

# DISABILITY HELPLINES

IF YOU OR ANYONE YOU KNOW NEED ASSISTANCE, PLEASE REACH OUT TO ONE OF THE FREE NATIONAL SERVICES BELOW. THESE ORGANISATIONS WILL LISTEN, PROVIDE ADVICE, AND POINT YOU IN THE RIGHT DIRECTION SO YOU CAN SEEK FURTHER SUPPORT.

**PEOPLE WITH DISABILITY AUSTRALIA:** [pwd.org.au/get-help](http://pwd.org.au/get-help) 24/7 or - 1800 843 929 - 9am - 5pm Monday to Friday  
Phone, email or internet chat is available for assistance on any aspect of disability information.  
PWD Australia can also advocate for the rights of a person with disability and help sort out their complaint, issue or problem.

**DISABILITY SUPPORT QUEENSLAND:** [disabilitysupportqld.org.au](http://disabilitysupportqld.org.au) - Disability Support Queensland (DSQ) support people with disability and their carers to access resources that may assist and enhance their quality of life.  
An online community resource hub for information, connection, communication, news and events.

**NATIONAL CONTINENCE HELPLINE:** 1800 33 00 66 - 8am - 8pm Monday to Friday  
This helpline is staffed by Nurse Continence Specialists who offer free and confidential information, advice and support to people affected by incontinence. They also provide a wide range of continence resources and information on local continence services.

**CARERS QUEENSLAND:** 1300 747 636 - 9am - 5pm Monday to Friday  
This is the peak body representing and advocating on behalf of carers throughout Queensland.  
Carers Queensland provides a range of support and accredited training for carers.

**CARER GATEWAY:** [carergateway.gov.au](http://carergateway.gov.au) - 1800 422 737 - 8am - 5pm Monday to Friday  
Connect with an Australia-wide network of Carer Gateway service providers.  
They will talk through what you need and help you to find local services and support to help you.

**FINANCIAL SUPPORT INFORMATION FOR QUEENSLAND:**  
[qld.gov.au/disability/adults/getting-help/financial-support](http://qld.gov.au/disability/adults/getting-help/financial-support)

**NDIS Queensland:** [ndis.gov.au/understanding/ndis-each-state/queensland](http://ndis.gov.au/understanding/ndis-each-state/queensland)  
Find your NDIS partner in the community for local information and support.

**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.

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

11-15 Eacham Place, Malanda  
phone 4096 6634

