

# Additional Support Services.

We've compiled a list of support services offered by Government and not-for-profit organisations who can provide assistance across a range of areas, including but not limited to mental health, financial difficulty, legal issues and family violence.

## Support during Financial Distress

### National Debt Hotline.

A not-for-profit service helping people tackle their debt problems. Their financial counsellors can help assess your circumstances and provide free advice.

Phone: 1800 007 007

9:30am – 4:30pm Monday to Friday

Website: <https://ndh.org.au/>

If you're experiencing a life threatening or emergency situation, call Triple Zero (000).

They'll direct you to the right emergency service: Police, Fire or Ambulance.

## Support for Diverse Communities

### National Indigenous Support.

Australian Government policies and programs supporting Aboriginal and Torres Strait Islander people.

Website: <https://www.indigenous.gov.au/>

### Services Australia - Payments & support for Indigenous Australians.

Australian Government support for Aboriginal and Torres Strait Islander people with payments and other services.

Website:

<https://www.servicesaustralia.gov.au/payments-and-support-for-indigenous-australians?context=60078>



## Support for Mental Health & Crisis Situations

### **Beyond Blue.**

Providing information and support to help everyone in Australia achieve their best possible mental health.

Phone: 1300 224 636

Website: [beyondblue.org.au](https://beyondblue.org.au)

### **Mensline.**

Free professional 24/7 online counselling support for men with concerns about mental health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing.

Phone: 1300 78 99 78

Website: [mensline.org.au](https://mensline.org.au)

### **QLife.**

Providing Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identify, gender, bodies, feelings or relationships.

Phone: 1800 184 527

3pm - midnight, every day

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

### **Head to Health.**

Providing digital mental health resources from trusted service providers.

Website: <https://www.headtohealth.gov.au/>

### **Lifeline.**

Providing all Australians experiencing a personal crisis with access to 24hr crisis support and suicide prevention services.

Phone: 13 11 14

Website: [lifeline.org.au](https://lifeline.org.au)

### **The National Indigenous Postvention Service.**

Providing emotional and practical support to families impacted by a loss from suicide or other traumatic event. Available for families and community members 24/7, calls are answered by Aboriginal or Torres Strait Islander Advocates.

Phone: 1800 805 801

### **Kids Helpline.**

Free, confidential, 24/7 online and phone counselling service for young people aged 5 – 25.

Phone: 1800 551 800

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

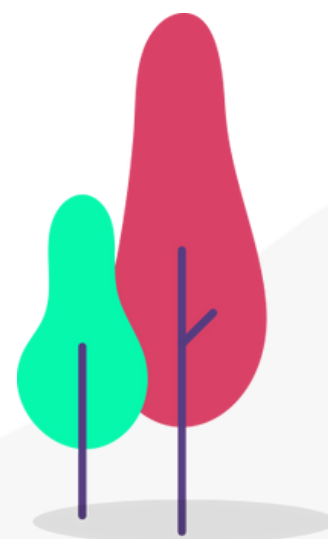
## Support for Domestic Violence

### **1800 Respect.**

Providing 24hr national sexual assault, family and domestic violence counselling.

Phone: 1800 737 732

Website: <https://www.1800respect.org.au/>



## Support for Rural & Remote Communities

### **Services Australia.**

Australian Government support for people living in Rural, Regional or Remote areas of Australia.

Website:

<https://www.servicesaustralia.gov.au/living-rural-or-remote-area?context=60023>

## Support with Legal Advice

### **Community Legal Centres Australia.**

A not-for-profit, community based organisation providing a range of legal services to everyday people, including people experiencing discrimination and disadvantage.

Website: <https://clcs.org.au/>

## Support for Specific Illnesses or Injuries

### **McGrath Foundation.**

Support and guidance through breast cancer with a McGrath Breast Care Nurse.

Website: <https://www.mcgrathfoundation.com.au/>

### **The Butterfly Foundation.**

Support for eating disorders and body image issues.

Phone: 1800 334 673

Website: <https://butterfly.org.au/>

