



Digital Mental Health for LGBTIQ+ People

What is digital mental health?

Digital mental health allows you to access mental health tools and support using your phone or the internet. This includes online programs, forums, and mobile phone apps, as well as support over the phone, webchat or video call. These resources are free or low cost, easy to access, and research has shown that people find them helpful.

Symptom Management and Wellbeing Tools

Tools to help cope with mental health symptoms or improve mental wellbeing.

-  **Between the Lines**
Information, tips and resources, and self-assessment, for alcohol and other drug use for people in the LGBTIQ+ community.
-  **Say It Out Loud**
Toolkit for the LGBTIQ+ community on sexual, family and intimate partner violence and how to support each other.

Peer Support

Connect with others who have been in the same position. Peer support services do not offer crisis support.

-  **QLife**
☎ 1800 184 527 (3pm-12am)
Anonymous one-on-one phone and webchat peer support service for members of the LGBTIQ+ community.
-  **headspace**
☎ 1800 650 890 (9am-1am)
Information, tools, phone and webchat support, and peer-led group chats to support young people (12-25yrs), parents, and caregivers in managing mental health, physical health, alcohol and other drugs and work & study. Not a crisis service.
-  **My Circle**
A safe, confidential, moderated peer support platform for young people (12-25yrs) going through challenges to connect and learn from each other. Not a crisis service.
-  **ReachOut**
Information website and peer support service offering online chats with trained peer workers, resources, and personalised guidance for young people (16-25yrs) seeking support to improve wellbeing. Not a crisis service.

Counselling

Support to work through a problem or crisis.

-  **Beyond Blue**
☎ 1300 22 4636 (24/7)
Information, phone and webchat counselling, and peer support forums for people going through a tough time. Not a crisis service.
-  **Full Stop Australia**
☎ 1800 497 212 (24/7)
Telephone and webchat sexual, domestic and family violence counselling service for survivors and their support people. Specialist phone line for anyone from the LGBTIQ+ community.

If you are in immediate danger, please call '000'

-  **1800RESPECT**
☎ 1800 737 732 (24/7)
Phone, video, SMS and webchat counselling for anyone who has experienced or is at risk of experiencing domestic, family, or sexual violence.
-  **Suicide Call Back Service**
☎ 1300 659 467 (24/7)
Counselling for people in Australia who are feeling suicidal or affected by suicide available via webchat (15yrs+), telephone (15yrs+) and video call (18yrs+).
-  **Lifeline**
☎ 13 11 14 (24/7)
Phone, SMS and webchat counselling and information for people experiencing emotional distress and thoughts of suicide.

Crisis

Follow-up plan:

This referral sheet is designed for healthcare professionals to use as a reference guide or as a resource to share with clients or patients. Other professionals are welcome to use or share this resource for general information purposes only and within the scope of their professional role.