

Support and help beyond the Escaping Violence Payment (EVP) program.

If you need help and support, this is a non-exhaustive list of agencies and organisations who are available wherever you are in Australia.

Family, domestic and sexual violence support

1800RESPECT	National sexual assault, domestic and family violence counselling service. This service is free and confidential. Available 24/7.	1800 737 732 www.1800respect.org.au
Full Stop Australia	National trauma counselling and recovery service for people of all ages and genders experiencing sexual, domestic and family violence. This service is free and confidential. Available 24/7.	1800 943 539 www.fullstop.org.au
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. This service is free and confidential. Available 24/7.	1800 497 212
Well Mob	Social, emotional, and cultural well-being online resources for Aboriginal and Torres Strait Islander peoples.	www.wellmob.org.au
Men’s Referral Service	For anyone in Australia whose life has been impacted by men’s use of violence or abusive behaviours. Available 7 days.	1300 766 491 www.ntv.org.au
My Blue Sky	Provides free legal and migration support to people experiencing forced marriage and other forms of modern slavery in Australia.	02 9514 8115 www.mybluesky.org.au

Say it out Loud

A national resource for LGBTQ+ communities and service professionals working with people who have experienced sexual, domestic, and family violence.

www.sayitoutloud.org.au

Crisis support and suicide prevention

Lifeline

A national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services. Available 24/7.

13 11 14
www.lifeline.org.au

National Suicide Call Back Service

A nationwide service providing telephone and online counselling to people affected by suicide. Available 24/7.

1300 659 467
www.suicidecallbackservice.org.au

Thirrili Postvention Response Service

The Indigenous Suicide Postvention Response Service supports individuals, families and communities affected by suicide or other significant trauma. Available 24/7.

1800 805 801
www.thirrili.com.au/postvention-support/postvention-services

Mental health support and advice

Beyond Blue

Provides information and support to help anyone in Australia achieve their best possible mental health.

1300 224 636
www.beyondblue.org.au

Head to Health

Digital mental health services from some of Australia's most trusted mental health organisations.

www.headtohealth.gov.au

13 YARN

Support line for mob who are feeling overwhelmed or having difficulty coping. Available 24/7.

13 92 76
www.13yarn.org.au/

ReachOut

Online mental health service for young people and their parents in Australia.

www.au.reachout.com

MensLine Australia	A telephone and online counselling service offering support for Australian men.	1300 78 99 78 www.mensline.org.au
Kids Helpline	Free, confidential online and phone counselling service for young people aged 5 to 25. Available 24/7.	1800 551 800 www.kidshelpline.com.au
1800 ELDERHelp	A free call phone number that automatically redirects callers seeking information and advice on elder abuse with the phone service in their state or territory.	1800 353 374
Open Arms – Veterans & Families Counselling	Mental health support for Navy, Army and Air Force personnel, veterans, and their families.	1800 011 046 www.openarms.gov.au

Financial wellbeing

Emergency Relief	Immediate financial and/or material support including food, clothing, vouchers, financial assistance, and referrals to other services.	www.serviceproviders.dss.gov.au Filter by selecting 'Financial Crisis and Material Aid – Emergency Relief'
NILS-DV	No interest loans for women experiencing Family and Domestic Violence to help establish a new household, such as relocation expenses, rental bonds, rental payments and essential household items.	www.goodshep.org.au/services/nils
Financial Counselling	Free financial information and advice to address financial concerns, manage debts and make informed choices.	1800 007 007 www.ndh.org.au
The Keeping Women Safe in their Homes initiative	Access a range of safety responses, risk assessments, safety planning, home security audits and upgrades, and case management to help to stay in your own home, or a home of your choice.	www.dss.gov.au/women-programs-services-reducing-violence/keeping-women-safe-in-their-homes

Other support

Translating and Interpreting Service (TIS National)	Provides access to phone and on-site interpreting services in over 150 languages.	131 450 www.tisnational.gov.au
--	---	---

Aboriginal Interpreter Service (AIS)	Helps to address language barriers faced by Indigenous people in the Northern Territory. Interpreters are trained to work in a wide range of settings and environments including legal and justice systems, health care, education, social services, and community engagement.	(08) 8999 8353 (24 hours) Fax (08) 8923 7621 Email ais@nt.gov.au
---	--	---

National Relay Service (NRS)	Allows people who cannot hear or do not use their voice to communicate with a hearing person over the phone.	Voice relay number 1300 555 727 TTY number 133 677 SMS relay number 0423 677 767
-------------------------------------	--	--

eSafety Commissioner	A complaints-based reporting scheme for cyberbullying of children, serious adult cyber abuse, image-based abuse (sharing, or threatening to share, intimate images without the consent of the person shown) and illegal and restricted content.	www.esafety.gov.au/report
-----------------------------	---	--

Find services near you

Australia's National Research Organisation for Women's Safety Support Directory

www.anrows.org.au/support-directory

National Association of Services Against Sexual Violence – Sexual Violence Support Directory

www.nasasv.org.au/support-directory

Ask Izzy is a website that connects people in need with housing, a meal, help with money, family violence support, counselling and much more. Ask Izzy is free and anonymous.

www.askizzy.org.au

The Disability Gateway assists all people with disability, their families and carers to locate and access services across Australia. The Disability Gateway helps people find relevant information and navigate services more easily and provides access to services in the health, housing, employment and transport sectors.

1800 643 787
NRS 1800 555 677
Interpreter 13 14 50