



# HELP WITH RELATIONSHIPS

It is important to have relationships with people that have a positive impact on you. Unhealthy relationships can be draining and lead to poor mental health and low self-esteem.

Relationships usually need the following qualities to be healthy:

- Communication
- Trust
- Respect

It is normal for relationships to have their ups and downs, but if you feel drained, unsafe, threatened or controlled by the other person you may like to reach out for help.

Here are a few resources, along with organisations that provide immediate support:

For everyone:

- Links for support, counselling and referrals 24/7 1800 737 732: <https://www.1800respect.org.au/>
- For a range of safety Apps: <https://www.1800respect.org.au/safety-apps-mobile-phones>
- Domestic Violence Support Contacts: <https://www.facs.nsw.gov.au/domestic-violence/services-and-support/contacts/a-z>
- Full Stop Australia 1800 385 578: <https://fullstop.org.au/>
- Wellmob links to information and resources: <https://wellmob.org.au/e-health-topics/keeping-safe/family-violence/>
- 13 YARN: <https://www.13yarn.org.au/>

For women:

- Charmed & Dangerous: <https://publications.legalaid.nsw.gov.au/PublicationsResourcesService/PublicationImprints/Files/754.pdf>

For men:

- Brother to Brother: <https://www.dardimunwurro.com.au/brother-to-brother/>
- Help for young Dads: <https://www.stayinontrack.com/>
- Mens Referral Service: <https://ntv.org.au/get-help/>
- Mensline: 1300 789 978 - 24/7: [www.mensline.org.au](http://www.mensline.org.au)

Legal, financial and counselling help:

- Aboriginal Family Domestic Violence Hotline 1800 019 123



## WOLLOTUKA WELLBEING

Wollotuka Counsellor  
02 4921 6469

The Wollotuka Institute  
02 4921 6863

[wollotukacounsellor@newcastle.edu.au](mailto:wollotukacounsellor@newcastle.edu.au)

Artwork: Stronger Together (2021) Artist: Darleen Cooper

