

Worried About Your Own Behaviour

Are you worried by something that you have said or done to hurt someone that you care about? It can be hard to admit when you have used violence, threats or put others down, or used controlling actions in a relationship. You might find it difficult to admit what you have done or how it has impacted others. Learning about how to change behaviours that you are concerned about is your responsibility and you can change by engaging in support options.

The following programs are digital interventions for men and women who are worried about their own behaviour within their relationship. Digital interventions can be used alone or in combination with face-to-face support and offer information, support and tools to improve your relationships in a discreet manner.

Scan to download a free PDF version from the eMHPrac Website



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.
headtohealth.gov.au

Crisis Services



Suicide Call Back Service (15+ yrs)

Phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling.

1300 659 469
<http://www.suicidcallbackservice.org.au/>



Kids Helpline (5-25 yrs)

Phone, email and real time web-based crisis support and information.

1800 55 1800
<http://www.kidshelpline.com.au/>



Beyond Blue Support Service

Telephone, online and email counselling for people going through a tough time.

1800 224 636
<http://www.beyondblue.org.au/getsupport/get-immediate-support>

Online Programs



My Safety

Student resource for people who have experienced sexual or violent behaviour or who are worried about their own behaviour.
mysafety.org.au



Centre for Clinical Interventions

Worksheets on interpersonal problems, assertive communication and other coping tools.
<https://www.cci.health.wa.gov.au/>

Phone Services

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. The line is staffed by Aboriginal men, including Elders, with a lived experience.

1800 435 799

<https://www.dardimunwurro.com.au/brother-to-brother/>



Mensline Australia

24hr advice, therapy, and support for men with family and relationship concerns. Telephone with call back, online and video counselling. Registration required for online counselling.

1300 78 99 78

www.mensline.org.au



Changing for Good

Telephone counselling and online support to help men stop using violence in their family and relationships. Men must have completed a behaviour change program in the previous 6 months.

<https://mensline.org.au/family-violence/changing-for-good/>



No to Violence

Telephone counselling, information and referral service for men taking responsibility for their violent behaviour (or seeking information on behalf of male partners/friends/family members).

1300 766 491

www.ntv.org.au



Parents Beyond Breakup

Supports parents experiencing trauma through family breakdown and separation but also acknowledges the specific issues of parent-child contact and custody battles.

1300 853 437

<https://parentsbeyondbreakup.com/>



Information Sites

The Line

Information and articles for young men aged 14+ about dating, relationships, masculinity and emotions.

<https://www.theline.org.au/>



Relationships Australia

Tip sheets on healthy relationships, including dealing with anger and improving communication.

<http://www.relationships.org.au/>

