AFTER HOURS SUPPORT OPTIONS

NEED HELP AFTER HOURS? IF ACON IS CLOSED – AT NIGHT, ON WEEKENDS, OR DURING HOLIDAYS – YOU CAN CONTACT ONE OF THE SERVICES LISTED BELOW. **IF IT'S AN EMERGENCY, CALL 000.**

SUICIDE AND MENTAL HEALTH SUPPORT

LIFELINE
13 11 14 (24/7)
(SMS & online chat available)

SUICIDE CALL BACK SERVICE
1300 659 467 (24/7)

NSW MENTAL HEALTH LINE
1800 011 511 (24/7)

QLIFE
1800 184 527 (3–9pm, 7 days)
(online chat available)

SAFE HAVEN
Safe Haven offer free drop in supports across NSW if you are in distress or having suicide thoughts – please check out their website for locations and times
Safe Haven

BEYOND BLUE
1300 224 636 (24/7)
(online chat available)

BLUE KNOT HELPLINE
For Survivors of Trauma
1300 657 380
(9am–5pm, 7 days)

BUTTERFLY FOUNDATION
Eating Disorder support
1800 334 673
(8am–midnight, 7days)
(online chat available)

ACON HERE DIGITAL HUB
HERE is ACON's digital hub for information on suicide and situational distress, connecting LGBTQ+ people, their loved ones, and service providers in NSW to care, support, and resources.
Here.org.au

HOUSING & SDFV SUPPORT

LINK2HOME
1800 152 152 (24/7)

ASK IZZY WEBSITE
Housing (Sleep tonight)

NSW DOMESTIC VIOLENCE LINE
1800 65 64 63 (24/7)

NSW SEXUAL VIOLENCE HELPLINE
1800 424017 (24/7)

ELDER ABUSE HELPLINE
1800 628 221
(Mon–Fri, 9am–4pm)

MOB SUPPORT

13YARN
13 92 76 (24/7)

WELLMOB WEBSITE
Wellmob

OTHER SUPPORT OPTIONS

ALCOHOL & OTHER DRUGS INFORMATION SERVICE (ADIS)
1800 250 015

SEXUAL HEALTH INFO LINK
1800 451 624
(Mon–Fri 9am–5:30pm)
NSW Sexual Health Info

KIDS HELPLINE
1800 551 800(24/7)
(online chat available)

GRIEFLINE
1300 845 745
(8am–8pm, 7 days)

GAMBLING HELPLINE
1800 858 858 (24/7)

REGIONAL LGBTQ+ GROUPS
ACON
Regional NSW

WELLNESS PLAN
Please be gentle with yourself. Scan QR code to access wellness plan for some tips.

acon
HERE FOR HEALTH