

Referral Network



INDUSTRY SPECIFIC

Support Act Wellbeing Helpline | Free, confidential, 24/7 counselling for anyone working in performing arts or music.
<https://supportact.org.au>
Access: 1800 959 500

Hey Mate | Therapy for those in the music, entertainment, and performing arts industries.
Access:
<https://www.theheymateproject.com/contact>
Book directly online. Not immediate support.

FAMILY & DOMESTIC VIOLENCE

1800RESPECT | 24/7 sexual assault, domestic & family violence support
Access: 1800 737 732
https://1800respect.org.au/utm_source=chatgpt.com to text, call, video call, online chat

DV Connect | 24/7 Womensline Free service
Access: 1800 811 811

DV Connect | 24/7 Mensline free service
Access: 1800 600 636

LGBTQ+ SUPPORT

QLife | free helpline
qlife.org.au
Access: 1800 184 527 phone or webchat
(3pm – 9pm daily)

Rainbow door | free helpline
<https://www.rainbowdoor.org.au/>
Access: 1800 729 367 10am – 5pm daily
Text: 0480 017 246 10am – 5pm daily

Diverse Voices | peer support and referral
<https://www.diversevoices.org.au>
Access: 1800 184 527

Many genders many voices | Trans, Gender Diverse and Non-Binary Social and Support Group
Access: <https://www.manygendersononevoice.org/contact-us.html>

CRISIS & EMERGENCY

Lifeline 24/7 crisis support
Access: 13 11 14

Beyond Blue | 24/7 mental health and grief counselling
<https://www.beyondblue.org.au/>
Access: 1300 224 636
Chat
<https://www.beyondblue.org.au/get-support/talk-to-a-counsellor/chat>

Suicide call back service | 24/7
<https://www.suicidecallbackservice.org.au/>
Access: 1300 659 467.
Online chat:
<https://www.suicidecallbackservice.org.au/phone-and-online-counselling/>

ALCOHOL & DRUG SUPPORT

Family Drug Support (FDS) | referral, counselling 24/7
Access: 1300 368 186.

Alcohol and drug information service | 24/7 QLD support for people with alcohol and other drug concerns
Access: 1800 177 833

FIRST NATIONS

First Nations | 24/7 free confidential support
13YARN.org.au
Access: 13 92 76

Brother to Brother | free First Nations Men's family violence line
Access: 1800 435 700

Family Wellbeing Services

<https://www.familywellbeingqld.org.au/>
Access: 1300 117 096 24/7

2 Spirits | Support groups/counselling for First Nations transgender, gender diverse and sistergirl/brotherboy Mob.
<https://www.2spirits.org.au/contact-us>
Access: (07) 3017 1777
Email :2spirits@qc.org.au