

FINDING SUPPORT

**IF YOU OR SOMEONE
YOU KNOW IS EXPERIENCING
VIOLENCE OR USING VIOLENCE,
HELP IS AVAILABLE.**

**IF YOU BELIEVE SOMEONE IS IN IMMEDIATE DANGER,
CALL 000 AND ASK FOR THE POLICE.**

1800 RESPECT

National sexual assault, domestic and family violence counselling service.

Phone and online services are available 24/7.

1800 737 732

www.1800respect.org.au

LIFELINE

National crisis support and suicide prevention services.

Phone and online services are available 24/7.

13 11 14

www.lifeline.org.au

FULL STOP AUSTRALIA

Free, confidential, trauma counselling for anyone experiencing sexual, family or domestic violence.

Phone and online services are available 24/7.

1800 385 578

www.fullstop.org.au

RAINBOW SEXUAL, DOMESTIC AND FAMILY VIOLENCE HELPLINE

Free, confidential, trauma counselling, information and referrals for anyone from LGBTIQ+ communities experiencing sexual, family and domestic violence.

Phone and online services are available 24/7.

1800 497 212

KIDS HELPLINE

Free, confidential support service for children and young people aged 5 to 25 years.

Phone and online services are available 24/7.

1800 55 1800

www.kidshelpline.com.au

MENSLINE

Mensline provides professional support and information service for Australian men.

Phone and online services are available 24/7.

1300 78 99 78

www.mensline.org.au

MEN'S REFERRAL SERVICE

National support service for men concerned about their behaviour to change what they are doing and keep women, children and communities safer.

Phone and online services are available 24/7.

1300 766 491

www.ntv.org.au/mrs/

