

Support and Helplines

Lifeline	13 11 14	National number for people in crisis at risk of dying by suicide
1800 RESPECT	1800 737 732	24 hour sexual assault and domestic violence counselling service
Blue Not	1300 657 380	Helpline for people who have experienced childhood trauma and abuse
E Safety Commissioner	www.esafety.gov.au	
Kidline	1800 551 800	Specific counselling support for children and young people aged 5 – 25
Australian Childhood Foundation	1800 176 453	Counselling specifically for children and young people experiencing abuse
Beyond Blue	1300 22 4636	Information, counselling and resources for mental health concerns and worries.
QLife	1800 184 527	Dedicated helpline for LGBTIQ+ community
Aboriginal Family Domestic Violence Hotline	1800 019 123	
Mensline	1300 789 978	Service that specifically supports men and boys who are experiencing difficult home life situations
National Disability Abuse and Neglect Hotline	1800 880 052	A number that can be called to report abuse and neglect of people with a disability
Suicide Call Back Service	1300 659 467	Free counselling service, whether a person is suicidal themselves or concerned about someone else who is suicidal
Translating & Interpreting Service (TIS)	131 450	TIS is available 24 hours a day if you or someone you know needs something translated via phone