

# Safe and Healthy

## A DFV PRIMARY CARE INITIATIVE

If you suspect a patient may be experiencing Domestic Family Violence, follow your hunch and

### **START THE CONVERSATION.**

It could save a life.

Primary Care is well-placed to effect real and meaningful change for people experiencing Domestic Family Violence and Abuse by following these 3 simple steps:

### **1. SPOT THE SIGNS**

Primary Health Care often see patients for health concerns that could be early signs and symptoms of DFV, such as anxiety and depression.

### **2. START THE CONVERSATION**

If you suspect a patient may be experiencing Domestic Family Violence and Abuse, follow your hunch and start the conversation. It could save a life.

### **3. LINK FOR SUPPORT**

The PHN has created a Primary Care support system for victims of Domestic Family Violence and Abuse. If you have identified a patient experiencing DFV, Link for Support.

A conversation can save a life.

## START THE CONVERSATION

### USING THESE 4 STEPS:

#### 1. Ask the question

- ✓ "How are things at home?"
- ✓ "What happens when your partner gets angry?"
- ✓ "Sometimes partners use physical force. Is this happening to you?"

#### 2. Listen without judgement

- ✓ "I hear you. I believe you. I care and I am here for you"

#### 3. Validate their feelings

- ✓ "I'm so sorry this has happened to you."
- ✓ "Everybody deserves to be **SAFE AND HEALTHY.**"

#### 4. Encourage action

- ✓ "Can I ask you some more questions to help keep you safe?"
- ✓ "Can we develop a safety plan to help keep you **SAFE AND HEALTHY?**" "I would like to **LINK** you to a specialist support service. Is that okay?"

## LINK FOR SUPPORT.

[thephn.com.au/local-link](https://thephn.com.au/local-link)

