



Contact Information	Counties Served	Services
<p>Prosecuting Attorney Victim Advocate 106 S. Second St. Poplar Bluff, MO 63901 Phone: 660-686-8060 Fax: 573-686-8077</p>		
<p>Sheriff's Department 200 Oak St. Poplar Bluff, MO 63901 Phone: 573-778-8030 Fax: 573-778-8016</p>		
<p>Haven House P.O. Box 4875 Poplar Bluff, MO 63902 Hotline: 800-491-1138 Phone: 573-686-4873 Fax: 573-686-6416 Email: haven@semo.net Website: www.havenhousepoplarbluff.com </p>	<p>Butler Carter, Ripley, Stoddard, and Wayne counties</p>	<ul style="list-style-type: none">• Shelter• Domestic violence• Case management• Court advocacy• Support groups for women• Professional therapy for women• Non-residential services• Batterers intervention
<p>Ozark Family Resource Agency Crisis Shelter PO Box 856 Doniphan, MO 63935 Hotline: 800-681-1419 Shelter: 573-351-1185 Office: 573-996-2648 Fax: 573-996-2649 Website: www.ofra.org </p>	<p>Butler, Carter, Oregon, Reynolds, Ripley, Shannon and Wayne counties</p>	<ul style="list-style-type: none">• Court, hospital and law enforcement advocacy• Crisis intervention• Motel placement• Individual therapy for women and children• Shelter• Support groups for women



ReachOut.com uses cookies to give you the best experience. Find out more about cookies and your privacy in our policy .



Signs of an abusive relationship

It's not always obvious that you're in an abusive relationship. Learn some of the key signs to look for. It's common for someone who is being abused to believe that it's their own fault and that they somehow 'deserve' the abuse. It's important to know that you're *never* to blame for the way an abusive person treats you.

This can help if:



- your partner tries to control your behaviour
- your partner threatens to harm you, your pets or people you love
- you're scared of your partner.

Key signs of an abusive relationship

An abusive relationship isn't just limited to physical violence. It can include sexual, emotional and physical abuse, and may involve control of your finances. Here are some signs to look for.

Possessiveness

- They check on you all the time to see where you are, what you're doing and who you're with.

- They try to control where you go and who you see, and get angry if you don't do what they say.

Jealousy

- They accuse you of being unfaithful or of flirting.
- They isolate you from family and friends, often by behaving rudely to them.

Put-downs

- They put you down, either publicly or privately, by attacking your intelligence, looks, mental health or capabilities.
- They constantly compare you unfavourably to others.
- They blame you for all the problems in your relationship, and for their violent outbursts.
- They say things like, 'No one else will want you.'

Threats

- They yell or sulk, and deliberately break things that you value.
- They threaten to use violence against you, your family, friends or a pet.

Physical and sexual violence

- They push, shove, hit or grab you, or make you have sex or do things you don't want to do.
- They harm you, your pets or your family members.



Things you might feel in an abusive relationship

'My partner isn't violent all the time – they love me'

Your violent partner may act loving towards you at other times and may truly feel sorry for their horrible behaviour. So, it might be hard to stay angry and upset with them. However, there is quite a high chance that their violent behaviour will continue. Abusers can be super-charming people, especially if they're trying to make you or others see them in a good light.

'Things will get better – they didn't mean it'

After a violent episode, it's common for both you and your abuser to try and downplay what happened with excuses, apologies or promises to change. Things might settle down for a bit, but it's often only a matter of time before it happens again. Abusive behaviour is very difficult to change, and usually requires professional help.

'It's so confusing – I'm sure it's a one-off'

If you're experiencing abuse, things can feel really confusing, especially if it's your first relationship. You might not be sure what to expect next. Abusers often try to influence your sense of what's real, to make you feel confused or even that you're going crazy. (This is known as 'gas-lighting'.) Statistically, though, if someone behaves violently once, they're very likely to do it again.

'Maybe it's *my* fault'

You may begin to think that you're to blame for your partner's abusive behaviour. An abuser may excuse their behaviour by saying something like, 'It wouldn't have happened if you hadn't...' The truth is that no matter what you do, another person's abusive behaviour is never your fault.

'I'm scared of what will happen if I leave them'

It's not unusual to feel afraid of leaving the person who's abusing you. You might feel unsafe, or scared of what the person might do to you or themselves. You might also feel that you aren't capable of making it on your own. It's important to remember that there are people who can help you every step of the way.

What can I do now?

- Find out what you can do about domestic violence .
- Try ReachOut NextStep to learn about the support options available for you.
- Seek help from local support services .

Tags

[Learn more](#)

[Tough times](#)

[Abuse and violence](#)

[Audio](#)



ReachOut.com uses cookies to give you the best experience. Find out more about cookies and your privacy in our policy .



Domestic violence support

If you're experiencing domestic violence, there are services available to help you regardless of where you live in Australia. The following domestic violence helplines can put you in touch with the right service for your needs, or provide a listening ear. They're available 24/7 nationally or locally in NSW, VIC, QLD, SA, WA, NT, TAS and ACT.

This can help if:

- you're a victim of domestic violence
- you want to know what help is available
- you have questions about domestic violence.



National support services

If you or someone you know is in immediate danger, call **000** immediately.

[The National Sexual Assault, Family & Domestic Violence Counselling Line](http://www.1800respect.org.au/) (<http://www.1800respect.org.au/>)

A free and confidential telephone and online service for any Australian experiencing, or who has experienced, domestic or family violence and/or sexual assault. It's available 24 hours a

day, 7 days a week.

Phone: 1800 RESPECT or 1800 737 732

Translating and Interpreting Service

Call 13 14 50 and ask them to contact 1800 RESPECT.

National Relay Service

For callers who are deaf or have a hearing or speech impairment.

TTY/Voice Calls: call 133 677 and ask them to contact 1800 RESPECT or 1800 737 732.

Speak and Listen: call 1300 555 727 and ask them to contact 1800 RESPECT.

Internet relay users

Visit the National Relay Service website and ask them to contact 1800 RESPECT or 1800 737 732.

ACT

Domestic Violence Crisis Service ACT

www.dvcs.org.au (<http://www.dvcs.org.au/>)

Phone: (02) 6280 0900

NSW

Domestic Violence Line

www.domesticviolence.nsw.gov.au/home

(<http://www.domesticviolence.nsw.gov.au/home/>)

Phone: 1800 65 64 63

QLD

DV Connect

www.dvconnect.org (<http://www.dvconnect.org>)

Phone: 1800 811 811

VIC

Safe Steps Family Violence Response Center

www.safesteps.org.au (<http://www.safesteps.org.au>)

Phone: 1800 015 188 or 03 9322 3555

WA

Women's Domestic Violence Helpline

Phone: 1800 007 339 or (08) 9223 1188

SA

Domestic Violence Crisis Service

Phone: 1300 782 200

Domestic Violence and Aboriginal Family Violence Gateway Service (including Domestic Violence Help Line)

Phone: 1800 800 098

TAS

Family Violence Response Referral line

www.safeathome.tas.gov.au/about_us

(http://www.safeathome.tas.gov.au/about_us)

Phone: 1800 633 937

NT

Dawn House

Phone: (08) 8945 1388

What can I do now?

- Contact 1800 RESPECT to find out more information and get support.
- Call **000** if you're in immediate danger.
- Trust your instincts. If you feel you're in an [abusive relationship](#), seek help.

Tags

Get help

Tough times

Abuse and violence

Article