

If you are feeling distressed, we strongly encourage you to seek help and support.

If you are already linked to a mental health professional, we encourage you to contact them as soon as possible.

If you are not linked to a mental health professional, we encourage you to see your GP to discuss how you are feeling.

*If you need help urgently, call **EMERGENCY: 000** or your state mental health line:*

Western Australia

Call the Mental Health Emergency Response Line

Perth Metro residents: 1300 555 788; Peel residents: 1800 676 822

(24 hours, 7 days)

or Rural link

Rural WA community residents: 1800 552 002

(4:30pm to 8:30am Monday to Friday, 24 hours Saturday, Sunday and public holidays).

Northern Territory

Call the Northern Territory Mental Health Line

1800 682 288

(24 hours, 7 days)

South Australia

Call the Mental Health Emergency Hotline

13 14 65

(24 hours, 7 days)

Queensland

Call the Mental Health Access Line

1300 MH CALL or 1300 642 255

(24 hours, 7 days)

New South Wales

Call the NSW Mental Health Line

1800 011 511

(24 hours, 7 days)

Victoria

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

Australian Capital Territory

Call Access Mental Health Triage Service

1800 629 354 or 02 6205 1065

(24 hours, 7 days)

Tasmania

Call the Mental Health Service Helpline

1800 332 388
(24 hours, 7 days)

Call a national helpline or chat online:

LGBTQA+ SPECIFIC

Q LIFE

Phone & online counselling, information and resources

3pm-Midnight: 1800 184 527

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

SUICIDE PREVENTION – Free call or online chat

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/>

OTHER HELPFUL RESOURCES

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 find an Aboriginal Community Controlled Health Organisation near you here:

NACCHO map of member organisations: <https://www.naccho.org.au/map?hsCtaTracking=a861bbc9-8b06-470d-93ab-0c901928b81f%7C77ae3002-caa8-4f3a-946e-71c56e9413d4#>

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

Western Australia

Aboriginal Health Council of Western Australia: <https://www.ahcwa.org.au/members>

Northern Territory

Aboriginal Medical Services Alliances Northern Territory: <https://www.amsant.org.au/nt-map/>

South Australia

Aboriginal Health Council of South Australia: <https://ahcsa.org.au/members/>

Queensland

Queensland Aboriginal and Islander Health Council: <https://www.qaihc.com.au/about/our-members>

New South Wales

Aboriginal Health and Medical Research Council: <https://www.ahmrc.org.au/member-services/>

Victoria

Victorian Aboriginal Community Controlled Health Organisation: <https://www.vaccho.org.au/om/>

Australian Capital Territory

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

Tasmania

Tasmanian Aboriginal Centre: <https://tacinc.com.au/>

Visit one of our partner/supporter organisations.

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

Perth, WA

Yorgum Healing Services: <https://yorgum.org.au/>

Wungening Aboriginal Corporation: <https://www.wungening.com.au/>

Sexual Health Headquarters (SHQ): <https://shq.org.au/>

First Peoples Rainbow Mob WA: <https://rainbowmob.jimdofree.com/>

Darwin, NT & Alice Springs, NT

Aboriginal Medical Services Alliance Northern Territory: <https://www.amsant.org.au>

Adelaide, SA

Nunkuwarri Yunti of SA Inc: <https://nunku.org.au/>

Brisbane, Qld

Aboriginal and Torres Strait Islander Community Health Service Brisbane:
<https://atsichsbrisbane.org.au/>

Sydney, NSW

ACON: <https://www.acon.org.au/>

Kempsey, NSW

Booroogen Djugun Training College: <https://booroongendjugun.com.au/>

Melbourne, Vic

Elizabeth Morgan House: <https://www.emhaws.org.au/>

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

Western Australia

WA AIDS Council

<https://waaid.com/>

(08 9482 0000)

Freedom Centre

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

TransFolk of WA

<https://www.transfolkofwa.org/>

Northern Territory

Headspace

(<https://headspace.org.au/young-people/life-issues/>)

Darwin: (08 8931 5999)

Katherine: (8912 4000)

Alice Springs: (8958 4544)

NT Aids and Hepatitis Council (NTAHC)

(<https://www.ntahc.org.au/lgbti-living-well>)

Darwin: (8944 7777)

Alice Springs: (8944 7700)

Northside Health NT:

LGBTI Specialist Clinic: Visiting doctors specialising in LGBTI health provide a 3-day clinic on a monthly basis.

www.northsidehealthnt.com.au

(08 7999 7448)

Pandanus Medical Centre

www.pandanusmedicalnt.com.au

South Australia:

SA Aboriginal Mental Health Support and Advice Line (Thirilli)

(1800 841 313)

SHINE SA

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

(8300 5300)

SA Mental Health Triage (24/7)

(131 465)

Bfriend

<https://www.unitingcommunities.org/mental-health-counselling/lgbtiq-services-bfriend/>

(08 8202 5190)

Queensland

Queensland AIDS Council

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

Brisbane: (07 3017 1777 or 1800 177 434)

Cairns: (07 4041 5451 or 1800 88 44 01)

Yarns Heal

<https://www.yarnsheal.com.au/>

Open Doors Youth Service

<https://www.opendoors.net.au/>

(07 3257 7660)

QSpace

<http://qspace.net.au/>

(0437 013 710)

New South Wales

BlaQ

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

Twenty10

<https://www.twenty10.org.au/>

(02 8594 9555)

The Gender Centre

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

(02 9519 7599 or 02 9569 2366)

Victoria

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)

Australian Capital Territory

Meridian

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

(02 6257 2855)

A Gender Agenda

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

(02 6162 1924)

Tasmania

Working it Out

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

(6231 1200)

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/>

Gar'ban'djee'lum Network

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

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

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/>