

## Family Violence Disclosure Plan

In the event that someone discloses to you that they are experiencing family violence you will need to respond. How you respond will impact on the victim/survivors comfort and willingness to proceed with seeking help<sup>1</sup>. When responding to a disclosure it is important to:

- Show that you believe the person
- Take their concerns seriously
- Actively listen and without interruption
- Affirm that they have done the right thing in disclosing their experience
- Emphasise that they are not to blame for their experience
- Provide information about what you will do in response to the disclosure<sup>2</sup>.

You may need to refer them to a service that can provide specialist support, including risk assessment and risk management. **You should always consult the person before making a referral.**

You can contact any of the services below to make a referral:

Eastern Domestic Violence Outreach Service (EDVOS)

Phone: 9259 4200

Monday - Friday 9am - 8pm

Eastern Centre Against Sexual Assault (ECASA)

Business hours phone: 9870 7330 or 9870 7310

24 hours - 1800 806 292

Men's Referral Service

Phone: 1300 766 491

Monday - Friday 8am - 9pm

Weekends 9am - 5pm

## Looking After Yourself

Listening and supporting someone through a disclosure can take a toll on mental, emotional and sometimes physical health and wellbeing. Ensure that you take steps to look after yourself. Some steps may include; reaching out to someone that you trust, spending time with friends, resting, relaxing or having some time with no goals or tasks to be done.

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<sup>1</sup> <http://www.partnersinprevention.org.au/resources/responding-to-disclosures/>

<sup>2</sup> <http://www.partnersinprevention.org.au/resources/responding-to-disclosures/>