



Relationship breakdown

Defence Community Organisation

Where to seek help

All relationships experience complicated and challenging periods. There is a range of services and resources available to you that can provide assistance and support during these times.

Defence Family Helpline

Run by Defence Community Organisation, the Helpline is staffed by human services professionals including social workers and psychologists. They are available any time of the day or night to provide advice, information and support, and they can refer you to other support agencies should you need it.

1800 624 608

DefenceFamilyHelpline@defence.gov.au

Relationships Australia

Relationships Australia offers counseling, family dispute resolution, mediation, and a range of family and community support and education programs.

1300 364 277

www.relationships.org.au

Family Relationships Online

Family Relationships Online provides all families (whether together or separated) with access to information about family relationship issues, ranging from building better relationships to dispute resolution.

It also allows families to find out about a range of services that can assist them to manage relationship issues, including agreeing on appropriate arrangements for children after parents separate.

The Family Relationships Online website provides a huge range of information, resources and advice for families.

Family Relationship Centres

Family Relationship Centres are a source of information and confidential assistance for families at all stages in their lives, whether separating, starting a new relationship, making your relationship stronger, or having relationship difficulties.

Centres focus on providing mediation to help separating families achieve outside the Court system.

Family Relationship Advice Line
1800 050 321

www.familyrelationships.gov.au

VVCS – Veterans and Veterans Families Counselling Service

The Veterans and Veterans Families Counselling Service provides free and confidential, nation-wide counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder, anxiety, depression, sleep disturbance and anger.

Support is also available for relationship and family matters that can arise due to the unique nature of military service.

1800 011 046

www.dva.gov.au





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Information and advice about Defence administrative processes and entitlements

This handout can assist members and non-military partners with the administrative process that must be undertaken, and the entitlements that may be available upon the breakdown a relationship. You should seek advice as individual Service requirements can differ.

Member

1. Complete and submit form [AA157 Application to live in, live out and categorisation](#), which advises your Commanding Officer of the change in your domestic circumstances and requests that your relationship is re-categorised.
2. Notify [Defence Housing Australia](#) immediately when you receive your re-categorisation notice.
3. Complete Form [AD150 ADF Personal Data](#) and update the following if required:
 - Marital status
 - Dependants
 - Primary Emergency Contact (PEC)
 - Next Of Kin (NOK) Form AD150

Or, alternatively, update your own details on [PMKeyS Self Service](#).

4. Complete Form [SVA 003 Change of Circumstances Notification](#) and advise your Unit Security Officer of your change in domestic circumstances.
5. Notify both [Medicare](#) and the [Australian Taxation Office](#), and if there are children of the relationship, the [Child Support Agency](#) of your change in domestic circumstances.

Non military partner

1. Contact [Defence Housing Australia](#) and enquire about your eligibility for the following entitlements:
 - General removal costs
 - Removal of vehicle costs
 - Pet relocation costs

Refer to the [Defence Pay and Conditions Manual](#), chapter 6, part 5, division 10: *Assistance for non-Service person on breakdown of marriage or interdependent partnership* and chapter 9, part 3, division 2: *Travel on breakdown of marriage or interdependent partnership*.

General considerations

Other issues requiring consideration and re-assessment upon the breakdown of a marriage or interdependent relationship include:

- Wills and death benefits, funeral funds and Power of Attorney
- Life Insurance policies and health Insurance
- Bank accounts details, net pay deposit details and pay allotment details
- ROMAN Vendor Account details
- Car payments, mortgage, utilities, vehicle registration

