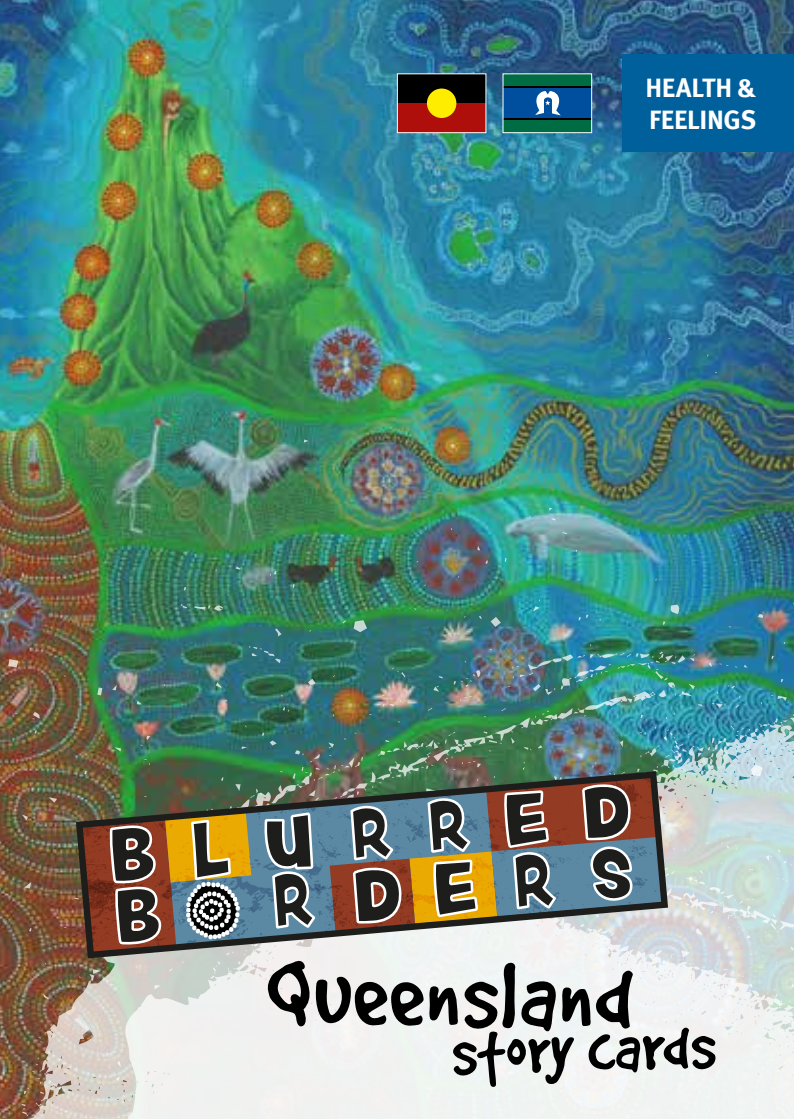




HEALTH &
FEELINGS



B L U R R E D
B O R D E R S

Queensland
story cards

Produced by



Partners



ATSILS

Aboriginal and
Torres Strait Islander
Legal Service (Qld) Ltd



QIFVLS

Queensland Indigenous
Family Violence Legal Service



Happy

Happy

- What things make you feel this way?



Hopeful

Hopeful

- What things make you feel this way?



Love

Love

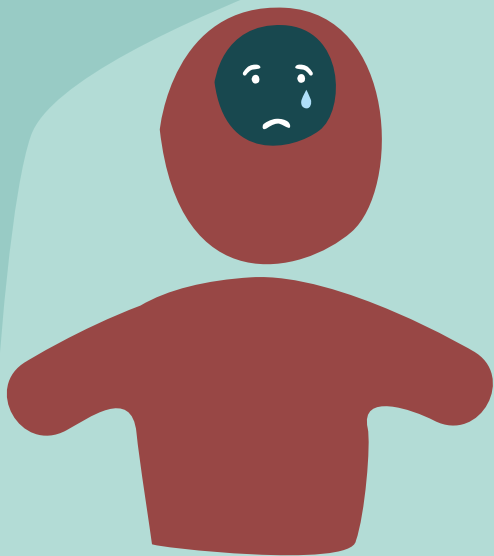
- What things make you feel this way?



Healthy mind

Healthy mind

- You feel right in your head.
- You think clearly and feel good.
- Not tired or mad.



