

ABORIGINAL AND TORRES STRAIT ISLANDER SERVICES

13 YARN - 13 92 76 (24/7)

Free and confidential telephone service offering mental health and crisis support through yarning. Run by and for Aboriginal and Torres Strait Islander peoples.

Aboriginal and Torres Strait Islander Legal Service (ATSILS) - 1800 012 255 (24/7)

Culturally conscious legal advice and support service for Aboriginal and Torres Strait Islander persons in Queensland.

ATSICHS Brisbane - atsichsbrisbane.org.au

Provides health and wellbeing services and programs for Aboriginal and Torres Strait Islander people in the Brisbane and Logan regions.

LEGAL SUPPORT

Family Relationships Advice Line

1800 050 321

(MON to FRI 8am to 8pm, SAT 10am to 4pm)

National telephone service helping families affected by relationship or separation issues, including information on parenting arrangements after separation. Also provides referrals to local services within your area to provide further assistance.

Legal Aid - 1300 65 11 88

(MON to FRI, 8.30am to 4.30pm)

Support service which gives free legal support to financially disadvantaged persons about criminal, family and civil law matters. Must meet an eligibility criterion to receive service.

OTHERS

Gambling Helpline - 1800 858 858 (24/7)

Support service providing free face-to-face, over-the-phone or online counselling support for persons who feel gambling has become a problem for them or for someone they care about.

Parentline - 1300 30 1300

(7 days a week, 8am to 10pm)

Free telephone and webchat counselling and support for parents or carers of children in Queensland and the Northern Territory. Provides advice, information and strategies around challenging behaviours in raising children, relationships with your children, co-parenting guidance and mental health support.

Wellways Australia - 1800 422 737 (24/7)

carergatewayservice@wellways.org

National service providing free support to persons caring for family members/friends with a disability, mental health condition, chronic health conditions, terminal illness or are elderly. Provides face-to-face counselling, planning assistance and financial packages.

QLIFE - 1800 184 527 - qlife.org.au

(3pm-midnight everyday)

QLife provides anonymous and free LGBTQIA+ peer support and referrals for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships via phone or webchat.

Relationship Australia - 1300 364 277

(MON to FRI 8am - 8pm, SAT 10am - 4pm)

A nation wide organisation that offers a broad range of support services for families, including parents, children and elders. They offer services such as mediation, online courses and a range of different counselling and advice services.

RESOURCE GUIDE



MEN
& CO.
SERVICES

COUNSELLING/MENTAL HEALTH

LifeLine - 13 11 14 (24/7)

Free and confidential phone, online and face-to-face mental health crisis support and suicide prevention service.

Head to Health

www.headtohealth.gov.au

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations.

Beyond Blue - 1300 22 4636 (24/7)

Free counselling and support for mental health concerns either via the phone or through their online chat service. Also provides information, suicide safety planning and the opportunity to connect with others who have experienced mental health concerns to gain support from them.

MATES in Construction - 1300 642 111 (24/7)

Free mental health, industry-based suicide prevention and referral service for people working in the construction, mining and energy sectors.

Mensline Australia - 1300 78 99 78 (24/7)

Free and confidential telephone, online chat and video counselling service for men offering support around addiction, mental health and relationships.

DRUG AND ALCOHOL

ADIS - 1800 177 833 (24/7)

Support for people in Queensland with alcohol and drug concerns. Also provides support for friends and family of persons experiencing problems with alcohol and other drugs.

HOUSING

Wesley Mission - 1800 448 448

(MON to FRI, 8.30am to 5.00pm)

Free service which provides housing, mental health and wellbeing, emergency/crisis and community care support as well as suicide prevention services. Various offices throughout Queensland.

Homeless Hotline - 1800 474 753 (24/7)

Phone information and referral service for people experiencing homelessness or are at risk of homelessness. Can also help to refer to appropriate services in your area.

DOMESTIC & FAMILY VIOLENCE

DVConnect Womensline 1800 737 732

(24/7)

DVConnect Womensline is a free helpline for women and their children in Queensland who are experiencing domestic and family violence.

DVConnect Mensline - 1800 600 636

(9am - midnight)

DVConnect Mensline offers free and confidential telephone counselling, referral, information and support service for men who may be experiencing or using domestic and family violence.

If you identify as non-binary or gender fluid, you can call the helpline you feel most comfortable calling (DVConnect Womensline or DVConnect Mensline).

1800RESPECT - 1800 737 732 (24/7)

National domestic, family and sexual violence counselling service. Provides phone counselling, safety planning, information and referral for victim/survivors.

HARNESS - 07 3112 7220

(MON to FRI 9am - 4pm)

harness@menandcoservices.org.au

A free support service for people in the construction industry offering online, phone and face to face support for workers experiencing relationship difficulties, difficulty in their coping or behaviours, domestic and family violence, drug and alcohol misuse, mental health concerns or any area where someone's wellbeing is negatively impacted. Harness offers support in finding appropriate services and planning assistance to set and meet goals. Can request call backs where necessary.

Men & Co Services - Responsible Men's Program - www.menandcoservices.org.au

The Responsible Men's Program is an intensive behaviour-change program for men in the Redlands area aged 18 years and above, who use violence or are controlling in their relationships. The program focuses on how men can take responsibility to change their behaviours and decision-making abilities without using violence, as well as how they can use this knowledge to make positive changes for healthy and safe relationships.

If men do not live in the catchment area, they can call in and the team can help direct them to their local men's behaviour change program.

The Centre for Women & Co. -

www.centreforwomen.org.au

A not-for-profit organisation that provides a range of services including domestic and family violence crisis support for women, women's wellbeing counselling, children's counselling, workshops and support groups.

