

A GUIDE FOR

# TEENS



**Are your parents separated?  
Is one of your friends struggling with  
their parents' divorce?**

## **YOU ARE NOT ALONE**

Each year thousands of young people just like you experience family separation.

*Family Separation: a guide for teens* is a free booklet designed to help you cope during this difficult time.

This booklet has lots of information for you including:

- coping with change
- living in two households
- who to talk to and where to go for help.

If you or someone you know is experiencing this visit **[www.youth.csa.gov.au](http://www.youth.csa.gov.au)** or call **1800 040 972** for a free booklet.

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**Australian Government**  

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**Child Support Agency**