following services listed below. We are here to help.



We acknowledge violence in any form is wrong, and we offer counselling and support to any victims of violence, no matter their gender. If you know someone who has been the victim of domestic violence please ask them to contact us to discuss how we can help.

[Men's Domestic Violence Helpline](#) - 9223 1199 or 1800 000 599

A state-wide 24 hour service that provides counselling for men who are concerned about their violent and abusive behaviours.

[lifeline.org.au](#) - 13 11 14

A national charity providing 24 hour crisis support and suicide prevention services

[beyondblue.org.au](#) - 1300 224 636

Provides 24/7 information and support from trained mental health professionals

[suicidecallbackservice.org.au](#) - 1300 659 467

A nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.

[mensline.org.au](#) - 1300 78 99 78

A telephone and online support, information and referral service, for men with family and relationship concerns.

[clan.org.au](#)

CLAN offers support to people who have grown up in Orphanages, Children's Homes, Missions and Foster Care in Australia and New Zealand, or whose parents or other family members had this experience.

[Alcohol and Drug Information Service](#) -

9442 5000 or 1800 198 024

A confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

[Parent and Family Drug Support Line](#) 1800 653 203

A confidential, non-judgemental telephone counselling, information and referral service for anyone concerned about a loved one's alcohol or drug use. Callers have the option to speak to an experienced parent volunteer.

[Alcoholics Anonymous](#) - 1300 222 222

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.



Seeking Help

We offer programs, at no charge, for men, women, young people and children who have perpetrated, experienced or seen abuse in their families or in their relationships.

The *Family Abuse Integrated Response (FAIR)* program is based on best practice principles and guidelines, and clinical staff are trained about domestic violence to enable appropriate support to occur.

Djinda Service also provides support to Aboriginal and Torres Strait Islander women and children in the Perth metropolitan area affected by family violence and/or sexual assault. They are Aboriginal and non-Aboriginal women, mothers and sisters who care about the future of Aboriginal communities.

Please call FAIR on 6164 0270 or Djinda on 6164 0650 to let us know how we can support you and your family.

You can find out more about the range of support services we offer by visiting our website www.relationshipswa.org.au.

If you need immediate support, please contact:

[Lifeline](#) on 13 11 14

[Suicide Line](#) on 1300 651 251

[Mensline](#) on 1300 78 99 78

[Kids Helpline](#) on 1800 55 1800