



# Relationship breakdown

## Defence Member and Family Support



### 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 MEMBER AND FAMILY HELPLINE**

Run by Defence Member and Family Support, 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**

[memberandfamilyhelpline@defence.gov.au](mailto:memberandfamilyhelpline@defence.gov.au)

#### **RELATIONSHIPS AUSTRALIA**

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

**1300 364 277**

[www.relationships.org.au](http://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 RELATIONSHIPS ONLINE**

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](http://www.familyrelationships.gov.au)

#### **OPEN ARMS VETERANS AND FAMILIES COUNSELLING SERVICE**

Open Arms Veterans and 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](http://www.dva.gov.au)

## INFORMATION AND ADVICE ABOUT DEFENCE ADMINISTRATIVE PROCESSES AND ENTITLEMENTS

This factsheet 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 **AE681 ADF categorisation change and approval to live-in/live-out**, 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 Amendment of Personal Data Details - ADF** 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 **Services Australia** of your change in domestic circumstances.

### Non-military partners

1. Contact Toll Transitions and enquire about your eligibility for the following entitlements:
  - General removal costs
  - Removal of vehicle costs
  - Pet relocation costs

Refer to the **ADF 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 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 circumstances
- Car payments, mortgage, utilities, vehicle registration

Defence Member and Family Support offers a wide range of support services to ADF members and their families.

For more information on this factsheet and other DMFS services visit our website or contact the all-hours Defence Member and Family Helpline.



1800 624 608



[memberandfamilyhelpline@defence.gov.au](mailto:memberandfamilyhelpline@defence.gov.au)



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