

**We help men
change.**

For good.



**MensLine
Australia**

CHANGING FOR GOOD

If your behaviour is hurting the people you care about, we can help.

Changing for Good is a free, voluntary program of support for men who want to stop their use of violence in their family and relationships.

We are here to help men who:

- Have completed a men's behaviour change program (MBCP) and would like ongoing support.
- Cannot access traditional programs for any number of reasons.
- Prefer telephone counselling to traditional modes of delivery.
- Have stopped going to a traditional program for any number of reasons but are committed to change.

Participants will have the support of two specialist counsellors for up to 12 months who provide ongoing telephone counselling sessions to help men achieve lasting change to their behaviour.

To find out more **call 1300 015 120** or email: **changingforgood@ontheline.org.au**

changingforgood.org.au



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