

Nationwide Support Services

Contact Name	Services	Contact Details
000 (Triple Zero)	Emergency services requiring ambulance, fire brigade and/or police.	Triple Zero (000) triplezero.gov.au
1800Respect	Provides support to people impacted by domestic, family or sexual violence. Services available 24/7.	1800respect.org.au 1800 737 732
Alcohol Drug Information Service (ADIS)	Provides support, information, counselling and referral services to individuals having issues with alcohol or other drugs.	health.nsw.gov.au 1800 250 015
Australian Consumer Law	Learn about your consumer rights and how the Australian Consumer Law can provide you with safeguards as a consumer.	consumer.gov.au
Australian Human Rights Commission	An independent agency that promotes and protects human rights in Australia. it works to address discrimination and advocate for a fair and inclusive society.	humanrights.gov.au
Australian Taxation Office	Arrange Tax File Number. Learn about tax and super as well as well as income and deductions.	ato.gov.au
Beyond Blue	Free counselling services for individuals having anxiety, depression or suicidal thoughts.	beyondblue.org.au 1300 22 4636
Commonwealth Ombudsman	An independent agency that can assist in resolving complaints including complaints from international students who are currently studying, previously studied, or are planning to study with private education providers on a student visa.	ombudsman.gov.au 1300 362 072
Department of Home Affairs	Visa enquiries and issues	homeaffairs.gov.au
Fair Work Commission	An independent tribunal in Australia responsible for regulating workplace relations and resolving disputes between employers and employees	fwc.gov.au 1300 799 675
Fair Work Ombudsman	Provides information and assistance about workplace rights and responsibilities.	fairwork.gov.au

Gambler's Help	Provides services to help people overcome their gambling issues and regain control of their lives.	gamblershelp.com.au 1800 858 858
GriefLine	A free national helpline service that provides support to people who are experiencing grief, loss, trauma, or loneliness.	griefline.org.au 1300 845 745
Headspace	Provides online or phone mental health support service for young people aged 12 to 25, and for family who are seeking support about how to help a young person (aged 12-25) in their life.	headspace.org.au 1800 650 890
Healthdirect	Public health information services.	healthdirect.gov.au 1800 022 222
IDP	Information about study options, applications and student visas.	idp.com/australia
Lifeline	Provides 24/7 crisis support to individuals feeling overwhelmed or having difficulty coping or staying safe.	lifeline.org.au 13 11 14
MensLine Australia	A free telephone and online counselling service offering support for Australian men anywhere, anytime.	mensline.org.au 1300 78 99 78
QLife	A national counselling and referral service specifically designed to support the LGBTQI people in Australia.	qlife.org.au 1800 184 527
Pregnancy Help Australia	Provides a safe space to discuss needs, worries or concerns about pregnancy.	pregnancyhelpaustralia.org.au 1300 139 313
Reach Out	ReachOut is an online, anonymous, and confidential platform created for young people to express themselves openly, gain insight into their lives, connect with supportive peers, and build resilience through a variety of resources and moderated communities.	au.reachout.com
Study Australia	Official Australian Government source of information for prospective and current international students, and their families providing practical and reliable information about studying and living in Australia.	studyaustralia.gov.au
Suicide Call Back Service	Offers crisis support to anyone in Australia with suicide-related issues who is aged 15 years and older.	suicidecallbackservice.org.au 1300 659 467

Translating and Interpreting Service (TIS National)	Interpreting services provided by the Department of Home Affairs.	tisnational.gov.au
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