

WORRIED ABOUT YOUR RELATIONSHIP?



Steps you can take

Getting Support Early Before Things Reach Crisis Point

If a relationship is making you feel unsafe, controlled, anxious or isolated, it is important to reach out early. You do not need to wait for a crisis before getting support.

THINGS THAT MAY HELP EARLY:



Talk to someone you trust

This could be:

- a friend
- parent or family member
- teacher
- school counsellor
- wellbeing staff member
- psychologist
- support service

Talking things through with someone else can help you understand what is happening, recognise patterns and feel less alone.



Stay connected

Isolation makes abuse easier. People experiencing controlling relationships can slowly become isolated from the people and activities that support them.

Try to maintain contact with trusted friends, family and activities that are important to you.



Keep note of concerning behaviour

If safe to do so, documenting incidents, messages, screenshots, or patterns of behaviour may help you recognise patterns and explain what has been happening if you decide to seek support.

Only do this if it does not increase risk. Your safety comes first.



Think about your safety online

Consider:

- changing passwords
- reviewing who can see your location
- checking privacy settings
- turning off shared device access
- checking who has access to your accounts or devices

Remember

Reaching out does not mean you have to make a big decision straight away.

You can ask questions, talk through concerns and get support at any stage.

You deserve relationships where you feel safe, respected and supported.

Where to get help

If you or someone else is in immediate danger **call 000**

1800RESPECT

1800 737 732

24/7 national domestic, family and sexual violence counselling, information & support.

Kids Helpline

1800 55 1800

Free 24/7 counselling and support for young people aged 5–25.

Lifeline

13 11 14

24/7 crisis support if you feel overwhelmed or unable to cope.