

Culturally and linguistically diverse communities supports

General support services

Lifeline

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

Suicide Call Back Service

1300 659 467 | suicidecallbackservice.org.au

Beyond Blue

1300 224 636 | forums/beyondblue.org.au

StandBy Support After Suicide

1300 727 247 | standbysupport.com.au

MensLine Australia

1300 78 99 78 | mensline.org.au

QLife

1800 184 527 | qlife.org.au

LGBTIQ+ service available 3pm - midnight

SANE online forums

1800 187 263 | saneforums.org

Other resources

Embrace Multicultural Mental Health

embracementalhealth.org.au

The Forum of Australian Services for Survivors of Torture and Trauma (FASSTT)

fasstt.org.au

Translating and interpreting services (TIS National)

tisnational.gov.au

Glossary for translators and interpreters (NAATI)

naati.com.au/resources/certification-glossary