

## SUPPORT SERVICES & RESOURCES

Crisis support services	
<p><b>Support Act</b></p> <p>Support Act provides financial relief for music workers in crisis, mental health counselling through the Wellbeing Helpline, assistance with funeral expenses and financial guidance.</p>	<p>Ph: 1800 959 500</p> <p>Website: <a href="https://supportact.org.au/">https://supportact.org.au/</a></p>
<p><b>13YARN</b></p> <p>Lifeline’s 24 hour national crisis support line for mob who are feeling overwhelmed or having difficulty coping.</p>	<p>Ph: 13 92 76</p> <p>Website: <a href="https://www.13yarn.org.au/">https://www.13yarn.org.au/</a></p>
<p><b>1800 Respect</b></p> <p>24 hour counselling and information regarding sexual assault and sexual harassment. Online chat function.</p>	<p>Ph: 1800 737 732</p> <p>Website: <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a></p>
<p><b>BeyondBlue</b></p> <p>Mental health support and resources.</p>	<p>Ph: 1300 224 636</p> <p>Website: <a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a></p>
<p><b>BlueKnot</b></p> <p>National Counselling and referral service for people with a disability who have experienced or witnessed someone being hurt or treated badly.</p>	<p>Ph: 1800 421 468</p> <p>Website: <a href="https://blueknot.org.au/national-counselling-referral-service-disability/">https://blueknot.org.au/national-counselling-referral-service-disability/</a></p>
<p><b>Bravehearts</b></p> <p>Supports people seeking advice or help related to child sexual abuse including responding to disclosures of child sexual abuse.</p>	<p>Ph: 1800 272 831</p> <p>Website: <a href="http://www.bravehearts.org.au">www.bravehearts.org.au</a></p>
<p><b>eSafety Commissioner</b></p> <p>Investigates reports of cyberbullying of children, 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.</p>	<p>Website: <a href="https://www.esafety.gov.au/report">https://www.esafety.gov.au/report</a></p>
<p><b>eSafety Women</b></p> <p>Resources aim to help women manage technology risks and abuse by giving women the tools they need to be confident when online.</p>	<p>Website: <a href="https://www.esafety.gov.au/women">https://www.esafety.gov.au/women</a></p>

<p><b>Headspace</b></p> <p>Supports young people aged between 12 and 25 years of age.</p>	<p>Ph: 1800 650890</p> <p>Website: <a href="https://headspace.org.au/">https://headspace.org.au/</a></p>
<p><b>Lifeline</b></p> <p>24 hour crisis support and suicide prevention.</p>	<p>Ph: 13 11 14</p> <p>Website: <a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a></p>
<p><b>Mensline</b></p> <p>24 hour national support line for men who are dealing with family and relationship difficulties.</p>	<p>Ph: 1300 78 99 78</p> <p>Website: <a href="https://mensline.org.au/">https://mensline.org.au/</a></p>
<b>Sexual assault support services</b>	
<p><b>Sexual Assault Crisis Line Victoria</b></p> <p>A statewide confidential, telephone crisis counselling service for people who have experienced both past and recent sexual assault.</p>	<p>Ph: 1800 806 292</p> <p>Website: <a href="https://www.sacl.com.au/">https://www.sacl.com.au/</a></p>
<p><b>Canberra Rape Crisis Centre (CRSS)</b></p> <p>Sexual assault counselling and crisis support and advocacy.</p>	<p>Ph: 02 6247 2525</p> <p>Website: <a href="http://www.crc.org.au/">http://www.crc.org.au/</a></p>
<p><b>Service Assisting Male Survivors of Sexual Assault (ACT and surrounding region)</b></p> <p>Provides support, information and referrals for men who have experienced sexual assault.</p>	<p>Ph: 02 6247 2525</p> <p>Website: <a href="https://crcc.org.au/service-assisting-male-survivors-of-sexual-assault-samssa/">https://crcc.org.au/service-assisting-male-survivors-of-sexual-assault-samssa/</a></p>
<p><b>Sexual Assault Support Service (SASS) Tasmania</b></p> <p>24 hour crisis support line, counselling and resources</p>	<p>Ph: 1800 697 877</p> <p>Website: <a href="https://www.sass.org.au/">https://www.sass.org.au/</a></p>
<p><b>NSW Sexual Violence Helpline</b></p> <p>24 hour telephone and online counselling for anyone who is or has experienced sexual violence and their supporters.</p>	<p>Ph: 1800 424 017</p> <p>Website: <a href="https://fullstop.org.au/">https://fullstop.org.au/</a></p>
<p><b>Ruby Gaea Darwin Centre Against Sexual Violence</b></p> <p>Sexual assault counselling service</p>	<p>Ph: 08 8945 0155</p> <p>Website: <a href="https://rubygaea.net.au/">https://rubygaea.net.au/</a></p>
<p><b>DVConnect Sexual Assault Helpline (Queensland)</b></p> <p>Safety planning, crisis counselling, intervention, information and referrals.</p>	<p>Ph: 1800 010 120</p> <p>Website: <a href="https://www.dvconnect.org/">https://www.dvconnect.org/</a></p>

