

LGBTIQ+ supports



Anonymous and free LGBTIQ+ peer support and referral service, 3pm - midnight 7 days

1800 184 527 | qlife.org.au

General support services

Lifeline

13 11 14 | Text 24/7 0477 13 11 14 | lifeline.org.au

13YARN

13 92 76 | 13yarn.org.au

Aboriginal and Torres Strait Islander service 24/7

Suicide Call Back Service

1300 659 467 | suicidecallbackservice.org.au

Kids Helpline

1800 55 1800 | kidshelpline.com.au

Standby Support After Suicide

1300 727 247 | standbysupport.com.au

National Alcohol and Other Drug Hotline

1800 250 185

Other supports and resources

LGBTIQ+ Health Australia

lgbtiqhealth.org.au

Switchboard

switchboard.org.au

charlee.org.au (information portal)

Medicare Mental Health

medicarementalhealth.gov.au

headspace

1800 650 890 | headspace.org.au

ReachOut

gamblinghelponline.org.au