

REFERRAL SERVICES

Money help

National Debt Helpline

Financial counselling and information for people experiencing financial difficulty to achieve better money management and budget.

Can assist with:

- budgets and money plans
- advocacy
- rights and responsibilities
- access to relevant government and community grants
- referrals to other free community-based services (such as free legal advice and supports).

Phone: 1800 007 007 (Monday to Friday, 9am to 5pm)

Website: <http://www.ndh.org.au>

Stress and mental health

Beyond Blue

Over the phone, web and email support to people experiencing anxiety or depression.

Phone: 1300 224 636 (24-hour)

Website: <http://www.beyondblue.org.au>

MensLine

National telephone and online support, information and referral service for men with family and relationship concerns. The service is available from anywhere in Australia and is staffed by professional counsellors experienced in men's issues.

Phone: 1300 78 99 78 (24-hour)

Website: www.mensline.org.au

Life and crisis support

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

QLife

National telephone and web-based counselling, referrals and support groups for LGBTIQ people and their families.

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

Website: [www.qlife.org.au](http://www qlife.org.au)

Domestic and family violence

1800 RESPECT

National family violence and sexual assault counselling line.

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

Website: www.1800respect.org.au (24-hour online counselling)

Addiction

Counselling Online

Free counselling for alcohol or drug use or anyone concerned with use by a family member or friend.

Referrals to state-based services

Website: www.counsellingonline.org.au (24-hour online counselling and SMS support)

Gambling Help Online

Counselling, information and support for gamblers as well for their partners and families.

Phone: 1800 858 858 (24-hour)

Website: www.gamblinghelponline.org.au