



NATIONAL HELPLINES FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

IF YOU OR ANYONE YOU KNOW ARE EXPERIENCING PROBLEMS,
PLEASE REACH OUT TO ONE OF THE FREE NATIONAL SERVICES
FOR FIRST NATIONS PEOPLE BELOW.

THESE ORGANISATIONS WILL LISTEN, PROVIDE ADVICE, AND POINT YOU IN
THE RIGHT DIRECTION SO YOU CAN SEEK FURTHER SUPPORT.

Please ask **ECHO Empowering Services** if you're not sure who to contact,
or you need help to contact the services above.

Visit: 11-15 Eacham Place, Malanda, or phone: 4096 6634

HEADSPACE - YARN SAFE: 1800 650 890 - 24 hours / 7 days a week

Yarn Safe provides an anonymous and confidential telephone counselling service from headspace.org.au for 12-25 year olds for any problems you have with physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

iBOBBLY: free app (for any device from iTunes or Google Play)

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander peoples aged 15 years and over. Completely free, private and confidential.

MINDSPOT INDIGENOUS WELLBEING COURSE: mindspot.org.au/indigenous-wellbeing

A free program to help Aboriginal and Torres Strait Islander adults aged 18 years and over to learn to manage mild, moderate and severe symptoms of depression and anxiety.

ABORIGINAL & TORRES STRAIT ISLANDER LEGAL SERVICE:

1800 012 255 - 24 hours / 7 days a week

ATSILS is a community-based organisation who provide professional and culturally proficient legal services for Aboriginal and Torres Strait Islander people across Queensland. See: atsils.org.au

BROTHER TO BROTHER: 1800 435 799 - 24 hours / 7 days a week

Brother to Brother is the only hotline in Australia specifically for Aboriginal men to speak with an elder or fellow member of the Indigenous community.

GENERAL SERVICES FOR ALL PEOPLE IN NEED:

EMERGENCY SERVICES: 000 - 24 hours / 7 days a week

If you or anyone you know is in danger or at risk of serious harm, please contact emergency services as soon as possible.

LIFELINE: 13 11 14 - 24 hours / 7 days a week

Lifeline provides an anonymous and confidential telephone counselling service for adults needing emotional support.

KIDS HELPLINE: 1800 55 1800 - 24 hours / 7 days a week

Kids Helpline is a national support service specifically for youths aged between 5-25 years old. This service provides free, confidential counselling for young people in need.

BEYOND BLUE: 1300 22 4636 - 24 hours / 7 days a week

Beyond Blue is a national service for one on one confidential support with a trained mental health professional.

QLife: 1800 584 127 - 3pm-midnight

QLife is for LGBTI people and those who care about them to chat with someone understanding. You can also use webchat at: qlife.org.au/get-help

1800RESPECT: 1800 737 732 - 24 hours / 7 days a week

1800RESPECT offer free support for people experiencing violence and abuse via phone counselling, online chat, and resources at: 1800respect.org.au