

# **LBGITQA+ Support Services**

## **Lifeline – 24/7 Crisis Support**

P: 13 11 14

Webchat: [www.lifeline.org.au/crisis-chat/](http://www.lifeline.org.au/crisis-chat/)

## **Rainbow Door – Free Victorian LGBTIQ+ Service**

10AM - 5PM, 7 days per week (closed some public holidays)

P: 1800 729 367

E: [support@rainbowdoor.org.au](mailto:support@rainbowdoor.org.au)

Rainbow Door is a free specialist LGBTIQ+ helpline run by Switchboard – providing information, support, and referral to all LGBTIQ+ Victorians, their friends and family.

## **QLife – Free Australia wide LGBTIQ+ service**

3PM - 12AM, 7 days per week

P: 1800 184 527

Webchat: [qlife.org.au/resources/chat](http://qlife.org.au/resources/chat)

QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. Switchboard is the proud Victorian partner of QLife.

## **Queerspace – LGBTIQ+ health and wellbeing support service**

9 am to 5 pm Monday | 9 am to 7 pm Monday | 9 am to 5 pm Wednesday to Friday

P: 03 9663 6733

Queerspace has a focus on relationships, families, parenting and young people and offers co-located services across the north- west metropolitan region of Victoria.

## **Pride Centre – first purpose-built centre for Victoria's LGBTIQ+ communities**

79-81 Fitzroy Street, St Kilda

P: 03 7035 3592

The Victorian Pride Centre is home to a range of LGBTIQ+ focused organisations, non-profit groups and businesses who support and provide services to our LGBTIQ+ communities.