



Our **Vision**

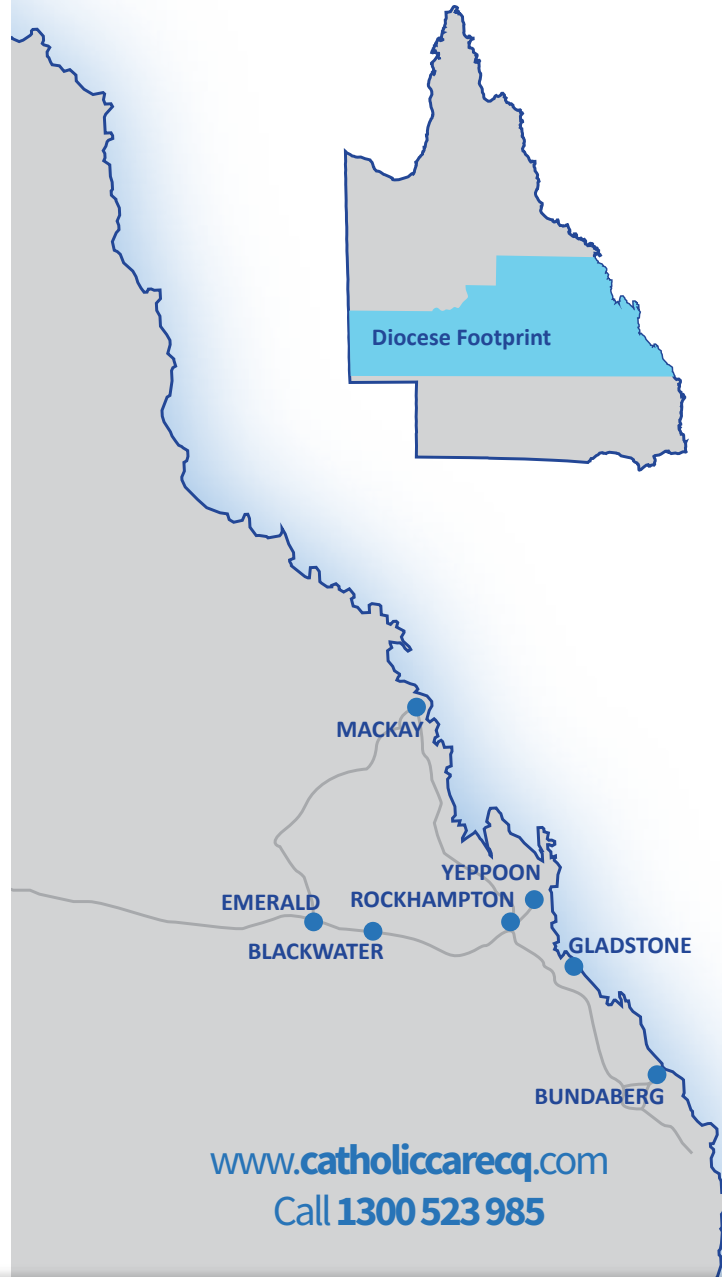
To be the first-choice provider of professional community services in the Catholic Diocese of Rockhampton.

Our **Mission**

To share in the healing ministry of Jesus, by providing professional community services to enhance the wellbeing of individuals and families.

