

# GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



headspace

National Youth Mental Health Foundation

## STRONG AND HEALTHY RELATIONSHIPS

Good relationships can make you feel happy and confident. They can help get you through tough times. It's deadly to share, care, laugh and love with your mob and bond over culture, community, kinship and family.



### FAMILY

KINSHIP COUSINS  
**SAFE PLACE**  
ROLE MODELS SUPPORT  
CLAN PARENTS  
AUNTIES AND UNCLES  
BROTHERS AND SISTERS

### PARTNERS

LOVE TRUST  
TRUTH HONEST  
RESPECT  
UNDERSTANDING  
CARING KIND  
LOYAL STRONG

### MOBS

FRIENDS SPORTS TEAM  
ELDERS SCHOOL  
MATES MENTORS  
WORK PEERS  
YOUTH GROUPS COMMUNITY  
CULTURE GROUPS

## MAINTAINING FAMILY RELATIONSHIPS

Family relationships can sometimes break down because of many reasons. Disagreements, arguments and fights with family can leave you feeling down.

Maintaining your relationship with your family and keeping it strong can be really important in helping you feel deadly. Relationships with family can sometimes be tough, so there's no shame in talking to someone you can trust about what's going on and how to get things back on track.



# SIGNS OF AN UNHEALTHY RELATIONSHIP WITH YOUR PARTNER OR FRIEND

**POSSESSIVENESS** – when they’re checking up on you all the time and controlling where you go and who you see.

**JEALOUSY** – when they accuse you of cheating, keep you from seeing your mob or talking to other people.

**PUT DOWNS** – when they run you down, shame you up and say stuff that makes you feel like you’re no good.

**THREATS** – when they make threats that they will hurt you, your mob or your friends. Yelling, sulking and breaking things are forms of abuse.

**PHYSICAL OR SEXUAL VIOLENCE** – shoving, hitting, forcing you to have sex or do things you don’t want to do.

When relationships aren’t good, and close friendships and relationships break down, it can be really hard to deal with. You may notice that you feel down, have less motivation to do things, have trouble sleeping or lose your appetite.

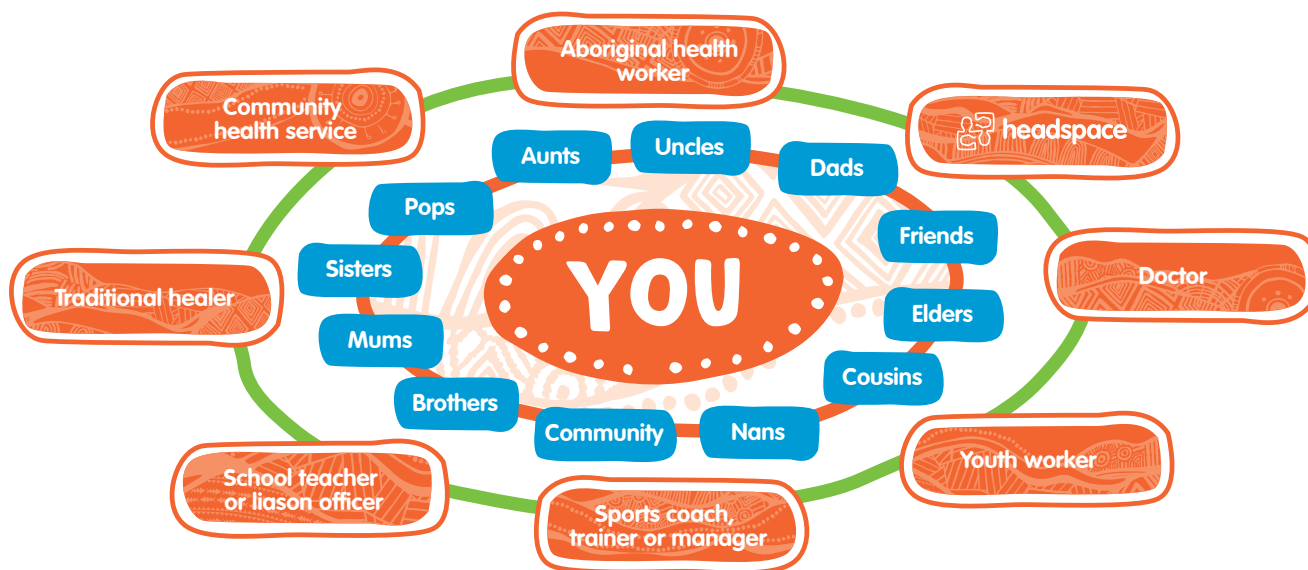
Maintaining friendships and keeping them strong is not always easy. Some friends make you laugh, some are always there for you, some have been around for as long as you can remember.

Different friendships will keep you happy and strong in different parts of your life. Friendships will change over time and sometimes they can turn into unhealthy relationships. Not all friends are good for you and it’s important to figure out which ones are strong and which ones you are better off without.



## LOOK AFTER YOURSELF

If you’re having worries about a friendship or relationship, it can be helpful to talk to the person about it or yarn with someone that you trust.



AGED 12-25?

## HOW HEADSPACE CAN HELP

**headspace** is your space to yarn safe. **headspace** can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

**headspace** has centres where you can yarn to someone face-to-face, or you can contact our online and telephone support service, [ehheadspace.org.au](http://ehheadspace.org.au) or 1800 650 890. Remember, if you or a friend have a big worry and need urgent medical help, you need to call 000 straight away.

FIND OUT MORE AT [WWW.YARNSAFE.ORG.AU](http://WWW.YARNSAFE.ORG.AU)



**headspace** would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia’s First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

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