

Australian Capital Territory

If you're feeling upset or overwhelmed, here are some places you can go for support:

EMERGENCY: 000

Access Mental Health

1800 629 354 or 02 6205 1065

ACT Mental Health Triage Service, available 24 hours a day, 7 days a week

Q LIFE

Phone & online counselling, information and resources

3pm-Midnight: 1800 184 527

<https://qlife.org.au/>

Lifeline

13 11 14

<https://www.lifeline.org.au/>

Kids Helpline

1800 55 1800

<https://kidshelpline.com.au/>

Suicide Call Back Service

1300 659 467

<https://www.suicidecallbackservice.org.au/contact-us/>

Beyond Blue

1300 22 4636

<https://www.beyondblue.org.au/about-us/contact-us>

SANE Australia

1800 187 263

<https://www.sane.org/get-help>

Mens Line Australia

1300 78 99 78

<https://mensline.org.au/>

eHeadspace

online Psychology & Counselling services. Webchat available.

<https://headspace.org.au/eheadspace/>

Aboriginal Family Legal Service

1800 469 246

<https://www.afls.org.au/>

1800 RESPECT

24-hour support line for people impacted by sexual assault, domestic or family abuse
1800 737 732

Headspace centres around the country provide free mental health care for young people. Find a headspace centre near you:

Headspace

Psychology & Counselling services, information and resources. Various locations around Australia.
<https://headspace.org.au/headspace-centres/>

Aboriginal Community Controlled Health Organisations can provide mental health care and wellbeing support for Aboriginal and Torres Strait Islander people.

You can see the Aboriginal Community Controlled Health Organisations near you by visiting your state's peak body:

Winnunga Nimmityjah

<https://winnunga.org.au/>

Other services in your state/territory that can offer support:

Meridian

<https://www.meridianact.org.au/>

(02 6257 2855)

A Gender Agenda

<https://genderrights.org.au/>

(02 6162 1924)

Aboriginal and Torres Strait Islander LGBTQA+ community groups across Australia offer support and belonging:

First People's Rainbow Mob WA

<https://rainbowmob.jimdofree.com/>

Black Rainbow

<http://www.blackrainbow.org.au/>

Moolagoo Mob & Blak Lemons SA

<https://www.facebook.com/groups/192121764142222/>

Sistergirls & Brotherboys

<https://www.facebook.com/groups/sistergirls.brotherboys/>

IndigiLez

<http://www.indigilez.org/>

2 Spirits

https://www.facebook.com/pg/2SpiritsQUAC/about/?ref=page_internal

Gar'ban'djee'lum Network

<https://www.afao.org.au/article/us-mob-garbandjeelum-network/>

BlaQ Aboriginal Corporation

<https://www.blaq.org.au/>

First Nations Rainbow

<https://www.facebook.com/firstnationsrainbow/>

ACT Aboriginal and Torres Strait Islander LGBTQI Network

<https://www.facebook.com/actindigenouslgbtqi/>

Tekwabi Giz

<https://lgbtihealth.org.au/tekwabigiz/>