

Specialist Phone Helplines

Specialist confidential support by our experts.



First Nations

Call for specialist advice and support around indigenous issues. Our consultants can also arrange for referral to other Aboriginal and Torres Strait Islander Peoples services.

1300 287 432



LGBTQI+

Speak with a specialist counsellor and access support across issues specific to Lesbian, Gay, Bisexual, Transgender, Intersex, Queer or Questioning people.

1300 542 874



Domestic and Family Violence

Speak with a specialist and access counselling, referral and support around domestic and family violence.

1300 338 465



Eldercare

Access advice on aged care issues and referral to specialist resources, as well as emotional support when caring for family members or friends.

1300 035 337



Disability and Carers'

Disability support and referral to state and local resources and services, as well as emotional support around caring for family or friends who live with disability.

1300 243 543



Youth and Student

Access age-sensitive support focusing on the emotional needs and psychological pressures many young Australians and students face in their daily lives.

1300 687 399



Spiritual and Pastoral Care

Speak with a counsellor who will help you draw on Spiritual resources suitable to your faith journey. We have counsellors from all major faith traditions and every major Christian denomination trained to integrate spirituality as an essential aspect of well-being.

1300 772 435