



THE SPEAKING FROM EXPERIENCE PROJECT

Support services

List of counselling and mental health services

Your doctor (GP)	Your doctor can refer you to supports and provide you with a mental health treatment plan which lets you claim up to 10 individual and 10 group sessions on Medicare with a mental health professional each calendar year.	Find out more: www.servicesaustralia.gov.au/mental-health-care-and-medicare?context=60092
1800RESPECT	National sexual assault, domestic and family violence counselling, information and support service. This service is free and confidential. Available 24/7.	1800 737 732 www.1800respect.org.au
13YARN	National crisis support line for mob who are feeling overwhelmed or having difficulty coping. They offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24/7.	139276 www.13yarn.org.au
Full Stop Australia	National trauma counselling and recovery service for people of all ages and genders experiencing sexual, domestic and family violence. This service is free and confidential. Available 24/7.	1800 943 539 www.fullstop.org.au
Kids Helpline	Free phone counselling (even from a mobile). Counsellors will listen to and respect what you have to say, what your needs are and how they can help you.	1800 551 800 kidshelpline.com.au
QLife	Provides Australia-wide LGBTI peer support and referral for people wanting to talk about a range of issues.	1800 184 572 www.qlife.org.au/get-help
My Blue Sky	Provides free legal and migration support to people experiencing forced marriage and other forms of modern slavery in Australia.	02 9514 8115 www.mybluesky.org.au

Lifeline	Offers confidential crisis support and suicide prevention. Available 24/7.	13 11 14 www.lifeline.org.au
Rainbow Sexual, Domestic and Family Violence Helpline	For anyone from the LGBTIQ+ community whose life has been impacted by sexual domestic and/or family violence. This service is free and confidential. Available 24/7.	1800 497 212
Men's Referral Service	For anyone in Australia whose life has been impacted by men's use of violence or abusive behaviours. Available 7 days.	1300 766 491 www.ntv.org.au
MensLine	Offers free confidential counselling and support for men.	1300 78 99 78 mensline.org.au

Callers who are deaf or have a hearing or speech impairment can contact the [National Relay Service \(NRS\)](#) by calling 1800 555 677 or 1300 555 727 (speak and listen) then asking for the relevant support service.

Callers from a non-English speaking background can use the [Translating and Interpreting Service \(TIS\)](#) by calling 13 14 50.

Services who can provide advice about your workplace rights and options

The Australian Human Rights Commission	Free and confidential Respect@Work Information Service can provide information and referrals in relation to workplace sexual harassment.	1300 656 419 humanrights.gov.au respect@humanrights.gov.au
Community Legal Centre	Your local Community Legal Centre can provide options for free legal help.	To find your local centre: clcs.org.au/legal-help
1800RESPECT for women with disability	Sunny supports people with disability to recognise violence and abuse, understand their rights and take action to protect their safety.	www.1800respect.org.au/sunny
1800ELDERHelp	A free phonenumber that connects callers seeking information and advice on elder abuse.	1800 353 374
Working Women's Centres	Give information, advocacy, support and advice to women on work related issues (available in QLD, NT, SA only).	To find the centre in your state or territory: www.wwc.org.au/help-and-contact

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The Australian Unions Support Centre	Gives free and confidential assistance about workplace issues.	1300 486 466 www.australianunions.org.au/contact-australian-unions
The Fair Work Commission	Can give you information about your workplace rights and can issue a stop sexual harassment order.	1300 799 675 www.fwc.gov.au

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Services where you can make a complaint

NATIONAL LIST

The Police	<p>If you, or someone else, is in immediate danger you should call the police on 000.</p> <p>If you believe the workplace sexual harassment you have experienced involves criminal conduct, including actual or attempted sexual assault, you can report the matter to police.</p> <p>The Police Assistance Line operates 24 hours a day, 7 days a week and allows the reporting of a crime over the phone with the information being made immediately available to your local police.</p>	<p>In emergencies call 000.</p> <p>Police Assistance line: 131 444 www.aic.gov.au/contact-us/report-crime</p>
The Australian Human Rights Commission	The Australian Human Rights Commission can receive complaints in relation to workplace sexual harassment. To find out more and if this service is relevant to you, you can call the free and confidential Respect@Work Information Service, who can provide information and referrals in relation to workplace sexual harassment.	1300 656 419 www.humanrights.gov.au/our-work/complaint-information-service/make-enquiry
Work Health and Safety (WHS) regulators	Everyone has the right to be safe at work. Your employer has a responsibility to provide you with a safe working environment. The WHS regulator in your state or territory may be able	You can find your state or territory's WHS regulator on the Safe Work Australia website:

	to investigate whether your employer is doing all they need to do to provide its workers with a safe working environment. You can also contact your WHS regulator if you feel you have been treated unfairly, or punished, because you raised concerns about workplace sexual harassment.	www.safeworkaustralia.gov.au/law-and-regulation/whs-regulators-and-workers-compensation-authorities-contact-information
The Fair Work Commission	Can give information about your workplace rights and can issue a stop sexual harassment order.	1300 799 675 www.fwc.gov.au
Fair Work Ombudsman	<p>The Fair Work Ombudsman is Australia's national workplace relations regulator. It provides employees and employers with information and advice about workplace entitlements and obligations.</p> <p>The Fair Work Ombudsman can provide employees and employers with general information about protections from sexual harassment, prevention and managing sexual harassment in the workplace.</p>	13 13 94 fairwork.gov.au

STATE & TERRITORY LIST

These agencies can receive complaints related to workplace sexual harassment. They each have different functions and powers to address workplace sexual harassment.

ACT	The ACT Human Rights Commission	(02) 6205 222 www.hrc.act.gov.au
NSW	NSW Anti-Discrimination Board	1800 670 812 www.antidiscrimination.nsw.gov.au
NT	Northern Territory Anti-Discrimination Commission	1800 813 846 www.adc.nt.gov.au
QLD	Queensland Human Rights Commission	1300 130 670 www.qhrc.qld.gov.au
SA	SA Office of the Commissioner for Equal Opportunity	(08) 7322 7070 www.eoc.sa.gov.au
TAS	Equal Opportunity Tasmania	1300 305 062

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		www.equalopportunity.tas.gov.au
VIC	Victorian Human Rights and Equal Opportunity Commission	1300 292 153 www.humanrights.vic.gov.au
WA	WA Equal Opportunity Commission	1800 198 149 www.wa.gov.au/organisation/equal-opportunity-commission

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