Need to talk to someone?

Need help, support or information? Check out the links below.

If you, or someone you are with, is in immediate danger call 000.

Sexual and reproductive health
Sexual Health Info Link
Free, confidential information about sexual health.
www.shil.nsw.gov.au
1800 451 624 (Monday to Friday 9am-5.30pm)

Family Planning NSW Talkline
Information and advice for reproductive and sexual health issues online or by phone.
www.fpnsw.org.au/talkline
1300 658 886 (Monday to Friday 8.30am-5.00pm)

Crisis, suicide and mental health support
Lifeline
Support and advice in a personal crisis.
www.lifeline.org.au
13 11 14 (24 hours, every day). Online web chat, available every day 7pm-4am AEST.

Kids Helpline
24/7 support for young people to talk to someone about anything that's going on in their life.
www.kidshelpline.com.au
1800 55 1800

Beyond Blue
24/7 telephone, email, and web support for people affected by mental health issues.
www.beyondblue.org.au
1300 22 4636

ReachOut
24/7 online youth mental health service if you're going through a tough time.
www.au.reachout.com

Services and support for men
Men's Line
24/7 telephone and online support and information service for Australian men.
www.mensline.org.au
1300 78 99 78

Sexual assault or domestic and family violence
NSW Rape Crisis
24/7 telephone and online crisis counselling service for anyone in NSW.
www.nswrapecrisis.com.au
1800 424 017

1800 Respect
24/7 sexual assault, domestic and family violence counselling service.
www.1800respect.org.au
1800 737 732

LGBTIQ support
QLife
Nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI).
www.qlife.org.au
1800 184 527 and web-chat (3pm – 12am every day)

The Gender Centre
Counselling and other services for transgender and gender diverse people, their partners, families and friends.
www.gendercentre.org.au
(02) 9519 7599 (Monday to Friday 9.00am-4.30pm)

OII – Intersex Australia
Information, education and peer support for intersex people.
www.oii.org.au

Relationships
The Line
Healthy and unhealthy relationships. What's OK and what's not
www.theline.org.au

Legal
Lawstuff
Free legal information and advice for young people including sex, sexting, consent, pregnancy, porn and more. www.lawstuff.org.au/nsw_law/topics

Body Talk
Body Talk is designed to address some of the common concerns young people have about their bodies, providing accurate information about reproductive and sexual health.
www.bodytalk.org.au