

1800 RESPECT

1800 737 732

Online Chat also available

National sexual assault, family and domestic violence counselling service for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Operating Hours: 24/7

Full Stop Australia

1800 385 578

Sexual, Domestic and Family
Violence Helpline:

1800 943 539

Rainbow Helpline:

1800 497 212

Online Chat also available

Supporting people impacted by sexual, domestic and family violence through counselling services. They also run some additional helplines:

Sexual, Domestic and Family Violence Helpline

For anyone in Australia whose life has been impacted by sexual, domestic and/or family violence.

Rainbow Sexual, Domestic and Family Violence Helpline

For anyone from the LGBTIQ+ community whose life has been impacted by sexual, domestic and/or family violence.

Operating Hours: 24/7

Lifeline

Call: 13 11 14

Text: 0477 13 11 14

Online Chat also available

Crisis support and suicide prevention service for all Australians experiencing emotional distress.

Operating Hours: 24/7

Kids Helpline

1800 551 800

Online Chat also available

Free, private and confidential telephone and online counselling service for young people aged between 5 and 25 in Australia.

Operating Hours: 24/7

Suicide Call Back Service

1300 659 467

Online Chat also available

Provides free and immediate counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues.

Operating Hours: 24/7

QLife

1800 184 527

Online Chat also available

Provides anonymous and free LGBTI peer support and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

Operating Hours: 3pm-midnight daily

13YARN

13 92 76

Crisis support line for Aboriginal and Torres Strait Islander people.

Operating Hours: 24/7



**Translating and
Interpreting Service
(TIS National)**

Assists in immediate phone interpreting to deliver equity and access to the community.

131 450 | Operating Hours: 24/7