

LGBTIQ+ People Support Resources

These support options have been developed through our co-design workshops with individuals identifying as LGBTIQ+ with lived experience of mental health concerns.

We have included peak bodies who will be able to provide the most current information for support in your area.

National LGBTI Health Alliance

The National LGBTI Health Alliance is the national peak health organisation in Australia for organisations and individuals that provide health-related programs, services and research focused on lesbian, gay, bisexual, transgender, and intersex people (LGBTI) and other sexuality, gender, and bodily diverse people and communities. The Alliance recognises that people's genders, bodies, relationships, and sexualities affect their health and wellbeing in every domain of their life.

lgbtihealth.org.au/about/

lgbtihealth.org.au/passport/

QLIFE

QLife is a National organization providing free telephone and web-based counselling, referrals and support groups for LGBTI people and their families on matters of sexuality and life issues. The phone line is open 5:30pm-10:30pm 7 days a week.

1800 184 527 (freecall)

www qlife.org.au

qlife.org.au/resources/directory

Health Direct

If you're part of the lesbian gay, bi, transgender and intersex (LGBTI) community and struggling with your mental health, you're not alone.

Life can be challenging, with all the complexities of work, relationships, friendships, finance and families. Staying mentally strong is not always easy.

Fortunately, there are many people and organisations who can provide you with advice and support.

www.healthdirect.gov.au/lgbti-mental-health

Black Rainbow

Black Rainbow is a national advocacy platform and touchpoint for Aboriginal and Torres Strait Islander Lesbian, Gay, Bisexual, Queer, Transgender, and Intersex (LGBQTI) peoples. We support Aboriginal and Torres Strait Islander LGBQTI people through a variety of community projects and initiatives that we have, and continue, to develop. We call these initiatives Contagion of Love projects.

www.blackrainbow.org.au/

Note: For other grassroots and Aboriginal and Torres Strait Islander support please contact state-based youth organisations and Aids councils for local referrals.

Intersex Human Rights Australia

Intersex Human Rights Australia Ltd is an independent support, education and policy development organisation, by and for people with intersex variations or traits. Our work focuses on human rights, bodily autonomy and self-determination, and on evidence-based, patient-directed healthcare

www.IHRA.org.au

Intersex Peer Support Australia

Peer support, information and advocacy group for those born with variations in sex characteristics in Australia.

<https://isupport.org.au/>

Carer Gateway

Lesbian, gay, bisexual, transgender and intersex (LGBTI) carers face the same stresses and pressures as other carers. But you may also face added problems of discrimination.

LGBTI carers can use all the same supports and services as other carers, including financial help, respite services and help and advice in many areas. There are also many organisations and resources designed specifically to help LGBTI carers.

www.carergateway.gov.au/tips/tips-lgbti-carers

Australian Government Department of Health Actions to Support LGBTI Elders: a Guide for Consumers

This guide helps lesbian, gay, bisexual, trans and gender diverse, and intersex (LGBTI) elders to express their needs when speaking with aged care providers. It can also help people working in aged care to better understand LGBTI needs.

www.health.gov.au/resources/publications/actions-to-support-lgbti-elders-a-guide-for-consumers

Genderqueer Australia

Specialises in the support of gender questioning and genderqueer people, their family, friends and professionals.

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

Beyond Blue

A multimedia guide that offers practical advice to families of young gender diverse people, same-sex attracted and bisexual people, and those who are questioning their sexuality or gender identity.

familieslikemine.beyondblue.org.au/

LGBTI Elders

Silver Rainbow - LGBTI ageing & aged care

Silver Rainbow provides national coordination and support activities promoting the well-being of LGBTI elders and the ongoing delivery of the LGBTI awareness training to the aged care sector.

Silver Rainbow was formed in 2013 to initially respond to the National LGBTI Ageing and Aged Care Strategy. Silver Rainbow works collaboratively with the government, aged care providers and related services, LGBTI older people and elders and organisations to create an LGBTI inclusive aged care sector. We do this through providing policy and program advice to the Department of Health and the ageing and aged care sector and working in partnership with LGBTI organisations and individuals across Australia and internationally.

<https://lgbtihealth.org.au/ageing/>

<https://lgbtihealth.org.au/elders/>

LGBTI Youth

Minus 18

Champions for Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ) Youth Australia Wide

www.minus18.org.au/index.php/get-involved/contact

Transcend

Transcend welcomes all families, regardless of the age of your trans, non-binary or gender diverse child. If you need support, we're here for you. support network and

<https://transcendsupport.com.au/>

PFLAG Australia

A non-profit voluntary organisation and support network for parents and families of LGBTI people.

<https://pflagaustralia.org.au/>

Raising Children

Like all families, rainbow and same-sex families need support to thrive. This page has links to national, state and territory support services and resources for rainbow and same-sex parents, their children and their family and friends.

<https://raisingchildren.net.au/grown-ups/services-support/services-families/rainbow-families-services>

Families Like Mine

A multimedia guide that offers practical advice to families of young gender diverse people, same-sex attracted and bisexual people, and those who are questioning their sexuality or gender identity.

