

SUPPORT LIST

In an emergency, always dial 000

For translated tip sheets, conversation starters, podcast episodes and other resources, visit - <https://prosperprojectaustralia.org/programs/lookingforchange/>

For immediate, confidential help

Lifeline – 13 11 14 (crisis support 24/7)

Kids Helpline – 1800 55 1800

Suicide Call Back Service – 1300 659 467

For help when you are in financial hardship

National Debt Helpline – 1800 007 007

Gamble Aware – 1800 858 858

Use the 'Find a financial counsellor' search on the website -

<https://moneysmart.gov.au/managing-debt/financial-counselling>

Find emergency help with food, housing, bills and other essentials here -

<https://askizzy.org.au/>

Get useful information and resources here –

<https://moneysmart.gov.au/>

Other useful supports

[QLife](#) (LGBTIQA+ support) 1800 184 527

1800 RESPECT (support with abuse, harmful relationships or violence-related issues)

[1800 737 732](https://1800737732.org.au/) or 1800Respect.org.au

Headspace (mental health support for young people) [1800 650 890](https://1800650890.org.au/) or headspace.org.au

Raising Children (the Australian parenting website) raisingchildren.net.au

Tresillian (early parenting support) tresillian.org.au

Think U Know (online safety) thinkuknow.org.au

Reach Out (mental health support for young people and their parents) au.reachout.com

Bullying No Way (support and resources on bullying) bullyingnoway.gov.au

