

Tailored **Support** Options

- **1800Respect:** 24/7 support for people impacted by sexual assault, domestic or family violence & abuse
- **Alcohol & Drug Counselling Online:** 24/7 support for anyone affected by alcohol or drugs
- **Blue Knot Foundation:** support for people who experienced abuse and trauma in childhood or complex trauma as an adult.
- **Butterfly Foundation:** support for eating disorder
- **Carers Australia:** support to improve health, wellbeing, resilience & financial security for carers
- **Headspace:** support for 12–25 year olds
- **Kids Helpline:** 24/7 support for 5–25 year olds
- **MensLine:** 24/7 support for men with family & relationship concerns
- **Open Arms:** 24/7 support for veterans and families
- **PANDA:** support for people affected by anxiety and depression during pregnancy & in the first year of parenthood
- **QLife:** support for LGBTQAI community
- **ReachOut:** support for under 25 year olds
- **Relationships Australia:** support for all people to achieve positive and respectful relationships
- **SANE:** support for people affected by complex mental health (e.g. complex trauma, bipolar, psychosis, personality disorders)

If your life is in immediate danger dial 000

Lifeline: 13 11 14 / Suicide Call Back Service:
1300 659 467 / Beyond Blue: 1300 22 4636



**Black Dog
Institute**