

Help and support

**If you, or someone you know,
need help, the following services
are available to assist**

Family, domestic and sexual violence support

1800RESPECT

National family, domestic and sexual violence support counselling service. This service is free and confidential. Available 24 hours, 7 days a week.

1800 737 732, www.1800respect.org.au

Men's Referral Service

For men in Australia who are concerned about their use of violence or abusive behaviours. Available 8am to 9pm (Monday–Friday); 9am to 6pm (Saturday and Sunday).

1300 766 491, www.ntv.org.au

Sexual, Domestic and Family Violence Helpline

For anyone in Australia whose life has been impacted by sexual, domestic or family violence. Available 24 hours, 7 days a week.

1800 943 539

Rainbow Sexual, Domestic and Family Violence Helpline

For anyone from the LGBTQIA+ community whose life has been impacted by sexual, domestic and/or family violence. Available 24 hours, 7 days a week.

1800 497 212

Say It Out Loud

A national resource for LGBTQ+ communities and service professionals working with people who have experienced sexual, domestic and family violence.

www.sayitoutloud.org.au

Well Mob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people.

www.wellmob.org.au

My Blue Sky

Provides free legal and migration advice to people in, or at risk of, all forms of modern slavery in Australia, including forced marriage. Available 9am to 5pm (Monday–Friday).

(02) 9514 8115, www.mybluesky.org.au

Blue Knot Helpline and Redress Support Service

A trauma specialist phone and webchat service for adult survivors of complex childhood trauma and their personal and professional supporters. Available 9am to 5pm, 7 days a week.

1300 657 380, www.blueknot.org.au/

Mental health support and advice

MensLine Australia

Free telephone counselling support for men with concerns about mental health, anger management, family violence, addiction, relationship, stress and wellbeing. Available 24 hours, 7 days a week.

1300 78 99 78, www.mensline.org.au

Kids Helpline

A free counselling service for young people aged between 5 and 25. Available 24 hours, 7 days a week.

1800 55 1800, www.kidshelpline.com.au

Beyond Blue

Information and support for anxiety, depression and suicide prevention for anyone in Australia. Available 24 hours, 7 days a week.

1300 22 4636, www.beyondblue.org.au

ReachOut

ReachOut provides mental health information, support and resources to anyone in Australia aged under 25 years.

www.au.reachout.com

13YARN

Phone service for the Aboriginal and Torres Strait Islander community. Available 24 hours, 7 days a week.

13 92 76, www.13yarn.org.au/

1800 ELDERHelp

A free call phone number that automatically redirects callers seeking information and advice on elder abuse with the phone service in their state or territory.

1800 353 374

Open Arms – Veterans & Families Counselling

Mental health support for Navy, Army and Air Force personnel, veterans and their families. Available 24 hours, 7 days a week.

1800 011 046, www.openarms.gov.au

Other support

Translating and Interpreting Service (TIS National)

Telephone and on-site interpreting services in over 150 languages. Available 24 hours, 7 days a week.

131 450, www.tisnational.gov.au/

eSafety Commissioner

A complaints-based reporting scheme for cyberbullying of children, serious adult cyber abuse, image-based abuse (sharing, or threatening to share, intimate images without the consent of the person shown) and illegal and restricted content.

www.esafety.gov.au/report
www.esafety.gov.au/women

Crisis support and suicide prevention

Lifeline

For anyone in Australia experiencing a personal crisis. Available 24 hours, 7 days a week.

13 11 14, www.lifeline.org.au

National Suicide Call Back Service

Telephone and online counselling for anyone in Australia affected by suicide. Available 24 hours, 7 days a week.

1300 659 467, www.suicidecallbackservice.org.au



**Standing Council of
Attorneys-General**
(SCAG)

