## National resources

1800 RESPECT Sexual assault, domestic and family violence counselling service	24/7	1800 737 732
Lifeline	24/7	13 11 14
Mensline Australia	24/7	1300 789 978
QLife	3pm-midnight in your timezone.	1800 184 527
BeyondBlue	24/7	1300 22 4636
Relationships Australia		1300 364 277

Bravehearts 8:30am-4:30pm AEST, Mon-Fri

		1800 497 212
Blueknot - Adults Surviving Child Abuse	9am-5pm AEST	1300 657 380

## Relay and translation services

for callers who require English translation services

## TAS services

Equal Opportunity Tasmania	1300 305 062

VIC services

WA services