Relationship breakdown in one page

Where to start

Where do I go for help after a break-up?

Start with two places: a GP, for Medicare-funded sessions with a psychologist, and the Family Relationship Advice Line, 1800 050 321, for mediation and family services. The Advice Line is not a 24/7 line.

- Legal: start with legal aid.
- Relationships Australia: 1300 364 277.
- MensLine Australia: 1300 78 99 78, free, 24/7.

Treatment

Can I get a mental health plan after a break-up?

Yes, if your GP judges the break-up has left you with a significant impairment and records a provisional or formal diagnosis. The plan is for you alone. Couples counselling is not a Better Access service.

What it costs

What is a Family Relationship Centre?

Mostly free. Information, referral, individual sessions and the first hour of joint mediation cost nothing. If you earn $50,000 or more, hours two and three cost $30 an hour (government page, June 2024).

- A Centre offers information, referral and solo sessions.

Read next

- What family violence services are there? →
- Who decides where the children live? →
- Where do I get free legal help after separating? →
- Do I have to try mediation before court? →
- Do I have to do mediation after family violence? →
- What do I tell Centrelink when I separate? →

The break-up quiz →

Find these at haihealth.au/blog/relationship-breakdown

In danger? Call 000. Lifeline 13 11 14, text 0477 13 11 14, or chat online.

Suicide Call Back Service 1300 659 467. Free counselling by phone or video, any hour.

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