


There are many services and programs in your local area to help support your wellbeing. This includes emotional, psychological and social wellbeing.

How we think, feel, and act influences how we handle stress, relate to others, and make healthy choices.

Support and Information

Family Access Network (FAN)

Change sentence to read: Local service providing free social and therapeutic support programs for LGBTIQ+ young people.

 9890 2673



QLife


Provides anonymous and free LGBTIQ+ peer support and referral. Phone or web chat 3pm to midnight every day.

 1800 184 527



Switchboard

Friendship and community connections for older LGBTIQ+ Victorians.

 1800 729 367




Black Rainbow

A national volunteer social enterprise to pursue positive health and wellbeing of the Aboriginal and Torres Strait Islander LGBQTIA+SB community.



Turning Point


Helps with entry into public alcohol and other drug services by providing support and referrals. Call anytime or attend at 43 Carrington Road, Box Hill during office hours.

 1800 778 278



Gamblers Help

Online or phone help. Free confidential support, 24 hours a day, 7 days a week.


 1800 858 858



Material Aid and Food Relief

Whitehorse Emergency Relief and Support

A voluntary organisation providing financial assistance, support and referrals to help people deal with a wide range of life situations.


 9285 4801



Health Services

HealthAbility Community Health Service


Offering a range of general health services and mental health supports.

 9430 9100



After Hours Mental Health Nursing Service


General health services and mental health supports. Fee phone/video call or for face-to-face consultations

 1300 003 509



Thorne Harbour Health

Health services and programs aimed at LGBTIQ+ communities and people living with HIV.


 9865 6700



Housing

Eastern Region Front Door Services

Provides assistance with finding and/or maintaining accommodation; support through a difficult time; help with finding other services; information on material aid; and follow up/case coordination.

 1300 558 484






Contacting Whitehorse City Council

 www.whitehorse.vic.gov.au

 customer.service@whitehorse.vic.gov.au

 9262 6333

National Relay Service
(Service for deaf or hearing impaired people)
133 677 then quote 9262 6333


Telephone Interpreter Service
Call and ask to be connected to Whitehorse City Council
131 450

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Activities for Wellbeing

Aqualink Recreation Centres

Have programs such as Tai Chi, Yoga, Meditation as well as general fitness and swimming in Box Hill and Nunawading.

 9843 2900



Walking in Whitehorse

Explore some of the wonderful parks, gardens and trails on offer throughout the municipality.



The Whitehorse City Council Community Directory

Can be searched to find a local group of people who have similar interests to you, including environmental, craft or cultural groups. Many are inexpensive or free to join in.



Abusive relationships

Family violence is against the law in Australia.


It can happen with a current or former partner, in same sex, gender diverse relationships, between a parent, carer, child, siblings or extended family.

Violence and abuse damages emotional, psychological, social and physical wellbeing of the effected family member and children.

If you are experiencing relationship violence it is never your fault.

Safe Steps


24/7 response for family and intimate partner violence.

 1800 015 188



The Orange Door


For non-urgent help if you are concerned about abuse or violence. Their multi-cultural professionals listen to you and help you to get the support you need quickly and easily. You don't need a referral.

 1800 354 322



WithRespect

For non-urgent support of LGBTIQ+ communities and their families where intimate partner or family violence is a concern. After hours support, referral and tele-counselling are available at certain times.


 1800 542 847



Risk of self-harm or suicide

Lifeline 24/7

Crisis support by phone or online chat if you are concerned about yourself or someone else.

 13 11 14



In an emergency call Triple Zero: 000



Wellbeing Supports for the LGBTIQ+ Community