<http://familieslikemine.beyondblue.org.au/>

Reach Out

If you have questions about, or feel like you need support related to, sexuality or gender, there are national, state- and territory-based services with volunteers and staff who have had personal experience with or training in dealing with LGBTQIA+ questions and concerns.

au.reachout.com/articles/lgbtqi-support-services

Australian LGBTIQ Multicultural Council (AGMC)

AGMC is the peak body for non-heterosexual individuals of colour. AGMC is a national body that advocates for the rights of multicultural and multi-faith LGBTIQ individuals and communities.

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

Pinnacle Foundation

The Pinnacle Foundation lights the spark, providing educational and vocational support to young adults across Australia where their gender identity, sexual orientation or sexual characteristics have prevented or hindered achievement of their career aspirations or personal development.

<https://thepinnaclefoundation.org/>

State Based Organisations

NSW

The Gender Centre NSW

The Gender Centre is committed to developing and providing services and activities, which enhance the ability of people with gender issues to make informed choices. We offer a wide range of services to people with gender issues, their partners, family members and friends in New South Wales. We specifically aim to provide a high quality service, which acknowledges human rights and ensures respect and confidentiality.

<https://gendercentre.org.au/>

ACON NSW

We are a fiercely proud community organisation. For our entire history, the work of ACON has been designed by and for our communities.

We create opportunities for people in our communities to live their healthiest lives and strive to be a global leader in community health, inclusion and HIV responses for people of diverse sexualities and genders.

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

Twenty10 Including GLCS NSW

We work with people across Sydney and New South Wales who are lesbian, gay, bisexual, transgender and gender diverse, non-binary, intersex, questioning, queer, asexual and more (LGBTIQA+) people and others of diverse genders and sexualities, their families and communities.

We are a Sydney based service working across New South Wales, providing a broad range of specialised services for young people 12-25 including housing, mental health, counselling and social support. For adults we provide social support and for people of all ages we offer telephone support and webchat as the NSW provider for the national QLife

project. We also offer inclusivity training and consulting for organisations and service providers across most sectors.

www.twenty10.org.au

Rainbow Families NSW

Rainbow Families is the voice for and champion of LGBTIQ+ families and prospective parents in NSW. Our support network is run for the community by the community - we are volunteer-powered. We are here to advocate for, empower and celebrate the love and support that every individual is entitled to.

<https://www.rainbowfamilies.com.au/>

Carer Support - Carers NSW - (provides National support options)

Carers in the LGBTI community can face particular challenges in their caring roles because of invisibility, discrimination or exclusion. Carers NSW recognises that every caring situation is unique and supports all carers regardless of age, culture, sexuality or gender.

<http://www.carersnsw.org.au/lgbti>

Victoria

Zoe Belle Gender Collective VIC

Zoe Belle Gender Collective provides support and training to organisations and individual practitioners wishing to improve their services to trans and gender diverse people and their families. Our projects are auspiced by cohealth. Currently we do not have the capacity to provide social support or consultation services directly to trans and gender diverse people and their families.

<http://zbgc.org.au/>

Thorne Harbour Health VIC

We are a community controlled organisation, governed by our members, working for our sex, sexuality and gender diverse communities.

<https://thorneharbour.org/about/who-we-are/>

Queensland

Wendybird QLD

A community for meaningful connection for all LGBTIQ people.

<http://www.wendybird.com.au/>

Open Doors Youth Service

Open Doors Youth Service provides support to young people with diverse genders, sex and sexualities. They support young people who identify as Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual, Pansexual, Sistergirl or Brotherboy (LGBTIQAP+ Sistergirl & Brotherboy).

<https://qnada.org.au/location/open-doors-youth-service-inc/>

QuAC (QLD)

A Queensland where all lesbian, gay, bisexual, transgender and intersex people achieve the best possible health and well-being and participate fully in the life of communities, free from stigma and discrimination.

<https://quac.org.au/>

Western Australia

Western Australia Aids Council (WAAIDS) Western Australia

The Council provides counselling, wellness, referral, general and financial assistance to people living with HIV; needle and syringe exchange programs; professional training and development for health sector workers and a range of support and prevention education services to target audiences at risk of HIV, sexually transmitted infections and

blood-borne virus transmissions.

<https://waaid.com/>

Freedom Centre

Freedom Centre is run by young people for young people using a peer support model. Our volunteers and staff are all people who are also young and LGBTIQ+ and are trained to be able to give support and information to their peers.

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

NT

NTAHC - Northern Territory Aids & Hepatitis Council

NTAHC delivers a range of programmes aimed at preventing the transmission of blood borne viruses (BBVs) and provides support for people living with a blood borne virus. Programs are delivered in urban and remote communities via health promotion and one on one care and support.

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

ACT

Aids Action Council ACT

Our mission is to work with individuals, communities and partner organisations to: virtually eliminate new HIV transmissions by 2020; provide support for individuals and families living with and impacted by HIV; and build a strong and safe community that is free of discrimination, marginalisation and stigma.

www.aidsaction.org.au/home/about-us.html

TASMANIA

Working it Out

To provide support and education services responsive to and based on the lived experiences of LGBTI Tasmanians and their families.

<http://www.workingitout.org.au/about/>