

## SAFETY & WELLBEING

If you are concerned about stalking, personal safety and general wellbeing, have you informed your friends, relatives and co-workers about your changed relationship?

### Have you changed your:

- Household locks
- Phone number/mobile phone numbers for you and your children
- Email addresses
- Online social networking identities (Facebook, etc) for you and your children
- Passwords

### Do you need to speak to a:

- Financial Counsellor
- Relationship Counsellor
- Separation Counsellor
- Personal Counsellor
- Domestic Violence Outreach Worker

## PHONE NUMBERS & WEBSITES FOR ADVICE

**My family is separating — what now?**  
[www.familyseparation.humanservices.gov.au](http://www.familyseparation.humanservices.gov.au)

**Beyond Blue**  
1300 22 46 36  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Youth Beyond Blue**  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

**Lifeline** (24 hour) 13 11 14

**Women's Domestic Violence Crisis**  
9928 9600 or 1800 015 188  
[www.safesteps.org.au](http://www.safesteps.org.au)

**WIRE (Women's Information)**  
1300 134 130  
[www.wire.org.au](http://www.wire.org.au)

**Kids Help Line**  
1800 551 800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Dad's in Distress**  
1300 853 437  
[www.parentsbeyondbreakup.com](http://www.parentsbeyondbreakup.com)

**Men's Referral Service** (Violence issues)  
9487 4500 or 1300 766 491

**Mensline** (Crisis Support for Men)  
1300 789 978

# Separation Checklist

March 2020

## Do I need to...?



## IDEAS TO CONSIDER IMMEDIATELY



35 Beach Street, Frankston  
Phone: 9783 7284

## LEGAL, FINANCES & ASSETS

There are many myths circulating about the amount of child maintenance you are likely to pay or receive, and how your combined assets and property will be divided. You will hear many stories of other separations, but not all the facts.

Never assume that because your partner left you, you will receive more money or assets at settlement, or if you have children, you will gain full custody rights. Every separation situation is different and you must seek legal advice immediately.

### Have you?

#### Checked if you are eligible for a:

- Centrelink Benefit  
(ie: Health Care Card)

#### Made an appointment with a:

- Mediator
- Free Legal Service or Solicitor

#### Created a list of assets? Include:

- Property
- Vehicles
- Caravan, boat, motorbike
- Bank accounts
- Furniture
- TV, fridge, washing machine
- Other household appliances

## Have you?

#### Informed:

- Your bank
- Estate Agent (if renting)
- Your child's school
- Pre-school
- Child Support Agency

#### Changed your:

- Joint Account Bank details
- Will or Power of Attorney
- Insurance Policies
- Superannuation details

#### Changed the account holder's name:

- Credit Card Account
- Phone Account
- Mobile Phone Account
- Power bills
- Gas bills
- Water bills
- Toll Road Account
- Car registration with VicRoads

#### Created a household budget?

- Weekly spend
- Fortnightly spend
- Annual spend

## Before your bills get on top of you...

It may be a good idea to set up a payment plan or arrange to have payments come directly out of your Centrelink payment.

- Set up a bill payment plan through Centrepay or EasyPay
- Set up a bill payment plan through your utility company
- Organise temporary changes to mortgage repayments
- Organise temporary changes to car loan repayments

If you urgently need to purchase another car have you considered?

- Running costs
- Repayments
- Repairs
- Whether it is suitable to take out your children? (ie: utility or tray truck)