

Are you worried about your relationships?

We can all feel upset or angry with our loved ones sometimes. It's what we do with these feelings that matters. Feeling angry is never an excuse to hurt or control someone.

Have you ever?

Stopped your partner from working or studying?

Withheld money from family members?

Physically hit or threatened to hit your partner and/or children?

Scared your wife or children by screaming, yelling or threatening them?

Pressured your partner to do something they don't want to do?

Told a family member that you will cancel their visa if they don't do what you say?

Criticised your partner or made her feel bad about herself?



Taking action to change your behaviour can be the most rewarding step to having a loving, safe and respectful relationship with our partner, children and family members.

Getting help

Men's Referral Service
provides advice and free counselling.
☎ 1300 766 491

Mensline Australia
supports men and boys who are dealing with family and relationship problems.
☎ 1300 789 978

The Orange Door
is a free service for anyone experiencing family violence.
☎ 1800 319 355



Call the free National Translating and Interpreting Service on **13 14 50** and ask them to contact the support service for you.



Whittlesea Community Connections acknowledges the support of the Victorian Government.