

***If the survey has raised any issues for you that you'd like to get assistance with, here are some possible contacts:***



**FOR INFORMATION OR ADVICE**

**1300 22 4636**

**[www.beyondblue.org.au](http://www.beyondblue.org.au)**



***I need help now!***

**CALL US 13 11 14 (24HRS A DAY) CHAT TO US ONLINE NIGHTLY, 7 DAYS**

**ACCESS HELP RESOURCES ONLINE**

***Call 000 (Emergency Services) if life is in danger.***

**If you are thinking about suicide or experiencing a personal crisis, help is available. No one needs to face their problems alone.**

**Street address**  
Level 17  
53 Albert Street  
Brisbane QLD 4000

**Phone:** 1300 130 670  
**TTY:** 1300 130 680  
**Fax** (07) 3247 0960  
**Email:** [info@adcq.qld.gov.au](mailto:info@adcq.qld.gov.au)  
**Web:** [www.adcq.qld.gov.au](http://www.adcq.qld.gov.au)

**Postal address**  
City East Post Shop  
PO Box 15565  
City East QLD 4002



PHONE & CHAT  
**1800 184 527**  
QLIFE.ORG.AU  
**3pm-12pm**  
**LIFE Everyday**

QLife is Australia's first nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI). QLife provides nation-wide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences.



# headspace

National Youth Mental Health Foundation

<https://www.headspace.org.au/>

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