

Relationships Australia

MEDIA RELEASE

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SPECIALIST RELATIONSHIP COACHING ON THE INCREASE

When it comes to relationship problems, Australians are increasingly prepared to turn to professionals for help, according to results released today from the *2006 Relationships Indicators Survey*, conducted nationally by Relationships Australia.

The Survey showed that 63 per cent of respondents agreed that if they had problems in a relationship, they would have no hesitation in seeking professional help. This reflects a rise from 56 per cent when the same question was asked in the *2001 Relationships Indicators Survey*.

Additionally, only 27 per cent agreed with the statement – *if you have to receive counselling about a relationship, it's probably too late*.

Acceptance of professional relationship support services from organisations like Relationships Australia was greater among women, 69 per cent of whom said they would not hesitate to seek professional help, compared with 52 per cent of men.

According to Anne Hollonds, Vice President, Relationships Australia: "A significant number of Australians actually used professional services for relationship help. When asked whether they had used any strategies from a list of resources to overcome relationship problems with their partner, 19% said they had used professional services."

Talking to friends, however, is by far the single biggest resource for dealing with relationship issues – used by 48% of respondents to the survey. Other resources included consulting parents, books, magazines or the internet, siblings, other relatives and work colleagues. Women were more likely than men to turn to friends and siblings.

Age also made a difference. Respondents aged under 30 were more likely to turn to work colleagues. Only 43 per cent of people over 60 had used any resource to overcome relationship difficulties compared to 83% of those aged 18-29.

Release of the survey comes amid increasing investment by the Federal Government in relationship services. Earlier this year, the first 15 of 65 Family Relationship Centres, operated by community-based organisations like Relationships Australia, opened their doors. The centres are designed to help families strengthen their relationships and to reach agreement outside the courts if they do separate. A further 25 centres will open in July 2007.

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A full report of the Indicators Survey 2006 is on the Relationships Australia website: www.relationships.com.au
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AVAILABLE NOW: Broadcast quality radio grabs of Anne Hollonds, Vice President, Relationships Australia.
Go to www.mediagame.com.au It's simple and free to download for broadcast or websites.

2006 Relationship Indicators Survey, was conducted by Woolcott Research on behalf of Relationships Australia. It is conducted every two to four years as part of RA's ongoing commitment to understanding the nature of today's relationships and providing effective relationship intervention to Australians. The survey involved telephone interviews with 1,200 persons aged 18 years or older and was conducted in August 2006 in all Australian States and Territories.