

SUPPORT



Crisis and Immediate Support

- **000** – For emergencies or immediate danger
- **1800RESPECT** – 24/7 national sexual assault and domestic violence support (1800 737 732, www.1800respect.org.au)
- **Full Stop Australia** – Trauma counselling for all genders (1800 943 539, www.fullstop.org.au)

Specialist Support Services

- **Rainbow Violence Helpline** – Support for LGBTIQ+ communities (1800 497 212)
- **Men's Referral Service** – Support for men using or experiencing violence (1300 766 491)
- **My Blue Sky** – Legal and migration support for forced marriage and modern slavery (02 9514 8115)

Mental Health and Suicide Prevention

- **Lifeline** – 24/7 crisis support (13 11 14, www.lifeline.org.au)
- **Beyond Blue** – Mental health resources (1300 22 4636, www.beyondblue.org.au)
- **13YARN** – Support for Aboriginal and Torres Strait Islander people (13 92 76, www.13yarn.org.au)

Workplace Rights and Reporting

- **WorkSafe Victoria** – OHS and injury support (1800 136 089, www.worksafe.vic.gov.au)
- **Australian Human Rights Commission** – Reports on discrimination and workplace harassment (1300 369 711, www.humanrights.gov.au)
- **Fair Work Commission** – Support for workplace harassment complaints (1300 799 675, www.fwc.gov.au)

