

# Healthy relationships



## TIP SHEET

**Positive, safe and respectful relationships are fundamental to health and wellbeing.**

**All relationships can have both unhelpful and helpful moments, but the key is to have more good times than tricky times.**

**It's important though to know that there's a difference between unhelpful moments and unsafe moments in relationships.**

**At the end of the day, you should always feel safe in your relationship.**

## Signs of a healthy relationship

- **Equality**, where both people in the relationship feel like they can talk about their experiences or speak their minds without feeling worried, scared or criticised. There is a sense of fairness about how decisions get made and compromises are even.
- **Mutual respect** for who the other person is. You don't have to agree on everything, but you understand and respect each other's values, opinions and boundaries.
- **Trust** in one another.
- **Good communication**, involving both talking and listening, and listening and talking. That is, you each get an opportunity to talk and be heard.
- **Separate identities**. You can each be yourself, while being together.
- **Support for each other** in pursuing individual passions and interests.



## Changing your relationship

If you feel that there are more unhealthy than healthy moments in your relationship, it's important to know that this can change **if both people are willing to try, and it's safe to do so.**

- **Discuss how you're feeling** with your partner.
- **Make a commitment** to change what's happening.
- **Try to make those changes** in your relationship.
- **Seek further help**, such as from a counsellor, if you feel you need more support,

## Need support?

We provide counselling for individuals, couples and families. Visit [www.rav.org.au/counselling](http://www.rav.org.au/counselling) to find your nearest centre.

Please note: We are not a crisis service. If you feel unsafe and need help now, call 000 (triple zero). For 24/7 crisis support, call **Lifeline** on 13 11 14 or **1800RESPECT** on 1800 737 732.

## About us

Relationships Australia Victoria has over 70 years' experience providing family and relationship support services across Melbourne and Victoria.

We are committed to providing safe, inclusive and accessible services for all people.



We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and we support Aboriginal people's right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.

*Relationships Australia*  
VICTORIA