



# HOW HEALTHY IS YOUR RELATIONSHIP?



Every relationship is unique but, if you feel like something isn't right, it is likely that you're picking up on behaviours that are unhealthy or controlling.



## CONTROL



Accuses You



Controls You



Jealous



Hurts You



Pressures You



## CARE

Trusts You



Supports You



Encourages You



Cares For You



Respects Your  
Boundaries



If you're concerned that there may be some unhealthy traits in your relationship, there are many things that you can do. Talking to someone can help you feel better about things and help you find a solution or someone who can help. Scan the QR code to visit our website for advice and support around healthy relationships.



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