

# Services list



SERVICE	NUMBER	SUPPORTS
<b>Emergency Services: Ambulance, Police, Fire</b>	000	
<b>GENERAL SUPPORT</b>		
<b>Police Assistance Line (non-emergencies)</b>	13 14 44 <i>24 hours a day, 7 days a week</i>	
<b>Health Direct:</b> for anyone needing immediate health advice from a registered nurse <a href="http://healthdirect.gov.au/how-healthdirect-can-help-you">healthdirect.gov.au/how-healthdirect-can-help-you</a>	1800 022 222 <i>24 hours a day, 7 days a week</i>	
<b>Poisons information centre:</b> Advice on poisons, overdose, bites, envenomation, and plants <a href="http://poisonsinfo.nsw.gov.au">poisonsinfo.nsw.gov.au</a>	13 11 26	
<b>Kids Helpline (5-25 years of age):</b> Counselling for young people aged 5–25 years <a href="http://kidshelpline.com.au/young-adults">kidshelpline.com.au/young-adults</a>	1800 551 800 <i>24 hours a day, 7 days a week</i>	Email Online chat
<b>Parent Helpline (through Kids Helpline):</b> Counselling for navigating parenting challenges <a href="http://kidshelpline.com.au/parents/issues/how-parentline-can-help-you">kidshelpline.com.au/parents/issues/how-parentline-can-help-you</a>	Refer to website for state-based phone numbers	
<b>MENTAL HEALTH &amp; CRISIS SUPPORT</b>		
<b>Beyond Blue:</b> Information, support, and advice for mental health and wellbeing <a href="http://beyondblue.org.au">beyondblue.org.au</a>	1300 224 636 <i>24 hours a day, 7 days a week</i>	Email Online chat Online forums
<b>Headspace (National Youth Mental Health Foundation):</b> Early intervention mental health services for 12-25 year olds <a href="http://headspace.org.au">headspace.org.au</a>	1800 650 890	Email Online chat Group chat Centre locations
<b>Lifeline:</b> For anyone having a personal crisis <a href="http://lifeline.org.au">lifeline.org.au</a>	13 11 14 <i>24 hours a day, 7 days a week</i>	Online chat Text
<b>Suicide Call Back Service:</b> For anyone thinking about suicide <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	1300 659 467 <i>24 hours a day, 7 days a week</i>	Online chat Online counselling
<b>MensLine Australia:</b> For men with emotional or relationship concerns <a href="http://mensline.org.au">mensline.org.au</a>	1300 78 99 78	Online chat Video chat
<b>ALCOHOL AND DRUG-RELATED SUPPORT</b>		
<b>Counselling Online (drug and alcohol counselling):</b> 24/7 counselling for people affected by alcohol or drug use <a href="http://counsellingonline.org.au">counsellingonline.org.au</a>	Refer to website for state-based phone numbers <i>24 hours a day, 7 days a week</i>	Online chat Online forums
<b>National Alcohol and Other Drug Hotline:</b> Help and support for all people affected by drug or alcohol abuse	1800 250 015	
<b>Family Drug Support Australia:</b> 24/7 support for families affected by drug and alcohol issues <a href="http://fds.org.au">fds.org.au</a>	1300 368 186 <i>24 hours a day, 7 days a week</i>	Online chat Online forums
<b>GAMBLING-RELATED SUPPORT</b>		
<b>Gamblers Anonymous – Australia:</b> Help and support with gambling addiction recovery <a href="http://gaaustralia.org.au">gaaustralia.org.au</a>	Refer to website for state-based phone numbers	Email Face-to-face meetings
<b>Gambling Help Online:</b> Support for anyone affected by gambling <a href="http://gamblinghelponline.org.au">gamblinghelponline.org.au</a>	1800 858 858	Online chat Online forums
<b>National Debt Hotline:</b> Advice on how to manage debt <a href="http://ndh.org.au/">ndh.org.au/</a>	1800 007 007	Online chat



## Growing Up in Australia:

The Longitudinal Study of Australian Children  
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1800 005 508



The Australian Institute of Family Studies acknowledges the traditional Country throughout Australia on which we gather, live, work and stand. We acknowledge all Traditional Custodians, their Elders past, present and future, and we pay our respects to their continuing connection to their culture, community, land, sea and rivers.

