



# Walking on eggshells...

Child and adolescent violence in the family

Information Card

You are not alone – this behaviour is happening in many other families too.

It is estimated that between 10 and 15% of young people behave violently and abusively towards other family members. However the real figure may be far higher because of the silence surrounding the problem.

Parents have said:  
*We are unable to relax ... we are walking on eggshells 24/7*

## There is no excuse for violence and abuse

Parents may feel hopeless and helpless...that you are unsupported or that nothing can help.

## Emotional and practical support can be very useful.

There are services that can support you. Support from friends and family is very important for parents experiencing violence from their adolescent.

## Programs and Groups

Who's in charge?	
Southern Area	8326 2955
Northern Area	8255 3622
Western Area	1800 448 999
Toughlove-information	
	8449 2702
Southern Parent Support group	
Hackham	8186 6944
South Coast Neighbourhood Policing Team	
Elizabeth	8207 9466
Neighbourhood Policing Team	

## Services that offer assistance in the South

Southern Junction Community Services	
Christies Beach	8392 3000
Southern Adelaide Domestic Violence Service	
	8382 0066
Relationships Australia (SA)	
Marion	8377 5400
Cove Youth, Hallett Cove	
	8321 0600
Southern Women's Health Noarlunga	
	8384 9555
Seaford	8392 4500
Morphettvale	8325 8100

## Services that offer assistance in the North

<b>Northern Domestic Violence Service</b>	
Elizabeth South	8255 3622
<b>Reconnect</b>	
Salisbury	8202 5939
Elizabeth	8209 5450
<b>Centacare Family Counselling Team</b>	
Salisbury	8250 3694
Elizabeth	8252 2311
<b>UnitingCare Wesley, Youth &amp; Parent Services</b>	
Elizabeth/Modbury	8202 5160

## Services that offer assistance in the Central Area

<b>Centacare Family Relationship Service</b>	
Adelaide	8210 8200
<b>Anglicare</b>	
Hindmarsh	8301 4200
<b>Relationships Australia (SA)</b>	
Adelaide	8419 2000
<b>UnitingCare Wesley Youth &amp; Parent Services</b>	
	8202 5160

## Services that offer assistance in the East and Hills

<b>Lutheran Community Care Counselling</b>	
Magill	8331 3111
<b>Eastern Adelaide Domestic Violence Services</b>	
	8365 5033
<b>Adelaide Hills Community Health</b>	
Mt Barker	8393 1833
CAMHS	8391 3922
<b>Lutheran Community Care</b>	
Strathalbyn	8331 3111

## Services that offer assistance in the West

<b>Reconnect</b>	
Pt Adelaide/Enfield	1800 448 999
<b>Junction Community Centre</b>	
Ottoway	8341 1334
<b>Lutheran Community Care</b>	
Blair Athol	8269 9300
<b>Women's Health and Safety Port Adelaide</b>	
	8444 0700
<b>Western Adelaide Domestic Violence Services</b>	
	8268 7700

## Services that offer assistance in the Country

<b>Murray Bridge</b>	
Lutheran Community Centre	8531 3644
Women's Health Service	8535 6800
Reconnect ac care	8532 6192
<b>Country CAMHS</b>	
Pt Pirie: UnitingCare Country Reconnect	8632 5304
	8633 8600
<b>Port Augusta</b>	
UnitingCare Wesley	8642 4357
Clare: Growing Healthy Kids	8842 6500
<b>Gawler Health Community Services</b>	
	8521 2080
<b>Southern Fleurieu Health Service</b>	
	8552 0600

## Emergency Contact Numbers

Police Assistance	131444
Domestic Violence Helpline	1800 800 098
Parent Helpline	1300 364 100
Life Line	131 114
Crisis Care	131 611
Trace-A-Place	1300 306 046
Kids Helpline	1800 551 800

### Be persistent in finding help

1800 737 732 RESPECT: is a national sexual assault, family and domestic violence counselling line that operates 24/7.

**If you or anyone in the family is in danger, call Police on 000.**