Unhealthy
mind

Unhealthy mind

- You do not feel right in your head.
- You cannot think clearly. Maybe you:
 - are tired
 - are having bad thoughts
 - are always angry
 - do not feel in control.



Unhealthy
body

Unhealthy body

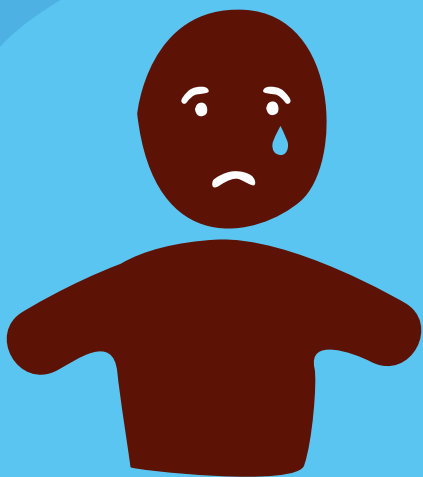
- When your body feels wrong.
- Maybe:
 - you are sick or hurt
 - you do not eat or sleep enough
 - you are drinking too much
 - you have been using drugs
 - you do not want to do anything.



Drugs/
alcohol

Drugs/alcohol

- Taking drugs or drinking too much alcohol can make you do dangerous or bad things.



Sad

Sad

- What things make you feel this way?



No hope

No hope

- What things make you feel this way?



Shame

Shame

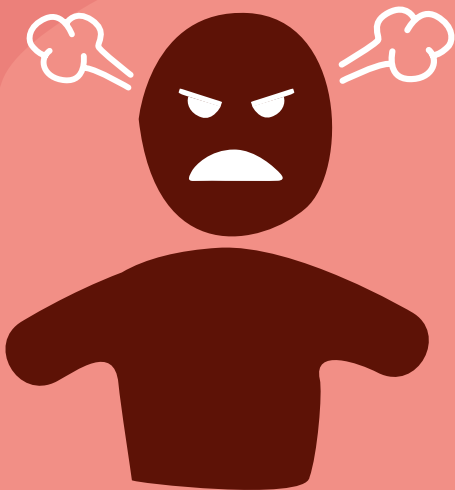
- Shame is when you feel:
 - guilty
 - ashamed
 - embarrassed
 - like you have done something wrong
 - like you have let your family down.
- You might feel shame about reporting things to the police or Child Safety.
- What things make you feel this way?



Worries

Worries

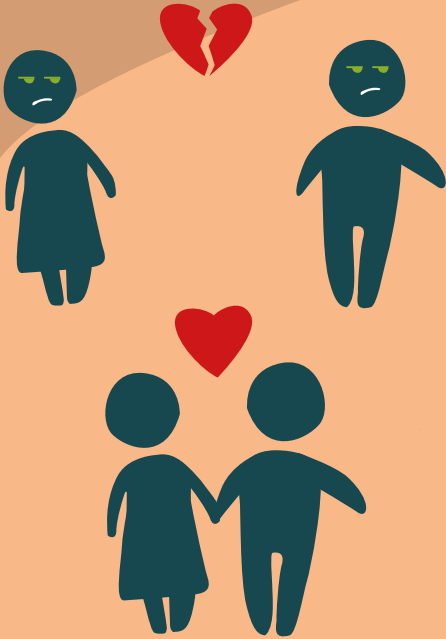
- What are your worries?
- Are you worried about:
 - your job?
 - your family?
 - money or bills?
 - where you can live?
 - your health or safety?
 - hurting yourself?
- There are lots of different people who can help you sort things out.



Angry

Angry

- What things make you feel this way?



Jealous

Jealous

- When you feel upset or angry because you think your partner might be doing something you do not like.
- You might not trust your partner.
- You might be having bad thoughts about your partner because of things they are doing now or things they have already done.
- What things make you feel this way?

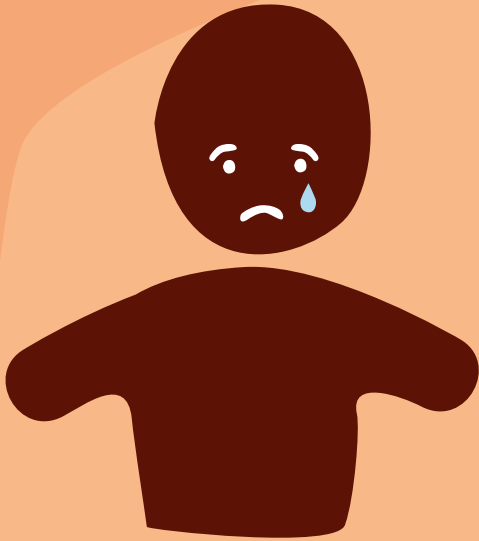


Getting
worse



Getting worse

- Things are getting worse in my life.
Bad things are happening more and more.
- This can be dangerous if it is
domestic violence.



