

Resources

Suicide Prevention and Support

Listening Ear is an Australian-Based organisation helping people feel heard & understood:

https://listeningear.org.au/?gad_source=1&gclid=CjwKCAjwg8qzBhAoEiwAWagLrNqhqFCkg01F0-fZ84FnV8I9pBRWgxc_Hsla3kGevofmVYbDD4JPghoC2JgQAvD_BwE

For adult survivors of childhood trauma and abuse, parents, partners, family and friends:

<https://blueknot.org.au/survivors/blue-knot-helpline-redress-support-service/>

Australian based suicide-prevention service - 24/7 crisis support:

https://www.lifeline.org.au/?gad_source=1&gclid=CjwKCAjwg8qzBhAoEiwAWagLrDJjGdoHduGHjvHYhabprlAL69mT49mNxp8WXxgiW1pl38e_DKb-BoCKxkQAvD_BwE

Domestic Violence Resources

Resources and information available on these websites, including helplines (but RING 000 if you are in immediate danger):

<https://au.reachout.com/challenges-and-coping/abuse-and-violence/domestic-violence-support>

<https://whiteribbon.org.au/helplines/>

<https://www.1800respect.org.au/>

LGBTIQA+ Resources and Support

https://www.financialsafety.org.au/professional-services/1415609?gad_source=1&gclid=CjwKCAjwg8qzBhAoEiwAWagLrMjnyztdpZaWeB6Qm3KnfKndkr738zMsrAOdORbmuzvjaulxdX76jxoCabUQAvD_BwE

For young people:

https://headspace.org.au/our-impact/campaigns/lgbtiqaplus/?gclid=CjwKCAjwg8qzBhAoEiwAWagLrBzTWvVpndh1JXZ850QQqjH8km4XFdt0uhxrVKwnHULsUmi_FrIChxoCpQgQAvD_BwE

Support for Kids / Young People and Parents:

<https://kidshelpline.com.au/>

[https://au.reachout.com/?](https://au.reachout.com/?gad_source=1&gclid=CjwKCAjwg8qzBhAoEiwAWagLrEUhTS2eF59KsB8s8Gh9NHDvIY-vb6jvFRYkNbUiBTeeieDg9gNY_xoCyCkQAvD_BwE)

[gad_source=1&gclid=CjwKCAjwg8qzBhAoEiwAWagLrEUhTS2eF59KsB8s8Gh9NHDvIY-vb6jvFRYkNbUiBTeeieDg9gNY_xoCyCkQAvD_BwE](https://au.reachout.com/?gad_source=1&gclid=CjwKCAjwg8qzBhAoEiwAWagLrEUhTS2eF59KsB8s8Gh9NHDvIY-vb6jvFRYkNbUiBTeeieDg9gNY_xoCyCkQAvD_BwE)

Being Bullied? 24/7 support for kids and young people:

<https://bullyingnoway.gov.au/contact-us/need-help-now>