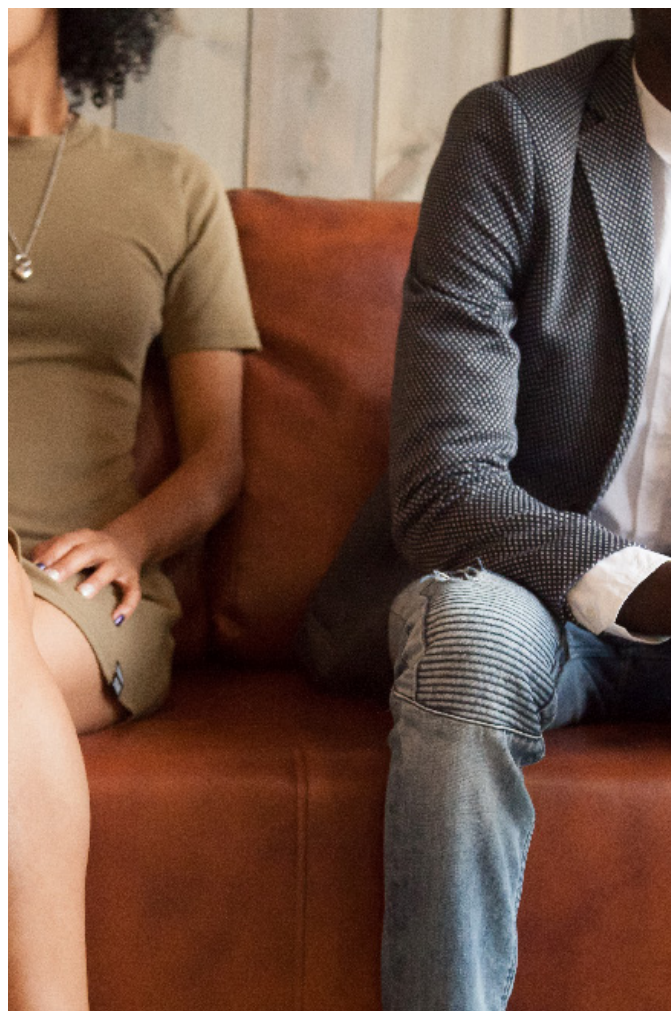


## Digital Mental Health for Relationship Conflict or Breakdown

Chronic and/or intense conflict with a partner, ex-partner or a family member can impact your mental health and even your physical wellbeing. Children exposed to chronic family conflict are at a greater risk of mental health and behavioural problems. Likewise, managing a relationship breakdown or separation can be a very challenging time.

Looking after your own mental health through relationship conflict or separation is important in both preventing mental health problems or managing existing mental health problems. Setting clear expectations, developing an effective and respectful communication style, learning how to support others, and being able to elicit support for yourself, are relationship tools that you will carry with you for life.

Digital mental health services can provide convenient and cost-effective information, support, and advice on managing your relationships so that you can take care of your mental health.



Scan to download a free PDF version from the eMHPrac Website



### CRISIS



#### Kids Helpline (5-25 yrs)

Phone, email and real time web-based crisis support and information on family conflict.  
<http://www.kidshelpline.com.au/>  
1800 55 1800



#### Beyond Blue Support Service

Telephone, online and email counselling for people going through a rough time. Information pages on resolving family conflict and supporting yourself through a family breakup.  
<https://www.beyondblue.org.au/get-support/talk-to-a-counsellor>  
1800 224 636



#### 1800RESPECT

Telephone and online counselling service to assist people experiencing sexual, domestic and family violence.  
<http://www.1800respect.org.au/>  
1800 727 732



#### Suicide Call Back Service (15+ yrs)

Phone and online counselling for people at risk of suicide. Registration required for online counselling.  
<http://www.suicidecallbackservice.org.au/>  
1300 659 467



#### Lifeline

Phone and real time online crisis support.  
<http://www.lifeline.org.au/crisis-chat/>  
13 11 14



#### Mensline Australia

Advice, therapy and support for men with family concerns and mental health issues. Telephone with call back, online and video counselling.  
<https://mensline.org.au/>  
1300 78 99 78

# Digital Mental Health for Relationship Conflict or Breakdown

## Digital Mental Health Gateway

### Head to Health

#### Head to Health

A website that links Australians to online and phone mental health services, information and resources.  
<https://www.headtohealth.gov.au/>

## Information Sites



#### Relationships Australia

Information, tips and advice on relationship issues.  
<https://relationships.org.au/>



#### ReachOut

Information on families and romantic relationships. Tips and moderated forums for youth and parents.  
<https://au.reachout.com>



#### Our Watch

Information, tools and resources for women and children experiencing or at risk of sexual assault, domestic and family violence.  
<https://www.ourwatch.org.au/>



#### Australian Psychological Society

Information factsheets on maintaining a healthy relationship and common causes of relationship issues.  
<https://www.psychology.org.au/for-the-public/Psychology-topics/Relationship-problems>



#### eSafety Commissioner

Information website guiding users to determine ways to keep themselves safe online.  
<https://www.esafety.gov.au/>



#### The Line

Information for young men aged 14+ about dating, relationships, masculinity and emotions.  
<https://www.theline.org.au/>



#### Healthy Families

Website with interactive forums on a range of family wellbeing topics, including separation and family conflict.  
<https://healthyfamilies.beyondblue.org.au/>

## Phone Services



#### Full Stop Australia

Telephone and online counselling for people of all genders whose lives have been impacted by sexual assault.  
<https://fullstop.org.au/>  
1800 385 578



#### Brother to Brother

24hr phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope.  
<https://www.dardimunwurro.com.au/brother-to-brother/>  
1800 435 799



## Family Relationships Online

Advice line and information about family issues including separating, parenting after separation and dealing with family and domestic violence.  
<https://www.familyrelationships.gov.au/>  
1800 050 321



## QLife

Peer supported telephone and web-based services to diverse people of all ages experiencing poor mental health or distress.  
[www.qlife.org.au](http://www.qlife.org.au)  
1800 184 527

## Apps



### Breakup Shakeup

A behaviour activation app that provides fun, easy activities that help young people (14-25 yrs) cope after a breakup.  
Available on Apple App Store.



### Daisy

An app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area.  
Available on Apple App Store and Google Play.

## Online Programs



### Say It Out Loud

Online tools and information on health relationships amongst the LGBTIQ+ community.  
<https://sayitoutloud.org.au/>



### What's OK at Home?

Website assisting young people and their carers in identifying family violence and guides them in keeping themselves safe and seeking support.  
<https://woah.org.au/>



### E-Couch

A self-help interactive program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss and grief. It teaches evidence-based strategies drawn from cognitive behavioural and interpersonal therapies.  
<https://ecouch.com.au/home>



### Parents Beyond Breakup

Online support for Dads in Distress and Mums in Distress experiencing trauma related to family breakdown and separation from their former partners and children. Information, advice, telephone counselling and online peer support.  
<http://www.parentsbeyondbreakup.com/>  
1300 853 437



### Burndawan

Online program and information about harmful behaviours from a partner or family member for Aboriginal and Torres Strait Islander people.  
<https://burndawan.com.au/>