

**ARE YOU,  
OR SOMEONE YOU  
KNOW, IN AN ABUSIVE  
RELATIONSHIP?**



[YOURTOOLKIT.COM.AU](https://yourtoolkit.com.au)

**WE KNOW IT'S HARD,  
YOU ARE NOT ALONE.**



SCAN ME

Find all the information you need at [\*\*YOURTOOLKIT.COM.AU\*\*](https://yourtoolkit.com.au)

### **KEEP SAFE**

tech safety, safety in the home and in public, planning to leave, emergency assistance, family violence restraining orders

### **MANAGE YOUR MONEY**

financial assistance and grants; tips for dealing with banks and Centrelink; Centrelink payments and services; budgeting, saving, credit, debt, superannuation and insurances;

### **FIND SUPPORT**

accommodation information, refuges, rental assistance and tenancy support, legal supports, helplines, financial counselling;