Threats of
self harm



Threats of self harm

- Your ex-partner, partner or family says “I will hurt or kill myself”.
- They say this to make you feel sad, bad or scared.
- Maybe they want to stop you from doing something they do not want you to do, like leaving them.



Trauma

Trauma

- When bad things happen to a person — these can cause trauma.
- After the bad experience they might feel or think differently.
- For example:
 - someone dying
 - a bad car accident
 - war
 - violence or rape.
- Might change the way people live and behave.
- This person might lose their temper, be more violent, drink too much alcohol or take drugs, or not be able to work.
- People can try and heal from trauma by getting help.

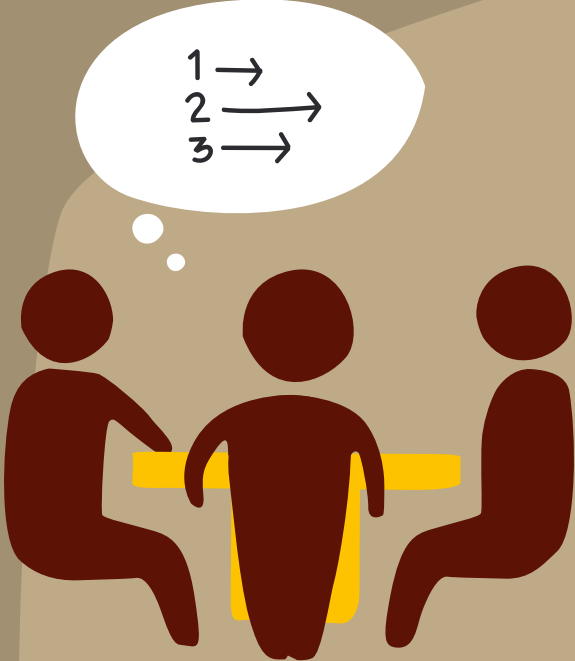


Healing from
trauma

Healing from trauma

- Trauma changes how a person thinks, feels and lives.
- When you have trauma in your life, you must think about how to heal so that you can feel good.
- Trauma will make your life difficult. You might give your trauma to your family and make their life difficult.
- There are people like counsellors and social workers, who can help you heal from trauma.

Things you can do

- 
- 1 →
2 →
3 →

Goals

Goals

- You, and everyone working with you, want to help sort out your problem.
- It is good to work together with your worker and your lawyer. This helps to:
 - sort things out
 - reach your goals.
- When you work together things get sorted out faster.



Strengths

Strengths

- What are you good at?
- What are the good things in your life right now?
- The people and things that help you stay safe and healthy.
- The people and things that make your home safe for your kids and help your kids grow healthy and strong.
- Your 'strengths.'
- Keep doing the things that make you and your kids healthy, safe and strong.



I do not
understand

I do not understand

- When you are talking to people in meetings, they might say things that confuse you.
- Do not feel embarrassed.
- It is okay to ask questions.
- You might say:
 - I am confused.
 - I do not understand.
 - Please slow down.
 - Please say that again.
 - Please explain that in a different way.

Things you can do



Please
listen

Please listen

- When you are talking to people in meetings, you might feel like they do not understand your story or your worries.
- You might say:
 - Please listen carefully to me.
 - I feel like you do not understand me.
 - There is more to my story.
- Tell them the things that are missing from your story.
- You might also ask a lawyer or support person to tell your story.

Things you can do



I need
time out

I need time out

- Sometimes when you are in a meeting you want to ask for a break.
- You might ask for a break if:
 - you feel upset and need time to calm down
 - there is too much information and you need time to think
 - you want to talk with your partner, a support person or your lawyer.
- You are allowed to say: can we please take a short break?

Things you can do



Plan for
safety

Plan for safety

- When you feel scared or worried that another person will hurt you or your kids, think about what you can do so you and your kids will be safe.
- Think about:
 - where to go
 - who can help
 - phone numbers to call
 - things to take like clothes and important documents.
- It is good to talk with someone you trust about your plan to stay safe.

Things you can do