

Racism It Stops With Me

Relationships Australia is proud to affirm its commitment to ending racism.

Relationships Australia has joined forces with some of Australia's leading businesses, sporting bodies and NGOs to support the "Racism. It stops with me" campaign, being led by the Australian Human Rights Commission.

The campaign emphasises the importance of taking a stand against racism whenever it happens.

Our commitment to this initiative is a natural extension of our aim to help all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

We strongly support and celebrate the creation of a multicultural society in which all Australians feel valued and have the opportunity to participate fully, without discrimination.

Relationships Australia has a comprehensive program to reinforce our commitment to diversity and social inclusion and build our capacity to meet the needs of people from all cultures.

The International Day for the Elimination of Racial Discrimination, which occurs every March, was proclaimed by the UN General Assembly in 1966, to coincide with the date in 1960 when police killed 69 people in Sharpeville, South Africa at a peaceful protest against apartheid laws. The theme for the International Day in 2013 is "Racism and Sport".

For more information about the campaign, or to find a range of anti-racism resources, go to: <http://itstopswithme.humanrights.gov.au/>

Or follow the campaign on Twitter [@ItStopsWithMe](https://twitter.com/ItStopsWithMe)

If you are feeling distressed or are concerned about your relationships with family and friends, please contact one of the services below:

- Counselling and support services are available from Relationships Australia www.relationships.org.au or 1300 364 277.
- Family Relationships Advice Line www.familyrelationships.gov.au/Services/FRAL or call 1800 050 321
- Lifeline – a 24 hour, free crisis telephone counselling service www.lifeline.org.au or call 13 11 14
- Mensline Australia – a counselling service and resources for men in family crisis www.mensline.org.au or call 1300 78 99 78
- If you feel anxious or depressed, information and resources are available at www.beyondblue.org.au or call 1300 224 636
- If you are a young person, or the parent or carer of a young person with mental health problems, support is available at www.headspace.org.au or call 1800 650 890

- If you, or someone you know, is experiencing family violence, support is available at www.1800respect.org.au or call 1800 737 732