

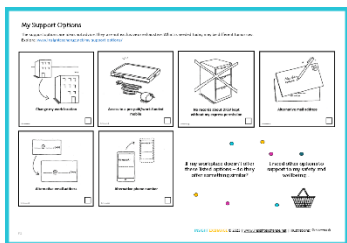
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My Support Options

www.insightexchange.net/my-support-options/

Are you experiencing domestic, family and sexualised violence and working? Do you know what **workplace support options** might be available to you?

Making decisions about your next steps relies on knowing what your options are. In some workplaces it can be difficult to find out what support options are available to you and how to access them.



My Support Options is designed to share with you examples of what victim-survivors of domestic, family and sexualised violence have wished for and/or asked for from their workplace. The options were identified in the publications listed (at the bottom of landing page). The support options are ideas not advice. They are not exclusive or exhaustive.

You can browse through the list at your own pace and decide which (if any) of the options you will search for or ask about in your workplace.

If your workplace doesn't provide the support option/s you need - they may be able to support you with something similar or provide support in how access the option elsewhere.

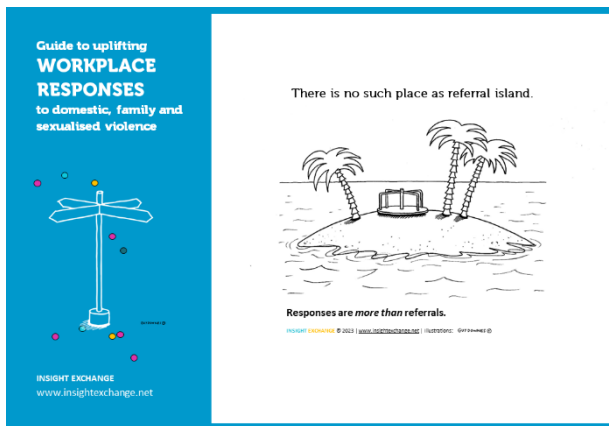
Guide: Uplifting workplace responses to DFSV

Workplaces as responders

Workplaces, are well placed to provide timely and significant support to victims-survivors of domestic, family and sexualised violence (DFSV). We encourage organisations to develop their understanding and readiness to respond in ways that uphold dignity and build on safety.

Purpose of this guide

This guide invites you to build on being a workplace that has insight-informed design and responses to people experiencing domestic, family and sexualised violence.



Open the [Guide: Uplifting workplace responses to domestic, family and sexualised violence](#).

Explore more about workplace responses at www.insightexchange.net/workplace-responses/

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