

If you feel distressed or need support with difficult feelings, there are free services available to help you:

Carer Gateway

Telephone **1800 422 737**, Monday to Friday, 8am to 5pm for support and services.

Visit [Carer Gateway](#).

Beyond Blue Support Service

Telephone **1300 224 636**, 24 hours, 7 days a week or chat online 3pm to 12am AEST, 7 days a week or visit [Beyond Blue](#).

Lifeline Crisis Support

Provides support if you are feeling overwhelmed, having difficulty coping or thinking about suicide.

Speak to a crisis support worker by telephone on **13 11 14**, 24 hours, 7 days a week.

Text **0477 13 11 14** or chat online for support, 24/7. Or visit [Lifeline Crisis Support](#).

1800RESPECT

For support if you are affected by sexual assault or domestic and family violence or abuse.

Telephone **1800 737 732**, 24 hours a day, 7 days a week, chat online 24 hours a day, 7 days a week or visit [1800RESPECT](#).

13YARN

Service providing culturally safe crisis support for Aboriginal and Torres Strait Islander peoples. Call **13 92 76**, 24 hours a day, 7 days a week or visit [13YARN](#).

QLife

QLife provides anonymous and free LGBTQIA+ peer support and referral for people in Australia.

Call **1800 184 527**, open 3pm to midnight, every day or visit [QLife - Support and Referrals](#).

Open Arms Veterans and Family Counselling

As a carer of a veteran, or a veteran who is a carer, you can contact Open Arms to find out what support and services are available for you or your loved ones.

Call on **1800 011 046** or visit [Open Arms - Veterans & Families Counselling](#).

eheadspace

eheadspace is a national online and phone support service for young people between 12 and 25. Available 9am – 1am AEST every day. Call **1800 650 890** or visit [Online & phone support | headspace](#).