



## Helpful contacts and services.

If you or someone you know needs help with	Support service	Assistance provided	Contact details
Domestic and Family Violence, including Financial Abuse	<b>1800 RESPECT</b>	A national family violence and sexual assault service providing support 24 hours a day, 7 days a week	<b>1800 737 732</b> <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>
	<b>Family Relationship Advice Line</b>	Information and advice on family relationship issues and parenting arrangements after separation	<b>1800 050 321</b> <a href="https://www.familyrelationships.gov.au/talk-someone/advice-line">https://www.familyrelationships.gov.au/talk-someone/advice-line</a>
	<b>Centrelink</b>	Provides social and health payments and services, including crisis help and payments	<b>13 28 50</b> <a href="http://www.servicesaustralia.gov.au">www.servicesaustralia.gov.au</a>
	<b>Community Legal Centres</b>	Community Legal Centres (CLCs) are independently operating not-for-profit community organisations that provide legal and related services to the public, focusing on the disadvantaged and people with special needs	<b>02 9160 9500</b> <a href="https://clcs.org.au/">https://clcs.org.au/</a>
	<b>Relationships Australia</b>	Provides relationship support services for individuals, families and communities including counselling, family dispute resolution (mediation) and a range of family and community support and education programs	<b>1300 364 277</b> <a href="http://www.relationships.org.au">www.relationships.org.au</a>
	<b>Women's Legal Service Australia</b>	A national network of community legal centres specialising in women's legal issues	<b>1800 957 957</b> <a href="http://www.wlsa.org.au">www.wlsa.org.au</a>
	<b>MensLine Australia</b>	Telephone and online support, information and referral service, helping men to deal with relationship problems in a practical, effective way	<b>1300 78 99 78</b> <a href="https://mensline.org.au/">https://mensline.org.au/</a>
Elder Abuse	<b>My Aged Care</b>	Provides information and referral to members of the public, family, friends and service providers in respect of elder abuse for each state and territory	<b>1800 200 422</b> <a href="https://www.myagedcare.gov.au/getting-support">https://www.myagedcare.gov.au/getting-support</a>
Managing Money or Financial Assistance	<b>Australian Banking Association's Financial Assistance Hub</b>	Information and support for individuals and small businesses experiencing financial difficulty	<a href="https://www.ausbanking.org.au/financial-assistance-hub/">https://www.ausbanking.org.au/financial-assistance-hub/</a>
	<b>Money Smart</b>	Calculators and tips to help you make better financial decisions from ASIC and the Australian Government	<a href="http://www.moneysmart.gov.au">www.moneysmart.gov.au</a>
	<b>National Debt Helpline</b>	Free information and resources that can help if you're struggling with debt	<b>1800 007 007</b> <a href="https://ndh.org.au/">https://ndh.org.au/</a>
	<b>Ask Izzy</b>	A national service that provides information and contact details for a range of organisations, including counselling, housing, financial support and other services	<a href="https://askizzy.org.au/">https://askizzy.org.au/</a>
Illness or Disability	<b>SANE Australia</b>	Information about mental illness, treatments, where to go for support and help carers, with online chat services available	<b>1800 187 263</b> <a href="http://www.sane.org/">www.sane.org/</a>
	<b>Beyond Blue</b>	Information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live, with online chat services available	<b>1300 224 636</b> <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
	<b>Lifeline</b>	A national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services	<b>13 11 14</b> <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
	<b>Suicide Call Back Service</b>	A nation wide service that provides 24/7 telephone, video and online professional counselling to people who are affected by suicide	<b>1300 659 467</b> <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
	<b>See Differently</b>	See Differently is a not-for-profit organisation providing services to Australians who have a vision impairment	<b>1300 944 306</b> <a href="https://www.seedifferently.org.au/">https://www.seedifferently.org.au/</a>
	<b>National Relay Service</b>	A phone solution for people who are deaf or have hearing or speech impairment	<b>1800 555 660</b> <a href="https://www.health.gov.au/contacts/national-relay-service">https://www.health.gov.au/contacts/national-relay-service</a>
	<b>Carer Gateway</b>	A national online and phone service that provides practical information and resources to support carers	<b>1800 422 737</b> <a href="http://www.carergateway.gov.au/">www.carergateway.gov.au/</a>
	<b>Medicare</b>	Access to government health services	<b>13 20 11</b> <a href="http://www.servicesaustralia.gov.au">www.servicesaustralia.gov.au</a>