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# Where to go for support

## Help with a crisis

**Lifeline** 13 11 14
24 hours | lifeline.org.au
or Lifeline Crisis Text service 0477 13 11 14

**13 YARN** 13 92 76
24 hours | 13yarn.org.au

**Suicide Call Back Service** 1300 659 467
24 hours | suicidecallbackservice.org.au

**MensLine** 1300 78 99 78
24 hours | mensline.org.au

**Kids Helpline** 1800 551 800
24 hours | kidshelpline.com.au

**1800 RESPECT** 1800 737 732
24 hours | 1800respect.org.au

**Open Arms Veterans and Families**
1800 011 046
24 hours | openarms.gov.au

**QLife (LGBTIQ+)** 1800 184 527
7 days, 3pm to 9pm | qlife.org.au

## Help with your mental health & wellbeing

**NSW Mental Health Line** 1800 011 511
24 hours

**Medicare Mental Health** 1800 595 212
8.30am – 5.00pm, Mon-Fri

**headspace**
Queanbeyan | Mon-Fri 02 6941 9026
eheadspace.org.au 1800 650 890

**New Access** 1300 921 535
9.00am – 5.00pm, Mon- Fri

**Beyond Blue** 1300 22 4636
24 hours | beyondblue.org.au

**SANE incl. You are not alone for carers**
1800 187 263
sane.org/you-are-not-alone

**One Door Carer Support** 1800 843 539
Queanbeyan
onedoor.org.au/our-services/carer-supports/carer-services-southern-nsw

**Phoenix Australia**
phoenixaustralia.org/treatment-and-support/bushfirerecovery

## Help with alcohol and other drugs

**SNSW LHD Drug and Alcohol Services**
1800 809 423
Queanbeyan

**Alcohol & Drug Information**
1800 250 015
24 hours | yourroom.health.nsw.gov.au

## Help for your family & relationships

**Relationships Australia** 1300 364 277
relationshipsnsw.org.au

**Marymead Catholic Care**
1800 068 698
mccg.org.au/service/family-support/

**Southern NSW Family Connect and Support**
1300 736 384
mackillop.org.au/programs/southern-nsw-family-connect-and-support

## Help with other stuff

**Care Finder Service for older vulnerable persons**
02 6257 2538

**Munjuwa Queanbeyan Aboriginal Corporation**
02 6297 1672

**Gambling Help - Gambling Helpline**
1800 858 858
24 hours | gamblinghelponline.org.au

**Financial Help - National Debt Helpline**
1800 007 007
Mon-Fri | ndh.org.au

**Legal help – Shoalcoast Community Legal Centre** 1800 229 529
shoalcoast.org.au

**Link2Home Homelessness** 1800 152 152
24 hours | facs.nsw.gov.au/housing

**Rural Financial Counselling Service**
1800 319 458
9.00am - 5.00pm, Mon-Fri | rfcsnsw.com.au

**Service NSW Emergencies and natural disasters**
service.nsw.gov.au/services/emergencies-and-natural-disasters

**Scan the code for information on other services**

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