# Recovery and Healing Online Toolkit

**Practical information, strategies and resources to support your recovery and healing journey**

## About the Toolkit

Recovery and healing after family and domestic violence can look different for everyone. It can involve many parts of life, including emotional wellbeing, physical health, relationships, identity, safety and practical circumstances.

The DVassist Recovery & Healing Online Toolkit brings together information, practical strategies, reflection activities and support resources to help people understand and navigate recovery and healing after family and domestic violence.

## Who is the Toolkit for?

The toolkit has been developed with the experiences of women living in regional, rural and remote Western Australia in mind.

It is freely available online and may also be helpful for other victim-survivors of family and domestic violence, as well as workers supporting people during recovery and healing.

## Why was the Toolkit developed?

The impacts of family and domestic violence can continue long after the violence has ended. Recovery and healing are not always straightforward, and different areas of life may be affected in different ways.

The toolkit aims to make practical, accessible and relevant recovery and healing information available in one place, particularly for people living in regional, rural and remote communities.

## How was the Toolkit developed?

The toolkit has been informed by:

- Feedback from DVassist clients about their recovery and healing needs.
- Feedback from DVassist counsellors.
- Consultation with people with lived experience of family and domestic violence.
- Australian research and evidence about recovery and healing after family and domestic violence.

These sources helped identify the topics, information and resources included in the toolkit.

# Exploring the Toolkit

The Recovery & Healing Online Toolkit is organised into ten content areas covering different aspects of recovery and healing.

## The first five content areas are available now

1. **Understanding Recovery and Healing**
   Information about what recovery and healing can involve, including the different areas of life that may be part of the process.

2. **Understanding Trauma and its Impacts**
   Information about trauma, common responses and how experiences of family and domestic violence can affect the mind, body and everyday life.

3. **Emotional Wellbeing and Coping**
   Information and practical strategies for understanding emotions, supporting emotional wellbeing and finding ways to cope.

4. **Reconnecting with Yourself**
   Activities and information to explore identity, personal strengths, values, self-worth and confidence.

5. **Safety, Freedom and Rebuilding Control**
   Information and resources about safety, choice and rebuilding a sense of control during recovery.

## More topics are coming

Five additional content areas will be added as the toolkit continues to develop.

## How to use the Toolkit

You can explore the toolkit in the way that works best for you.

- Each content area includes a selection of information sheets, practical resources, reflection activities and support pathways.
- You can choose the topics that feel most relevant to you, explore individual resources or download them to read later.
- You do not need to work through the content areas in order, and you can return to different topics whenever they may be useful.

## Finding support

The toolkit provides information and resources to support recovery and healing. It is not a replacement for individual counselling or specialist support.

DVassist provides free, specialist online counselling focused on recovery and healing after family and domestic violence for people aged 15 and over in regional, rural and remote Western Australia.

DVassist is not a crisis service. For information about immediate support and other specialist services, visit the **Support & Safety** section of the toolkit.