

Further support information

In an emergency

Police, Fire or Ambulance

000 or 112 from GSM mobiles

ACT Crisis Assessment & Treatment Team (CATT)

1800 629 354 or 6205 1065

INDIVIDUAL ADVOCACY SERVICES	
ACT Disability & Aged Care Advocacy Service (ADACAS)	(02) 6242 5060 adacas@adacas.org.au
Advocacy for Inclusion (AFI)	(02) 6257 4005 info@advocacyforinclusion.org

Police	Non-Emergency Assistance	131 444
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MENTAL HEALTH		
Lifeline	24/7 Telephone SMS Counselling 6-10pm	13 11 14 0477 13 11 14
Suicide Call Back Service	24/7 Crisis Counselling and Call Back Online and Video Chat Service	1300 659 467 suicidecallbackservice.org.au/
Headspace	Youth Mental Health and Substance use support and treatment	6201 5343 headspaceACT@canberra.edu.au
DFV AND SEXUAL ASSAULT		
1800 RESPECT	24/7 Domestic Violence and Sexual Assault Crisis Line (Outside ACT)	1800 737 732
Canberra Rape Crisis Centre (CRCC)	Counselling and ongoing support for those affected by sexual assault.	6247 2525
HEALTH SERVICES		
ACT Women's Health Service	Nursing, counselling and medical treatment for disadvantaged women	6205 1078
Sexual Health and Family Planning ACT (SHFPACT)	Sexual Health services for the ACT. Doctors and nurses are disability competent.	6247 3077
LGBTIQA+		
QLife	Phone and web counselling for LGBTIQ people, 3pm-midnight	1800 184 527 qlife.org.au
Canberra Community Law	Specialist Disability Discrimination branch and Centrelink claims help.	02 6218 7900 canberracommunitylaw.org.au