



Managing Separation? We're Here to Help

If you're separated or separating, there is support available for you and your family.



Relationships[™]
AUSTRALIA • NT

Find a way[☀]

Counselling

Talk to someone in a safe and private space.

We offer counselling for:

- Adults
- Children
- Couples
- Families



Mediation

Having trouble agreeing on things?
Mediation can help.

- A trained person (mediator) helps both sides talk and find fair solutions.
- Everyone gets a chance to speak and be heard.
- The goal is to reach an agreement that works for everyone.

Parenting Support After Separation

Join a Post-Separation Cooperative Parenting group.

- Learn how to work with your co-parent.
- Focus on what's best for your children.
- Take care of your own wellbeing too.

Need support or want to know more?

- 📞 1300 458 600
- ✉ rantreception@ra-nt.org.au
- 🌐 nt.relationships.org.au



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