

# Support hotlines

## EMERGENCY SERVICES

dial 000 (or 112 from mobile phones)  
(police, ambulance, fire)

## UNIVERSITY OF QUEENSLAND

+61 7 3365 1704  
(Monday – Friday, 9am–5pm)

## QUEENSLAND UNIVERSITY OF TECHNOLOGY

(Monday – Friday, 9am–5pm)

Gardens Point  
Kelvin Grove

+61 7 3138 2383  
+61 3 3138 3488

## GRIFFITH UNIVERSITY CRISIS LINE

Griffith University South Bank +61 7 3735 7470  
Out of Hours 1300 785 442 or text 0488 868 742  
(5:00pm to 9:00am weekdays and 24hrs weekends and public holidays)

## NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE

1800RESPECT or 1800 737 732

## MENTAL HEALTH SERVICE QLD

13HEALTH or 134 325 84 (24 hour counselling)

## DRUG AND ALCOHOL SERVICES QLD

1800 177 833 (24/7 support)

## SUICIDE CALL BACK SERVICE

1300 659 467

## QLIFE – LGBTI SUPPORT SERVICE

1800 184 527

## LIFELINE

13 11 14 (24 hour counselling)

## BEYOND BLUE

1300 22 4636

## HEADSPACE

1800 650 890

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Student Living.

# Welfare websites

 **ANXIETY ONLINE**  
[www.anxietyonline.org.au](http://www.anxietyonline.org.au)

 **DRUG & ALCOHOL COUNSELLING**  
[www.counsellingonline.org.au](http://www.counsellingonline.org.au)

 **KIDS HELPLINE (UP TO 25 YEARS)**  
[www.kidshelp.com.au](http://www.kidshelp.com.au)

 **SUICIDE PREVENTION AUSTRALIA**  
[suicidepreventionaust.org](http://suicidepreventionaust.org)

 **LIFELINE 24/7 SUPPORT**  
[www.lifeline.org.au](http://www.lifeline.org.au)

 **BEYOND BLUE**  
[beyondblue.org.au](http://beyondblue.org.au)

 **YOUTH BEYOND BLUE**  
[youthbeyondblue.com](http://youthbeyondblue.com)

 **BLACK DOG INSTITUTE**  
[blackdoginstitute.org.au](http://blackdoginstitute.org.au)

 **HEADSPACE**  
[headspace.org.au](http://headspace.org.au)

 **REACHOUT**  
[au.reachout.com](http://au.reachout.com)

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