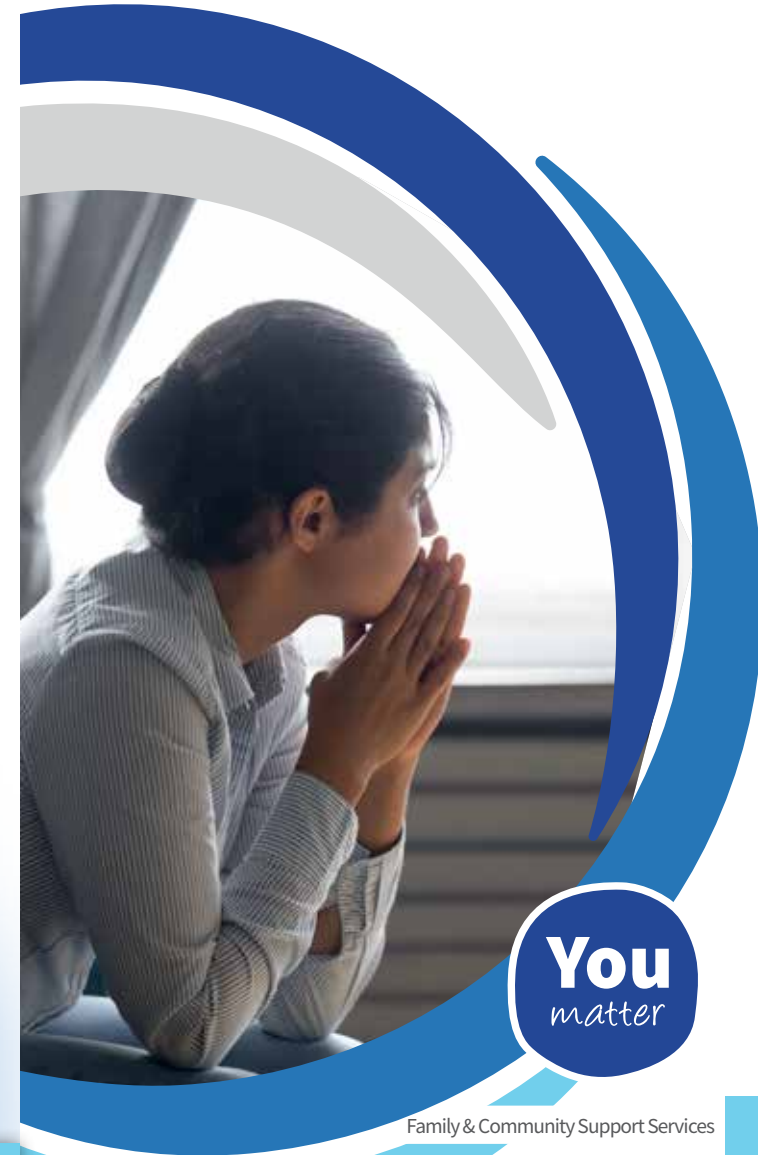
Our **Support Areas**

With offices across Central Queensland, a member of the CatholicCare team is never far away.



CatholicCare
CENTRAL QUEENSLAND

Identifying **Relationship Abuse**



What is Relationship Abuse?

Relationship abuse is any behaviour which causes the other person to experience physical (threatened or actual), psychological or emotional harm. There are many different types of abuse:

Physical Abuse

This can include things such as hitting, kicking, slapping, pushing, shaking, choking, using weapons or threats.

Social Abuse

- Repeated phone calls, text messages, emails
- Monitoring phone calls and social media
- Following or tracking you
- Contacting other people to gain information about you
- Depriving you of outside contact
- Public criticism
- Controlling what you wear
- Monitoring your movements and who you speak to
- Stalking.

Sexual Abuse

- Any indecent treatment including touching, groping or exposing body parts
- Being pressured/forced to take nude photos
- Rape
- Being pressured/forced to perform sexual acts.

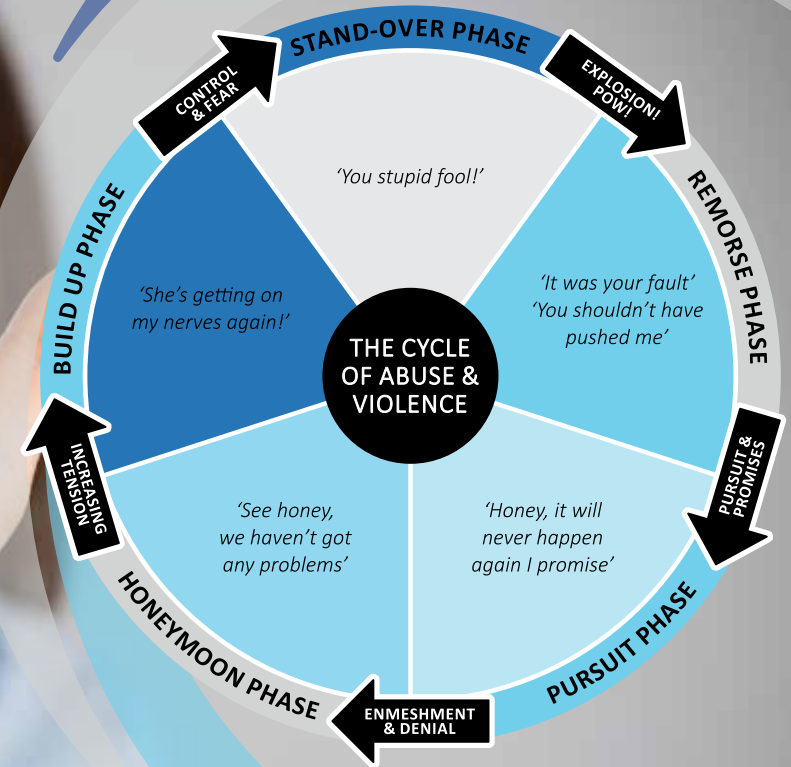
Spiritual & Cultural Abuse

- Not being allowed to practice your spiritual beliefs
- Being ridiculed for your spiritual & religious beliefs
- Not allowing you to use your own language or cook cultural foods
- Not allowing you to engage in cultural gatherings and ceremonies.

Verbal, Psychological & Emotional Abuse

- Damaging property
- Coercive behaviour
- Controlling
- Criticising
- Name calling
- Humiliation
- Ignoring
- Jealousy
- Aggression
- Manipulation
- Threatening (to commit harm to self or others, including pets).

Break the cycle of abuse & violence



Get Started Now

 **Online at:** www.catholiccarecq.com

 **Call:** 1300 523 985

 **Email:** admin@catholiccarecq.com

