

SUPPORT AGENCIES

If you are seeking **counselling support** then you can contact your Employee Assistance Program (EAP) to access confidential, free counselling.

If you are experiencing **mental health issues**, or want state/territory specific **legal advice** then you can contact the following agencies:

New South Wales:

Beyond Blue	1300 22 4636
Lifeline	131 114
NSW Mental Health Line	1800 011 511
SANE Australia	1800 187 263
WayAhead Mental Health Association NSW	(02) 9339 6000 or 1300 794 991
Suicide Call Back Service	1300 659 467
QLife (LGBTIQ Community)	1800 184 527
Equal Opportunity Commission	(02) 9268 5544 or 1800 670 812
SafeWork NSW	13 10 50

Queensland:

Mental Health Access Line	1300 642255
Lifeline	13 11 14
Beyond Blue	1300 22 46 36
Suicide Call Back Service	1300 659 467
MensLine Australia	1300 78 99 78
1800 Respect	1800 737 732
Queensland Health 13 HEALTH	(13 43 25 84)
SANE Australia	1800 18 7263
QLife (LGBTI)	1800 184 527
Equal Opportunity Commission	1300 130 670
WorkSafe QLD	1300 362 128

Northern Territory:

Lifeline	13 11 14
Beyond Blue	1300 224 636
Samaritans	13 52 47
Northern Territory Mental Health Line	1800 682 288.
Equal Opportunity Commission	(08) 8999 1444 or 1800 813 846 (free call)
NT WorkSafe	1800 019 115

Western Australia:

Mental Health Emergency Response Line	1300 555 788 (Metro)
Mental Health Emergency Response Line	1800 676 822 (Peel)
Mental Health Emergency Response Line	1800 552 002 (Country/Rurallink)
Lifeline	13 11 14
Beyond Blue	1300 224 636
Suicide Call Back Line	1300 659 467
The Samaritans	135 247
Men's Line Australia	1300 789 978
QLife (LGBTI+)	1800 184 527
Wellways	1300 111 500
Equal Opportunity Commission	1800 198 149
WorkSafe WA	1300 307 877

South Australia:

Lifeline	13 11 14
Beyond Blue	1300 22 4636
Mental Health Emergency	13 14 65
Suicide Call Back Service (SCBS)	1300 659 467
Lived Experience Telephone Support Service	1800 013 755
Yarrow Place Rape & Sexual Assault Service	8226 8777 (Office Hours) 8226 8787 (After Hours) 1800 817 421 (outside Adelaide)
Healthdirect Australia	1800 022 222

Equal Opportunity Commission (08) 8207 1977 or Country Callers on 1800 188 163
SafeWork SA 1300 365 255

Victoria:

Beyond Blue 1300 22 4636
Lifeline 13 11 14
SANE 1800 187 263
ARAFEMI Carer Helpline 1300 550 265
Sexual Assault Crisis Line Victoria 1800 806 292
SuicideLine VIC 1300 651 251
Suicide call back 1300 659 467
Equal Opportunity Commission 1300 292 153
WorkSafe Victoria 1800 136 089

Australian Capital Territory:

Lifeline 13 11 14
ACT Crisis Assessment Treatment Team 1800 629 354 or 02 6205 1065
Suicide Call Back Service 1300 659 467
Beyond Blue 1300 22 4636
Mensline 1300 78 99 78
OzHelp Foundation 1300 694 357
Standby 0421 725 180
QLife Support Services 1800 184 527
Equal Opportunity Commission (02) 6205 2222 or 1800 822 272 (free call)
WorkSafe ACT 13 22 81

Tasmania

Mental Health Services Helpline 1800 332 388.
Lifeline 13 11 14
Beyond Blue 1300 22 4636
SANE Australia helpline 1800 18 SANE (7263)
Suicide Call Back Service 1300 659 467

MensLine Australia	1300 78 99 78
QLife line	1800 184 527
Mindspot	1800 614 434
RAW Tas (Rural, Alive and Well)	1300 4357 6283
Equal Opportunity Commission	(03) 6165 7515 or Statewide local call 1300 305 062
WorkSafe Tasmania	(03) 6166 4600

If you are seeking **legal advice**, in relation to federal laws then you can contact:

Australian Human Rights Commission	1300 656 419
Fair Work Commission	1300 799 675