

Need support? The Griffith University Rainbow Society has accumulated a fabulous list of local and online LGBTQIA+ support services to help you in your time of need.



LGBTQIA+ SUPPORT



(Diverse Voices) Qlife: 1800 184 527
Provides anonymous and free LGBTI peer support and referral for people in Australia who want to talk about sexuality, identity, gender, bodies, feelings or relationships.



Open Doors Youth Service: Based in Fortitude Valley, aids in finding and providing support for LGBTQIA+ Queenslanders. Their programs are for people aged 12-24 in Brisbane, to provide short-term support, and help individuals access mental health services, support groups, youth workers and emergency supplies, clothing and binders.



Minus18: Peer support through online articles and initiatives. Information on gender, sexuality and awareness campaigns such as IDAHOBIT, Wear it Purple day and Trans Awareness week.

MENTAL HEALTH INFORMATION & SUPPORT



Reach Out:
Provides digital mental health and wellbeing programs to encourage self-help and peer support. Mainly focused on providing prevention and early intervention services and support.



GROW Australia:
A 12-step program focused on mutual help and support through the community. People are connected to those with similar experiences and a therapist to facilitate a peer support group. Awareness week.



Head to Health: A collection of resources for a variety of mental health issues. Provides support in a variety of platforms and is good for if you are seeking resources on something specific or not covered here.

LEGAL SUPPORT



LGBTI Legal Service: Non-profit legal service that offers free and confidential advice to Queenslanders with issues such as: family law, domestic violence, surrogacy and parenting rights, criminal law (including victim support), employment law, gender identity, civil law, administrative law and government decisions, discrimination and human rights issues.

CRISIS SUPPORT

(IN AN EMERGENCY SITUATION, PLEASE CALL 000)



Lifeline: 13 11 14

Lifeline provides confidential crisis support that is accessible 24 hours a day. Provides text and call support to anyone contemplating suicide, experiencing emotional distress, or caring for someone in crisis.



Suicide Call Back Service: 1300 659 467

National 24/7 telehealth provider that offers free phone, video chat and web chat counselling. Aids in working with suicide-related issues such as: distress, goal planning, ensuring safety and referral to other community services.



Beyond Blue: 1300 224 636

Website and phone support with information targeting specific groups, such as men, women, Indigenous Australians, Multicultural people and LGBTQIA+ individuals. Information for people unfamiliar or unsure of how to cope with anxiety, depression and suicide.

ABORIGINAL AND TORRES STRAIT ISLANDER



Black Rainbow: National organisation focused on the support of LGBTQIA+ Aboriginal and Torres Strait Islander people. Mainly focused on improving mental health support services, suicide prevention and initiatives to aid people facing homelessness, domestic violence and involvement with the justice system.



Blaq: Provides the opportunity for and foster connections and increase representation of LGBTQIA+ Indigenous Australians.

STUDENTS CAN ALSO ACCESS THE 24/7 GRIFFITH MENTAL WELLBEING SUPPORT LINE BY CALLING 1300 785 442 OR BY TEXTING 0488 884 146.

