

# SAFETY AND 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.

## Do you need to speak to:

- Financial Counsellor
- Relationship Counsellor
- Separation Counsellor
- Personal Counsellor
- Domestic Violence Outreach Worker
- Magistrates' Court for an Intervention Order

## Phone numbers and websites for advice

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

**Beyond Blue**  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

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

**Lifeline** (24 hour) 131 114

**Women's Domestic Violence Crisis**  
9322 3555 (24 hour) 1800 015 188  
[www.wdvcs.org.au](http://www.wdvcs.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.kidshelp.com.au](http://www.kidshelp.com.au)

**Dad's in Distress**  
1300 853 437  
[www.dadsindistress.asn.au](http://www.dadsindistress.asn.au)

**Men's Referral Service** (Violence issues)  
9428 2899 or 1800 065 973 (Regional Vic)

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



**FRANKSTON COMMUNITY SUPPORT AND INFORMATION CENTRE**  
Inc. Reg. No. A0000431J ABN 95 426 151 625

Tailored information for Sole Parents  
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# Separation Checklist

November 2010

Do I need to...?



## IDEAS TO CONSIDER IMMEDIATELY

**FRANKSTON**  
COMMUNITY & SUPPORT  
INFORMATION CENTRE

68 Playne Street, Frankston  
Phone: 9768 1600

# LEGAL, FINANCES AND 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  
(eg Health Care Card)

### Made an appointment with your:

- Your 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 Easyway
- 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 and
- Suitability for taking out your children?