

Support Services



If you are experiencing emotional distress or supporting someone who is, you are not alone. Please see below community services that you can contact for assistance. You can also reach out to your GP, family and/or friends. All details are correct at time of publishing.

If your life, or someone you know is in danger call 000 or go to a hospital emergency department.

Lifeline 13 11 14

24/7 suicide prevention and crisis support

Suicide Call Back Service

1300 659 467

24-hour Australian counselling service

Beyond Blue 1300 224 636 (talk to a counsellor)

24-hour counselling service

www.beyondblue.org.au/get-support/urgent-help (online support & resources)

Griefline 1300 845 745

Support for anyone who is grieving. 8am-8pm 7 days

<https://griefline.org.au/> (online support & resources)

1800 RESPECT 1800 737 732

Support for victims of sexual assault or domestic & family violence

Kids Helpline 1800 551 800 (phone & online counselling) ages 5yrs – 25yrs

QLife 1800 184 527 (phone counselling) 3pm – midnight every day

Anonymous free peer support for LGBTQI+ people

[www.qlife.org.au](http://www qlife.org.au) (online support and resources)

13 YARN 13 92 76

Support line for Aboriginal and Torres Strait Islander people

Psychologist www.psychologytoday.com/au/counselling/queensland

To locate a psychologist in your local area

Carers Australia 1800 422 737

Support services for carers in Australia

Mind Australia 1300 554 660

Services for people with mental illness and their carers.