


**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;