

National Domestic, Family, and Sexual Violence Support		
1800RESPECT – and family violence and abuse	(24 hours a day, 7 days a week) – for people impacted by sexual assault, domestic.	1800 737 732
13YARN –	(24 hours a day, 7 days a week) – a culturally safe crisis support line for Aboriginal and Torres Strait Islander people	13 92 76
Blue Knot Helpline and Redress Support Service	(9am-5pm, 7 days a week) – for adults impacted by childhood trauma including child sexual abuse	1300 657 380
No to Violence	National phone line working with men to end family violence.	1300 766 491
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
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
Say it out Loud	A national resource for LGBTQ+ communities and service professionals working with people who have experienced sexual, domestic and family violence.	sayitoutloud.org.au
Well Mob	Social, emotional and cultural well-being online resources for Aboriginal and Torres Strait Islander peoples.	wellmob.org.au
Men's Referral Service	For anyone in Australia whose life has been impacted by men's use of violence or abusive behaviours.	1300 766 491
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
MensLine Australia	National telephone and online counselling service for men with emotional health and relationship concerns.	1300 789 978
Relationships Australia	National support for relationships for abusive and abused partners.	1300 264 277

InTouch	Multicultural centre supporting the needs of refugee and migrant women experiencing family violence.	1800 755 988
South Australian Supports		
Domestic Violence and Aboriginal Family Violence Gateway Services	The Domestic Violence and Aboriginal Family Violence Gateway is for anyone affected by domestic or family abuse.	1800 800 098 1300 782 200
24 hour Domestic Violence Crisis Line	Crisis counselling, support and referral to safe accommodation.	1800 800 098
Yarrow Place - Rape and Sexual Assault Service	An inclusive service for anyone who has been sexually assaulted and provides a variety of services for people aged 16 and above.	1800 817 421
Child Sexual Abuse Counselling Service - Relationships Australia South Australia	Services provided to children, young people and adults who have survived child sexual abuse.	1800 408 408
Parent Services		
Parentline	Phone service for parents and carers of children from birth to 18 years offering confidential and anonymous counselling and support on parenting issues.	13 22 89
PANDA	National support for individuals and families to recover from perinatal anxiety and depression.	1300 726 306
Mental Health Services		
Beyond Blue	National mental health support.	1300 224 636
Lifeline	Crisis support and suicide prevention.	13 11 14
SANE	Support for Australians affected by complex mental health issues.	1800 187 263
Suicide call-back service	National telephone and online support for those affected by suicide.	1300 659 467
Children and Young People's Services		
Headspace	National mental health support service for young people under the age of 25.	(03) 9027 0100 (national office)
Kids helpline	Confidential telephone and online counselling for young people aged 5 to 25 across Australia.	1800 551 800
Child Sexual Abuse Support and Advice		
Child Abuse Report Line	24 hour phone line to report/ notify suspicion that a child or young person is, or may be, at risk of	13 14 78

	harm in SA. Phone line must be used by mandatory notifiers when there are serious concerns. Other concerns can be reported through the online reporting system (e-CARL).	
Blue Knot Foundation	Helpline and Redress Support service for adult survivors of childhood trauma and abuse, parents, partners, family and friends as well as the professionals who work with them. Website has a range of supports and resources.	1300 657 380
Bravehearts	Phone service for those seeking advice or help related to child sexual abuse, including what to do if your child or someone you know has disclosed child sexual abuse. Website has a range of other services and resources.	1800 272 831
Care Leavers Australasia Network (CLAN) Inc	Support for people who have grown up in Orphanages, Children's Homes, Missions, Foster Care and other Child Welfare institutions in Australia and New Zealand. We also support close family members of Care Leavers.	1800 008 774
National Redress Scheme	The National Redress Scheme provides support to people who experienced institutional child sexual abuse.	1800 737 377
Survivors & Mates Support Network (SAMSN)	Support for make survivors of child sexual abuse and their supporters. Currently services offered to those who are residents of NSW or who were abused in NSW but website contains information and resources.	1800 472 676
Find Services Near You		
Women's Safety Services SA	Women's Safety Services SA (WSSSA) supports women and their children who are experiencing domestic and family violence. Directory page is organised by help needed and includes a range of support and advice services and resources.	https://womenssafetyservices.com.au/how-to-get-help/

Relationships Australia South Australia	A range of services oriented to enabling people to bring about a difference in their lives and achieve positive change including support for child sexual abuse, family and domestic violence, and sexual violence.	https://www.rasa.org.au/services/
Victims of Crime SA	Range of support services organised by support type.	https://www.voc.sa.gov.au/help-and-resources/support-services
Break the Cycle	Range of support services and resources.	https://breakthecycle.sa.gov.au/help
Stop Elder Abuse	Information and services for elder abuse prevention and response.	https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/stop+elder+abuse/information+and+services/elder+abuse+-+information+and+services
Australia's National Research Organisation for Women's Safety	Support Directory – broken up by jurisdiction.	anrows.org.au/support-directory
National Association of Services Against Sexual Violence	Sexual Violence Support Directory of organisations which offer a variety of services including emergency and crisis care, information and advocacy, and counselling and support.	nasasv.org.au/support-directory
Ask Izzy	A website that connects people in need with housing, a meal, help with money, family violence support, counselling and much more. Over 400,000 services listed. Ask Izzy is free and anonymous.	www.askizzy.org.au
The Disability Gateway	Assists all people with disability, their families and carers to locate and access services across Australia.	1800 643 787 With interpreter: 13 14 50
QLife	Anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.	1800 184 527 or Chat (3pm to midnight each day)