

## Fact Sheet

### Family Breakdown

Family breakdown, in any form, is a difficult and complex issue that impacts individuals in many different ways. Having often turned your world upside down, family breakdown can often lead to feelings of overwhelming emotion. Whilst divorce is the most commonly thought of family breakdown it is one in a long list. Family breakdown affects all members and can affect any family regardless of age, race, culture, nationality and socioeconomic background.

*1 in 3 Australian marriages end in divorce*

### Types

- Parental separation
- Infidelity
- Divorce
- Emigration
- Immigration
- Family and domestic violence
- Dysfunction
- Substance abuse/misuse
- Femicide
- Death of a member
- Imprisonment



### What to do

- Attempt to remain civil
- Honest and open communication
- Communicate assertively
- Seek family/friend support
- Don't take/expect others to take sides
- Seek professional help
- Counselling
- Mediation
- Self-care
- Be supportive and empathetic to others
- Set achievable goals
- Plan for your future

### Effects

#### **General**

- Anxiety & depression
- Mental health
- Stress
- Financial strain
- Accommodation
- Health
- Sleeping habits
- Trust issues
- Changes in appetite and weight
- Family structures

#### **Children**

- Education/learning capacity
- Development
- Separation/abandonment issues
- Dependence
- Stress
- Guilt
- Stuck between two parents
- Neglect
- Behavioral issues
- Health problems

Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit our resource page at [www.zontahouse.org.au](http://www.zontahouse.org.au)