SERVICE	NUMBER	SUPPORTS
<b>LGBTQIA+ SUPPORT</b>		
<b>QLife (Counselling/Referral service for LGBTI):</b> Anonymous LGBTI peer support and referral <a href="http://qlife.org.au">qlife.org.au</a>	1800 184 527	Online chat <i>3pm to midnight</i> Online articles
<b>Rainbow Door:</b> Advice and referral for LGBTQIA+ people, friends, and family for all aspects of health and wellbeing <a href="http://rainbowdoor.org.au">rainbowdoor.org.au</a>	1800 729 367	Text Email Online articles
<b>Transcend:</b> Support network for parents and carers supporting TGDNB children (Sex and Gender Diversity) <a href="http://transcendsupport.com.au">transcendsupport.com.au</a>		Email Online articles
<b>Black Rainbow:</b> Health and wellbeing support for Aboriginal and Torres Strait Islander LGBTQIA+SB communities <a href="http://blackrainbow.org.au">blackrainbow.org.au</a>		Online articles
<b>SEXUAL, DOMESTIC, AND FAMILY VIOLENCE SUPPORT</b>		
<b>1800RESPECT (National sexual assault, domestic, family violence counselling):</b> For anyone concerned about domestic, family, or sexual violence <a href="http://1800respect.org.au">1800respect.org.au</a>	1800 737 732	Online chat
<b>Relationships Australia:</b> Services that promote respectful relationships <a href="http://relationships.org.au">relationships.org.au</a>	1300 364 277	Email
<b>SEXUAL &amp; REPRODUCTIVE HEALTH SUPPORT</b>		
<b>True: Relationships and Reproductive Health:</b> Respectful relationship and sexual health services for Queenslanders <a href="http://true.org.au/">true.org.au/</a>	(07) 3250 0200 (Brisbane) <i>Refer to website for other Queensland office phone numbers</i>	Email
<b>Family Planning NSW:</b> Reproductive and sexual health services for people in NSW <a href="http://fpnsw.org.au">fpnsw.org.au</a>	1300 658 886	Email Online chat
<b>Sexual Health Victoria:</b> Reproductive and sexual health clinics and information for Victorians <a href="http://shvic.org.au">shvic.org.au</a>	1800 013 952	
<b>Sexual Health Quarters (SHQ) WA:</b> Sexual health and relationship wellbeing clinics, education, and information <a href="http://shq.org.au">shq.org.au</a>	(08) 9227 6178 (Metro) 1800 198 205 (Regional)	Email
<b>Sexual Healthline (SHINE SA) SA:</b> Reproductive, sexual health, and relationship wellbeing services (free clinic service if under 25 years) <a href="http://shinesa.org.au">shinesa.org.au</a>	1300 883 793 (Metro) 1800 188 171 (Regional) (08) 8300 5300	Sexual health nurse <i>Monday-Friday, 9am-12.30pm</i> Email
<b>Family Planning Welfare Association of NT Inc.:</b> Reproductive and sexual health education, and information <a href="http://fpwnt.com.au">fpwnt.com.au</a>	(08) 8948 0144	Email
<b>Sexual Health and Family Planning ACT (SHFPACT):</b> Specialist doctors and nurses for sexual and reproductive health concerns <a href="http://shfpact.org.au">shfpact.org.au</a>	(02) 6247 3077	Email
<b>Family Planning Tasmania:</b> Sexual and reproductive health clinics, education, and information <a href="http://fpt.asn.au">fpt.asn.au</a>	(03) 6273 9117 <i>Refer to website for regional phone numbers</i>	Email

To access this list of services on our website, scan this QR code:



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