

➤ Referral Services List

Domestic and family violence

1800 RESPECT

National sexual assault, domestic and family violence counselling and information referral service, available 24 hours a day, every day of the year.

Phone: 1800 RESPECT or 1800 737 732 (24-hour)

Website: www.1800respect.org.au

Financial assistance

National Debt Helpline

Not-for-profit service providing assistance with debt problems. Professional financial counsellors offer a free, independent and confidential service.

Phone: 1800 007 007
(Monday to Friday, 9.30am to 4.30pm)

Website: www.ndh.org.au

Addiction

Counselling Online

Providing free support to people affected by alcohol and other drugs, for free 24/7.

Website: www.counsellingonline.org.au

Gambling Help Online

Free support for anyone affected by gambling in Australia.

Phone: 1800 858 858 (24-hour)

Website: www.gamblinghelponline.org.au

Stress, mental health and support

Beyond Blue

Provides information and support to help everyone in Australia achieve their best mental health, whatever their age and wherever they live.

Phone: 1300 224 636 (24-hour)

Website: www.beyondblue.org.au

Lifeline

National charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Phone: 13 11 14 (24-hour)

Website: www.lifeline.org.au

MensLine

Free, 24/7 help, support, referrals and counselling services for men via telephone, online and video.

Phone: 1300 78 99 78 (24-hour)

Website: www.mensline.org.au

QLife

Nation-wide telephone and web-based services to support lesbian, gay, bisexual, transgender and intersex (LGBTI) people of all ages.

Phone: 1800 184 527 (Seven days, 3pm to midnight)

Website: www.qlife.org.au

eHeadspace

Provides free online support and counselling to young people 12–25 and their families and friends. (24-hour).

Website: www.headspace.org.au