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Name	Services	Contact	24/7	QR code
13YARN	Support for Aboriginal and Torres Strait Islanders	13 92 76 www.13yarn.org.au	Yes	
1800 Respect	Telephone and online support for people impacted by domestic, family, or sexual violence	1800 737 732 www.1800respect.org.au	Yes	
Australian Pain Management Association (APMA)	Telephone and online support for people with persistent pain	1300 340 357 www.painmanagement.org.au/services	No	
Beyond Blue	Telephone and online support for those impacted by anxiety, depression, and suicide	1300 224 636 www.beyondblue.org.au	Yes	
Blue Knot Foundation	Telephone and online support for adult survivors of childhood trauma and abuse, and their families	1300 657 380 blueknot.org.au	No	



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Name	Services	Contact	24/7	QR code
The Butterfly Foundation	Telephone and online support for those impacted by eating disorder and body image issues	1800 334 673 butterfly.org.au	No	
COPE - Centre of Perinatal Excellence	Support for the emotional challenges of becoming a parent	1300 740 398 www.cope.org.au	No	
Counselling Online	Online support for people in Australia affected by drug and alcohol use	www.counsellingonline.org.au/about-us	Yes	
Dementia Support Australia	Access advice and support for carers of people affected by dementia	1800 699 799 www.dementia.com.au	Yes	
Embrace Multicultural Mental Health	Support for Australians from multicultural backgrounds to embrace mental health and wellbeing	(02) 6285 3100 embracementalhealth.org.au	No	



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Name	Services	Contact	24/7	QR code
Gambling Help Online	Telephone and online support for anyone affected by gambling	1800 858 858 www.gamblinghelponline.org.au	Yes	
GriefLine	Telephone support, and online bereavement groups and forums for those experiencing grief	1300 845 745 griefline.org.au	No	
Headspace	Telephone and online support for those aged 12-25 going through a time, and their families	1800 650 890 headspace.org.au	No	
Healthdirect	Free health advice for Australians	1800 022 222 www.healthdirect.gov.au	Yes	
Kids Helpline	Telephone and online support for those aged 5-25	1800 551 800 kidshelpline.com.au	Yes	





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Name	Services	Contact	24/7	QR code
Lifeline	Crisis support and suicide prevention services	13 11 14 www.lifeline.org.au	Yes	
MensLine Australia	Telephone and online support for men	1300 789 978 www.mensline.org.au	Yes	
National Alcohol and Other Drug Hotline	Confidential support for those struggling with addiction	1800 250 015 Info	Yes	
Open Arms	Telephone support for current and ex-serving Australian Defence Force personnel and their families	1800 011 046 www.openarms.gov.au	Yes	
PANDA	Telephone support for expecting parents, new parents, those planning a family, and partners and family members	1300 726 306 panda.org.au	No	



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Name	Services	Contact	24/7	QR code
QLife	Telephone and online support for the LGBTQIA+ community	1800 184 527 www.qlife.org.au	No	
Quitline	Telephone and online support for those seeking to quit smoking	13 78 48 www.quit.org.au	No	
Sane Forums	Telephone and online support, including forums for people with complex mental health issues including trauma	1800 187 263 saneforums.org	No	
Standby	Support for those bereaved by suicide	P: 1300 727 247 SMS: 0428 842 041 standbysupport.com.au	Yes	
Suicide Call Back Service	Support for people who are suicidal, caring for someone who is suicidal, or bereaved by suicide	1300 659 467 www.suicidecallbackservice.org.au	Yes	





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Name	Services	Contact	24/7	QR code
Thirrili	Support for Aboriginal and Torres Strait Islanders bereaved by suicide	1800 805 801 thirrili.com.au	Yes	



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Disability Services

Name	Services	Contact	24/7	QR code
Disability Gateway	Connecting disabled people and their families with support and services	1800 643 787 www.disabilitygateway.gov.au	No	
Translating and Interpreting Service	Interpreting service for those who do not speak English and agencies and business with non-English speaking clients	13 14 50 www.tisnational.gov.au	Yes	
National Relay Service	Assistance for D/deaf and hard of hearing people who have difficulty communicating over the phone	Connect using the link below, then ask for 1300 22 4636 Info	Yes	
Teletypewriter Or Voice relay	Text based relay call Or Speech to speech relay call	Call 1800 555 677, ask for 1300 22 4636 Info	Yes	

