



# When Separating

## Kids can talk to...

### Are you finding it hard to deal with your parent's separation?

Lots of kids find their parent's separation a difficult time. It can really help to talk to someone about how you are going.

### Can you talk to mum or dad about how you are feeling?

Your parents can be good people to talk to about how you are feeling. If you are finding it difficult to talk to mum or dad now, think about someone else you could talk to.

### Do you have other friends or relatives you can talk to?

Talking to family friends or relatives such as grandparents, aunts or uncles can really help when you don't feel like you can talk to your parents now. They might be able to help you or suggest someone who you can talk to.

### What about the school counsellor?

Most schools have a counselling service available for students. The school counsellor is a great person to go to if you want to have a chat with someone outside of your family. If you're not sure how to go about it, you could start by talking to a trusted teacher.

### Did you know you can call Kids Helpline?

Kids Helpline is a counselling service for children and young people aged between 5 and 25 years old. The counsellors help more than 6000 children per week with all sorts of things. It's free and whatever you say will be kept private between you and the counsellor. You don't even have to tell them your name.

### Is it an emergency?

#### Call 000

If you or someone in your family is in immediate danger, call 000. Tell them what is happening and where you are (if you are at home tell them your address). Stay on the phone and follow the instructions they give you.

Need more? Go to: [www.whenseparating.legalaid.wa.gov.au](http://www.whenseparating.legalaid.wa.gov.au)