

Humankind – new website offers relationship support to those living with chronic illness

Relationships Australia recently launched a new website, www.humankind-relationships.com.au to support people living with chronic illness and their loved ones to achieve positive and respectful relationships.

Humankind provides relationship information, support and resources appropriate for people living with a chronic illness and for the families, friends and practitioners that support them.

“All couples experience hard times, though living with a chronic illness or with a partner who is chronically ill can have a dramatic impact on your relationship,” Alison Brook, National Executive Officer Relationships Australia said.

“When dealing with chronic illness relationship issues are often overlooked, however the research tells us that good relationship health is fundamental to overall wellbeing. Working to improve your most important relationships can lead to better health outcomes. This is what the Humankind website aims to help people do,” Ms Brook said.

The name Humankind comes from the notion that it is human to experience chronic illness and it is natural for humans to want to help each other when times are tough. Being kind is the corner stone to healthy and long lasting relationships. The message from Humankind is to be kind to yourself and others.

Humankind was developed by Relationships Australia with the assistance of a Health Access Grant from Medtronic, a global leader in medical technology.

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