

Relationships



A relationship is how two people are **connected to each other**. There are **different kinds of relationships**, like friendship, work, family and romantic relationships.



There are **different ways of behaving** in different relationships. If someone makes you **feel uncomfortable**, their behaviour is probably **not right** for that kind of relationship.



A **good** relationship makes you feel **happy** and **safe**. You can say how you feel and you **trust** the other person.



It is **not a good** relationship if you are **hurt, feel scared** or **unsafe**.



If your relationship is affecting your mental health, ask your **doctor** for help.



Visit our website qld.gov.au/deafness-mental-health



Text or call us on **0427 598 076**



Email us at deafness_mhs@health.qld.gov.au

If you need help, email or text us. You can also ask your doctor, family or carer to call us.



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