

# Helplines for Culturally and Linguistically Diverse People

**TRANSLATING & INTERPRETING SERVICE: 131 450 - 24 hours / 7 days a week**  
**[tisnational.gov.au](http://tisnational.gov.au)**

The Translating and Interpreting Service (TIS National) is an interpreting service provided by the Department of Home Affairs for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients.

**Ethnic Communities Council of Queensland: (07) 3844 9166 - [eccq.com.au](http://eccq.com.au)**  
Support and advocacy.

**Department of Multicultural Affairs:**  
**[cyjma.qld.gov.au/multicultural-affairs](http://cyjma.qld.gov.au/multicultural-affairs)**

**Centacare FNQ Multicultural Services:**  
**[centacarefnq.org/multicultural-services](http://centacarefnq.org/multicultural-services)**

**LINKS TO IMPORTANT SERVICES IN VARIOUS LANGUAGES:**  
**[qld.gov.au/community/your-home-community/supporting-multicultural-communities](http://qld.gov.au/community/your-home-community/supporting-multicultural-communities)**

**LIFELINE: 13 11 14 - 24 hours / 7 days a week**  
Lifeline provides an anonymous, confidential telephone counselling service for adults needing emotional support.

**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.

**IF YOU OR ANYONE YOU KNOW NEED ASSISTANCE, PLEASE REACH OUT TO ONE OF THE FREE NATIONAL SERVICES ABOVE. 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 these services.**  
**11-15 Eacham Place, Malanda - phone 4096 6634**

