

YOU ARE NOT ALONE



**LGBTQ
DOMESTIC
VIOLENCE
AWARENESS
FOUNDATION**

Domestic & family violence support services for LGBTQ+ people



If you are experiencing violence or abuse, it is important to remember that you are not alone and it is not your fault. See below for information about specialist national support services available to you:

QLife

Available via phone (1800 184 527) and Webchat

Provides free and anonymous peer support for LGBTQ+ people and their loved ones wanting to talk about a range of issues, including sexuality, gender, bodies, feelings, or relationships.

Available 7 days from 3pm - 12am, every day

Rainbow Sexual, Domestic and Family Violence Helpline

Available via phone (1800 497 212)

Provides specialist trauma counselling for LGBTQ+ people, information and referral to other services, and vicarious trauma support. This includes information about seeking assistance from police, information on medical help and safety planning.

Available 24 hours 7 days a week

*For more
information visit:*

