

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 midnight | qlife.org.au

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

ParentsNext - Queanbeyan 02 4824 4000



Marymead Catholic Care

1800 068 698

mccg.org.au/service/family-support/



NSW Family Referral Service

1800 663 863

familyreferralservice.com.au



Relationships Australia 1300 364 277

relationshipsnsw.org.au

Help with your mental health & wellbeing

NSW Mental Health Line 1800 011 511

24 hours

Head to Health 1800 595 212

8.30am – 5.00pm, Mon-Fri



headspace

Queanbeyan | Mon-Fri 02 5131 1500

eheadspace.org.au 1800 650 890

New Access 1300 224 636

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 0436 322 051

Queanbeyan

onedoor.org.au/archive/services/locations/queanbeyan



Phoenix Australia

phoenixaustralia.org/treatment-and-support/bushfirerecovery

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 Bushfire customer care service

service.nsw.gov.au/bushfire-customer-care-service



Scan the code for information
on other services