

## Victoria

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

**EMERGENCY: 000**

### **Victorian Mental Health Services**

See <http://www.health.vic.gov.au/mentalhealthservices/index.htm>

### **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:*

### **Victorian Aboriginal Community Controlled Health Organisation**

<https://www.vaccho.org.au/om/>

*Visit one of our partner/supporter organisations.*

*Our partner/supporter organisations are committed to supporting Aboriginal and Torres Strait Islander LGBTQA+ young people:*

### **Elizabeth Morgan House**

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

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

### **Thorne Harbour Health**

<https://thorneharbour.org/>

(03 9865 6700)

### **Zoe Belle Gender Collective**

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

(0429 070 827)

### **Switchboard**

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

(03 9663 2474)

*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](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/>