

Can you recognise the signs of domestic and family violence?

Signs that someone may be experiencing domestic violence or abuse are often overlooked and may be a combination or pattern of behaviour that just doesn't seem right. Some examples include, but are not limited to:

personality changes

- appearing distracted, depressed or overly jumpy
- displaying anxiety especially around their partner
- lack of concentration or difficulty making decisions
- unstable moods (e.g. teary, anxious, irritable or withdrawn)
- becoming unusually quiet or losing confidence

physical appearance

- frequent unexplained bruises or injuries
- wearing concealing clothing, even in warm weather

behaviour

- excessive absence or lateness (especially on Mondays)
- frequent or unusual work breaks, or unusual start and finish times
- receiving excessive personal calls, texts, emails or visits
- finishes phone calls when their partner enters
- reluctant to leave children or pets with partner
- leaves work quickly when partner arrives even if in the middle of a task
- hanging around later after work, seeming to not want to go home

things you've seen or heard

- mentions they suspect they are being followed or stalked
- partner continually checks in on them
- partner destroys property/belongings the person treasured
- says their partner gives them no or very controlled access to money
- change in relationship (divorce, separation, break-up, custody, starting new relationship) and seems very concerned about an ex-partner's reaction

If you suspect that you or someone you know is experiencing domestic violence or abuse, talk to your manager. There are support services and ways your workplace can help

For information and help:

