

Support during separation

Separation can be difficult and often requires dealing with a number of significant changes in a short space of time.

An early, important step to take during or after separation is to obtain legal advice from a family lawyer about your options and rights.

There are often several challenges and issues that arise when a relationship breaks down, and further support beyond legal advice may be required. Other professionals and support services can assist, alongside your legal representative, to help you navigate a separation. An accountant, for example, is critical to ensuring you understand the financial and tax implications of proposed property divisions.

There are many support services available.

Family and Parenting Support:

- Bethany Community Support – provides a number of programs and services in the Geelong region, including parenting courses, counselling and child contact services
- Family Relationship Centre – provides counselling, emergency relief, parenting programs and mediation, as well as several other services

- Relationship Matters – provides counselling and mediation services and have many programs including parenting programs and couple programs
- Barwon Child, Youth & Family – provides support to children, young people and their families, including assisting with parenting skills, mental health, drug and alcohol issues and housing.

Family Violence Support Services:

- The Orange Door – for adults and children experiencing or who have experienced family violence. They provide access to a range of family violence and family services and can connect you with services to assist with other issues you may be encountering
- Safe Steps – a family violence response centre with a 24/7 crisis phone line. They can assist with risk assessments, safety planning and provide information and referrals
- 1800 Respect – a family violence counselling, information and referral service with a 24/7 phone line and online chat.

Mental Health Support:

- Lifeline – provides a 24/7 crisis support service, with phone, text and online chat options

- GenU – provide low intensity mental health support for eligible people, including individual support and group programs. You can also speak to your doctor about obtaining a Mental Health Care Plan or referral to a counsellor or other professional to address issues such as grief and loss arising from separation. Wightons Lawyers Family Law Team can provide advice about your options and direct you to appropriate support services to assist following separation.

We invite you to contact our office on 5221 8777 to make an appointment with our Family Law Team.

This article is general information only and is not legal advice or a substitution for such advice.

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Wightons Lawyers

Family Law

Our dedicated Family Law team understand the impact of separation on families and that each matter is unique.

FAMILY LAW SERVICES

- Financial Agreements
- “Prenuptial” Agreements
- Divorce and Separation
- Dispute Resolution Process
- De facto Relationships
- LGBTQI+
- Property Settlements
- Spousal Maintenance
- Parenting Arrangements
- Child Support
- Adoption
- Relocation Applications
- Recovery Orders
- International Child Abduction
- Family violence and Intervention Orders

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Our Family Law team are available by appointment at our Geelong, Corio and Ocean Grove offices.



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