

NSW and ACT external support services and hotlines

If you or someone close to you is in high distress or immediate danger, call 000 as soon as possible.

Should you need support, please contact mental health and community support agencies such as:

- [**13YARN**](#) (13 92 76) – Aboriginal and Torres Strait Islanders crisis support line
- [**1800RESPECT**](#) (1800 737 732) – Domestic, family and sexual violence counselling service
- [**All Together Now**](#) - National organisation working to prevent racism and promote racial equity.
- [**Anti-Discrimination NSW**](#) 1800 670 812 - NSW Government body that manages discrimination complaints under NSW law.
- [**Asylum Seeker Centre**](#) (02 9078 1900) – Support for people seeking asylum
- [**Australian Human Rights Commission**](#) 1300 656 419 - Handles complaints about discrimination and racism under federal law.
- [**Beyond Blue**](#) (1300 22 4636) – Mental health support for all Australians
- [**Brother to Brother**](#) (1800 435 799) – Crisis line phone support for Aboriginal men
- [**Embrace Multicultural Mental Health**](#) - National platform providing multicultural mental health resources.
- [**Ethnic Communities' Council of NSW**](#) (ECCNSW) (02) 9319 0288 - Peak advocacy body representing CALD communities in NSW.
- [**FASSTT \(The Forum for Australian Services for Survivors of Torture and Trauma\)**](#)- a network of Australia's specialist rehabilitation agencies that work with survivors of torture and trauma, their families and their communities. Below are the specific services and their states/territory in Australia -
 - [**Companion House \(ACT\)**](#) 02 6251 4550
 - [**STARTTS \(NSW\)**](#) 02 9646 6700

- [**Government and state-specific crisis support services**](#) (link provides a list of services)
- [**Kids Helpline**](#) (1800 55 1800) – For young people between 5-25 years old and their parent/carers
- [**Kingsford Legal Centre**](#) (NSW) (02) 9385 9566: Free legal advice including discrimination matters.
- [**Lifeline Australia**](#) (13 11 14)- Crisis support and suicide prevention phone line
 - [**Lifeline with interpretation service**](#) (13 14 50) – say your language and then state Lifeline 13 11 14
- [**MensLine Australia**](#) (1300 78 99 78) -Telephone and online counselling service for Australian men in Australia
- [**Multicultural NSW**](#) (02) 8255 6767: NSW Government agency supporting inclusion, community harmony, and anti-racism initiatives.
- [**NSW Mental Health Line**](#) (24/7) 1800 011 511: Statewide mental health support and crisis assistance.
- [**Open Arms**](#) (1800 011 046) – Counselling for veterans and families
- [**QLife**](#) (1800 184 527) – LGBTIQ+ support and referrals
- [**SANE Australia**](#) (1800 18 7263) – For people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities
- [**Suicide Call Back**](#) (1300 659 467) – Providing phone and online counselling to people affected by suicide
- [**Transcultural Mental Health Centre**](#) (NSW Health) 1800 648 911 (Mon–Fri, 9am–4:30pm): Provides culturally responsive mental health services for people from culturally and linguistically diverse (CALD) backgrounds.
- [**Witness to War**](#) (1800 845 198) – A national multilingual phonenumber for people affected by overseas conflicts