



open Doors

YOUTH SERVICE INC.

EMERGENCY & CRISIS SUPPORT -

If you're in an emergency situation or need immediate assistance, please contact mental health services, go to your local emergency department or call emergency services on **000**. If you need to speak to someone urgently, call **Lifeline** on 13 11 14 or **Kids Helpline** on 1800 551 800.

If you're looking for some support and guidance, and feel like chatting to someone, here are some great LGBTI+ friendly services that are readily available and awaiting your call.

QLife:

A national service that aims to keep LGBTQI communities supported and connected.

Website: qlife.org.au

Phone: 1800 184 527 (Available 3pm – 12am AEST)

Online chat (Available 3pm – 12am AEST): <https://www.qlife.org.au/resources/chat>

Lifeline:

Lifeline is a National charity providing all Australians of all ages experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.

Phone: 13 11 14 (Available 24 hours a day)

Lifeline Text: 0477 13 11 14 (Available 6.00pm - 10.00pm (AEDT), 7 days a week)

Online chat: <https://www.lifeline.org.au/get-help/get-help-home>

Suicide Call Back Service:

Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.

Phone: 1300 659 467 (Available 24 hours a day)

Online chat and Video chat (Available 24 hours a day): <https://www.suicidecallbackservice.org.au/>

Kids Helpline:

Kids helpline is Australia's only free, 24/7 phone and online counselling service for young people aged 5 to 25.

Phone: 1800 55 1800 (Available 24 hours a day)

Online Chat (Available 8am – 12am AEST): <https://kidshelpline.com.au/>

eheadspace:

eheadspace online and telephone service supports young people and their families going through a tough time for ages 12 – 25.

Phone: 1800 650 890 (Available 9am – 1am AEST)

Online chat (Available 9am – 1am AEST) at: <https://headspace.org.au/eheadspace/>

HOUSING SUPPORT SERVICES –

Emergency and crisis accommodation are temporary or short-term housing that is safe, secure and affordable (or free in some cases). If you have found yourself homeless, or are looking for emergency and crisis accommodation, here are some incredible LGBTI+ friendly support services in Brisbane that would be happy to assist you:

Brisbane Youth Service:

BYS has been operating in Fortitude Valley since 1977. In that time, they have helped tens of thousands of young people (aged 12-25) experiencing homelessness or at risk of becoming homeless, and their accompanying children. BYS assist vulnerable young people to find and maintain appropriate housing, free physical & mental health issues and establish successful relationships and support networks.

Phone: (07) 3620 2400 (Monday – Friday, 9am – 5pm)

Website: <https://brisyouth.org/>

Email: admin@brisyouth.org

Location: 42 McLachlan St, Fortitude Valley QLD 4006.

HART 4000:

HART 4000 believe that housing is a basic human right and they work with adults and families who are homeless or at risk of homelessness to find the home that suits their needs.

Phone: (07) 3510 2700 (Monday – Friday, 9am – 5pm)

Email: info@hart4000.org.au

Website: <https://communify.org.au/hart-4000/>

Location: Maida Lilley Community Centre, Level 1, 5 Green Square Close (corner Alfred & Constance Streets).

SOCIAL SUPPORT –

If you're looking for a wider variety of LGBTI+ friendly social and support groups in Brisbane, check out some of our wonderful partnering organisations:

Wendybird:

Wendybird is a not-for-profit community group led by a collective of Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ) people who are working together to intentionally grow a safer and always supportive community for people of diverse bodies, genders, relationships and sexualities, their friends, families and children to find meaningful connections. Wendybird events are on a **Saturday or Sunday every 6 weeks** at the New Farm Neighbourhood Centre at 967 Brunswick St, New Farm. See dates and times for upcoming events on their website or Facebook.

Website: <http://www.wendybird.com.au/>

Email: info@wendybird.com.au

Diverse Voices:

A non-profit organisation with a focus on the wellbeing of the lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) communities through the operation of teleweb counselling services.

Phone: 1800 184 527 (3 pm – 12 am, 7 days a week)

Website: <https://diversevoices.org.au/>

QSpace:

QSpace is drop-in space for LGBT young people. It's run by the Expanded Horizons Program and provides an opportunity to socialise, skill share and explore the community. Specific programs as well as casual activities are offered.

Website: qspace.net.au

Phone: 0437 013 710 (Wednesday & Thursday)

Email: r.rive@wmq.org.au

The Queensland AIDS Council:

A non-profit organisation that provides support services, information and counselling for sex and gender-diverse people in Queensland.

Website: qahc.org.au

Phone: (07) 3017 1777

Outside Brisbane: 1800 177 434

LGBTI+ RESOURCES -

If you're a parent, teacher or ally seeking helpful resources for support or education for your young person or school, check out these great organisations that offer huge amounts of great online resources around sexuality, gender and relationships support:

ReachOut:

ReachOut is Australia's leading online mental health organisation for young people and their parents. Our practical support, tools and tips help young people get through anything from everyday issues to tough times – and the information we offer parents makes it easier for them to help their teenagers, too.

Website: <https://au.reachout.com/identity-and-gender>

Twenty10:

Provides a range of support services and social spaces for people of diverse genders, sexualities and sexes in NSW. Services are aimed specifically at people aged under 26.

Website: <https://www.twenty10.org.au/>

Regional support free call: 1800 65 2010 (10 am – 6 pm, Monday - Friday)

Email: info@twenty10.org.au

Minus18:

Minus18 is Australia's national organisation for lesbian, gay, bisexual, transgender and intersex (LGBTI) youth. We're young people leading change, building social inclusion and advocating for an Australia free from homophobia, biphobia and transphobia.

Website: <https://www.minus18.org.au/>

LGBTI+ COUNSELLING, PSYCHOLOGY & HEALTH SUPPORT –

Belinda Birtles:

Clinical Psychologist

Phone: 0459 270 146

Reception: (07) 3105 2880

Email: belinda@brisbanesouthsidepsychology.com

Heidi Jansen:

Clinical Psychologist

Phone: 0458 620 248

Email: Heidi.ReframePsychology@gmail.com

Lady Cilento Children's Hospital Children's Gender Clinic:

A State-wide service offering service to all QLD residents and some parts of Northern NSW. Staffed by Endocrine, Psychiatry, Psychology and Nursing health professionals. Providing information, mental health support and medical interventions with families of children and young people of diverse gender from 0 - 18 years of age.

Phone: (07) 3069 7377

Email: LCCHgender@health.qld.gov.au

Website: <https://www.childrens.health.qld.gov.au/service-gender-clinic/>

Location: Lady Cilento Children's Hospital. Level 3/ 501 Stanley Street, South Brisbane.

GP referral via hospital website <https://www.childrens.health.qld.gov.au/chq/health-professionals/referring-patients/referral-forms/> or letter to email address above

Brisbane Gender Clinic (Queensland):

The Brisbane Gender Clinic service, once based in Biala, moved to Queensland AIDS Council in 2012, and has ever since then provided services to the trans and gender diverse communities **every Wednesday 10:30am – 3:30pm**. The service provided by Dr Gale Bearman, is free and is often oversubscribed. Bookings are essential, and due to the high demand for trans clinical services, a wait list is often in place.

Phone: 07 3017 1777

Email: dbarrett@quac.org.au

Website: <https://www.brisbanegenderclinic.com.au/>

Location: 30 Helen St Teneriffe QLD.

Relationships Australia:

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships.

Phone: 1300 364 277

Website: <https://www.relationships.org.au/>