



*it's not weak  
to ask for help*

# 1800 600 636

## DVConnect Mensline

*Available 9am - midnight, 7 days a week*

Everyone has the right to a safe relationship. We support men in Queensland who are experiencing abuse or using abuse in their relationships.

DVConnect Mensline is a free and confidential helpline.

If you are worried about your behaviour and want to make a change, we can help with specialist counselling and referrals to long-term services.

Change is possible. You can create better relationships with your partner, children and family.

If you are experiencing abuse, we can help with safety planning, transport, information and support.

Please call us if you feel unsafe at home, even if you are unsure if what you are experiencing is abuse.

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