<p><b>Yarrow Place Rape and Sexual Assault Services (SA)</b></p> <p>Free and confidential service for people aged 16 years and over at the time of the sexual assault.</p>	<p>Ph: 1800 817 421 and 08 8226 8787 (AH)</p> <p>Website: <a href="https://www.wchn.sa.gov.au/our-network/yarrow-place">https://www.wchn.sa.gov.au/our-network/yarrow-place</a></p>
<p><b>Sexual Assault Resource Centre (SARC) Western Australia</b></p> <p>Statewide service providing emergency services and counselling for people who have experienced both past and recent sexual assault.</p>	<p>Ph: 1800 199 888</p> <p>Website: <a href="https://www.kemh.health.wa.gov.au/other-services/sarc">https://www.kemh.health.wa.gov.au/other-services/sarc</a></p>
<p><b>Human Rights Commissions</b></p>	
<p><b>Australian Human Rights Commission</b></p>	<p>Ph: 1300 656 419 (Option 2)</p> <p>Email: <a href="mailto:infoservice@humanrights.gov.au">infoservice@humanrights.gov.au</a></p> <p>Website: <a href="https://humanrights.gov.au/">https://humanrights.gov.au/</a></p>
<p><b>Victorian Equal Opportunity and Human Rights Commission</b></p>	<p>Ph: 1300 292 153</p> <p>Email: <a href="mailto:enquiries@veohrc.vic.edu.au">enquiries@veohrc.vic.edu.au</a></p> <p>Website: <a href="https://www.humanrights.vic.gov.au/get-help/">https://www.humanrights.vic.gov.au/get-help/</a></p>
<p><b>Anti-Discrimination New South Wales</b></p>	<p>Ph: 1800 670 812</p> <p>Email: <a href="mailto:complaintsadb@justice.nsw.gov.au">complaintsadb@justice.nsw.gov.au</a></p> <p>Website: <a href="https://antidiscrimination.nsw.gov.au/">https://antidiscrimination.nsw.gov.au/</a></p>
<p><b>ACT Human Rights Commission</b></p>	<p>Ph: 02 6205 2222</p> <p>Email: <a href="mailto:human.rights@act.gov.au">human.rights@act.gov.au</a></p> <p>Website: <a href="https://hrc.act.gov.au/contact-us/">https://hrc.act.gov.au/contact-us/</a></p>
<p><b>Queensland Human Rights Commission</b></p>	<p>Ph: 1300 130 670</p> <p>Email: <a href="mailto:enquiries@qhrc.qld.gov.au">enquiries@qhrc.qld.gov.au</a></p> <p>Website: <a href="https://www.qhrc.qld.gov.au/contactus">https://www.qhrc.qld.gov.au/contactus</a></p>
<p><b>Northern Territory Anti-Discrimination Commission</b></p>	<p>Ph: 1800 813 846</p> <p>Email: <a href="mailto:antidiscrimination@nt.gov.au">antidiscrimination@nt.gov.au</a></p> <p>Website: <a href="https://adc.nt.gov.au/contacts">https://adc.nt.gov.au/contacts</a></p>

<b>WA Equal Opportunity Commission</b>	Ph: 1800 198 149 Email: <a href="mailto:eoc@eoc.wa.gov.au">eoc@eoc.wa.gov.au</a> Website: <a href="https://www.wa.gov.au/organisation/equal-opportunity-commission">https://www.wa.gov.au/organisation/equal-opportunity-commission</a>
<b>Equal Opportunity SA</b>	Ph: 08 7322 7070 Email: <a href="mailto:equal@sa.gov.au">equal@sa.gov.au</a> Website: <a href="https://www.equalopportunity.sa.gov.au/">https://www.equalopportunity.sa.gov.au/</a>
<b>Equal Opportunity Tasmania</b>	Ph: 1300 305 062 Email: <a href="mailto:office@equalopportunity.tas.gov.au">office@equalopportunity.tas.gov.au</a> Website: <a href="https://equalopportunity.tas.gov.au/">https://equalopportunity.tas.gov.au/</a>
<b>Respect@Work Information Service</b>	Ph: 1300 656 419 (Option 1) Email: <a href="mailto:respect@humanrights.gov.au">respect@humanrights.gov.au</a> Website: <a href="https://www.respectatwork.gov.au/">https://www.respectatwork.gov.au/</a>