

WHERE TO GET HELP AND SUPPORT

Name of service	What do they do	How to contact them
1800RESPECT	24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.	1800 737 732 Webchat: https://1800respect.org.au/
Safe Steps	24/7 Victoria's state wide family violence crisis service for anyone experiencing family violence	1800 015 188 Webchat (Mon-Friday, 9am-midnight): https://www.safesteps.org.au/
Lifeline	National charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.	13 11 14 Webchat: https://www.lifeline.org.au/
Kids Helpline	Free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.	1800 55 1800 Webchat: https://kidshelpline.com.au/
Emergency	24-hours Immediate support from Victoria Police and Ambulance	000
Centre Against Sexual Assault	There are specialist sexual assault services across Victoria that provide free and confidential counselling and advocacy support for people of all ages, as well as their family, friends and community members who have also felt impacted. You can access a sexual assault service no matter how long ago the sexual assault happened.	You can find the closest sexual assault services via https://peak.sasvic.org.au/service-map/#gsc.tab=0
Sexual Assault Crisis Line	State-wide, after-hours, confidential, telephone crisis counselling service for people who have experienced both past and recent sexual assault.	1800 806 292 (5pm weeknights through to 9am the next day and throughout weekends and public holidays)
Q Life	QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.	1800 184 527 (3pm to midnight, everyday) Webchat: https://qlife.org.au/

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Rainbow Door	Rainbow Door is a free specialist LGBTIQ+ (Lesbian, Gay, Bisexual, Transgender and Gender Diverse, Intersex, Queer, Asexual, BrotherBoys, SisterGirls) helpline providing information, support, and referral to all LGBTIQ+ Victorians, their friends and family.	1800 729 367 (10am–5pm, everyday) Text: 0480 017 246 Email: support@rainbowdoor.org.au
Yarning Safe'N'Strong	24/7 free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples	1800 959 563
1800 My Options	For information about contraception, pregnancy options and sexual health in Victoria	1800 696 784 (9am–5pm, Monday to Friday, closed public holidays) Email: info@1800myoptions.org.au
Victim Support Agency	Official Victorian Government service offering free information and support for people affected by crime.	1800 819 817 (Victims of Crime Helpline) (8am–11pm, everyday) Text: 0427 767 891 Email: vsa@justice.vic.gov.au
eSafety Commissioner	Australia's independent regulator for online safety. eSafety can help investigate online abuse complaints and/or support for people experiencing cyberbullying, image-based abuse, illegal and harmful online content including child sexual abuse material, pro-terrorist content and content that promotes, incites or instructs in crime or violence.	Online forms General enquiries: https://www.esafety.gov.au/about-us/contact-us Report: https://www.esafety.gov.au/report/forms
Victoria Legal Aid	Free legal information and advice to Victorians.	1300 792 387 (8am–6pm, Monday to Friday) Webchat: https://www.legalaid.vic.gov.au/
Youthlaw	Free legal advice for young people in Victoria, under 25 years old.	(03) 9113 9500 (9am–5pm, Monday to Friday) Email: legal@youthlaw.asn.au