

LGBTIQ+ HEALTH, COUNSELLING AND SUPPORT – A LOCAL RESOURCE AND REFERRAL GUIDE

If you are in crisis and in need of urgent support please call Lifeline on 13 11 14, or 000.

If anyone is in immediate danger please call 000 now.



Support Type	Organisation	Notes	Local, State, Aust'n	Gay & lesbian	Bisexual	Trans & gender diverse	Intersex	Children	Teens	Adults	Families
Not sure? Try one of these referral services.	Intersex Human Rights Australia ihra.org.au	Phone or email inquiries: info@ihra.org.au 0418 398 906 (VIC inquiries only)	A								
	Rainbow Network rainbownetwork.com.au	Secondary consultation (for workers ONLY): 03 9479 8870 rainbownetwork@latrobe.edu.au	S								
	Transgender Victoria transgendervictoria.com	Phone or email inquiries: 03 9020 4642 enquiries@tgv.org.au	S								
	Victorian Pride Centre pridecentre.org.au	Online directory only.	S								
	Zoe Belle Gender Collective zbgc.org.au	Secondary consultation (for workers ONLY): 03 9448 6141 zbgcyouth@cohealth.org.au	S								
AOD	Thorne Harbour Health 1800 906 669 (intake line) thorneharbour.org/lgbti-health/alcohol-and-other-drug-services-aod/	Recovery support, therapeutic groups, and counselling.	S								
Homelessness	FAN (Family Access Network) fan.org.au	LGBTIQ+-specific support and accommodation. Referrals via self or agency: 03 9890 2673 (weekdays, 9am-5pm).	S						16-25		
	VincentCare vincentcare.org.au/our-services/lgbtiq/	Rainbow-Tick accredited. Ozanam House – LGBTIQ+ safe spaces. Referrals via Opening Doors – can ask for a referral to Ozanam House Crisis Accommodation.	S								
Housing	Trans Housing Melbourne facebook.com/groups/1448801052032092/	Private rental resource.	L								
	Queer Housing Melbourne facebook.com/groups/197952926992620/	Private rental resource.	L								

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Legal and discrimination matters	Human Rights Commission humanrights.gov.au/our-work/lgbti	Resources and guidelines on rights and inclusion. Formal discrimination complaints process.	A								
	LGBTI Legal Service lgbtiqlegal.org.au	Free legal help for LGBTIQ people.	S								
	Victorian Equal Opportunity and Human Rights Commission humanrightscscommission.vic.gov.au 1300 292 153	Information on discrimination and your rights. Support to make a formal discrimination complaint.	S								
	Victoria Police Lesbian, Gay, Bisexual, Transgender and Intersex Liaison Officers (GLLOs) police.vic.gov.au/lesbian-gay-bisexual-transgender-and-intersex-liaison-officers	Provide discrete, non-judgemental advice and assistance to LGBTIQ+ people engaging with the police. If you contact police, ask to speak to a GLLO (pronounced 'glow').	S								
Medical health services	Royal Children's Hospital Gender Clinic rch.org.au/adolescent-medicine/gender-service/	Gender affirmation support – GP referral required. Pre-referral inquiries: 9345 4719	S								
	Equinox (Fitzroy) 03 9865 6700 equinox.org.au	Bulk-billed GP clinic.	L					No prescription services for under 16s			
	Monash Health Gender Clinic (Hampton East) monashhealth.org/services/services-f-n/gender-clinic/	Gender affirmation service – GP referral required.	L								
	Northside Clinic (Fitzroy) 03 9485 7700 northsideclinic.net.au	GP clinic (full fee).	L								
	Prahran Market Clinic (Prahran) 03 9514 0888 prahranmarketclinic.com	GP clinic (full fee).	L								
	Thorne Harbour Health Centre Clinic (St Kilda) 03 9525 5866 thorneharbour.org/lgbti-health/centre-clinic/	Bulk-billed GP clinic.	L					Under 16 requires guardian attendance.			

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Mental health and counselling	QLife (Switchboard Victoria) qlife.org.au 1800 184 527 (Available 3pm-midnight, every day)	LGBTI peer support and referral service - anonymous, free. Available as phone call or online chat.	A								
	Thorne Harbour Health thorneharbour.org/lgbti-health/mental-health/counselling/ 1800 134 840	Low-cost counselling – available face to face (Melbourne City, Fitzroy, Glen Eira, Frankston) or via telephone or video link.	S								
	Drummond St – Queerspace (Carlton) queerspace.org.au	Low/no cost counselling services. Self-referral online. Client referrals: 03 9663 6733	L								
	Drummond St Services (multiple sites across Melbourne) ds.org.au/our-services/family-relationships-parenting/	Low/no cost counselling and support services for families, with expertise in supporting families with LGBTIQ+ children. Intake: 03 9663 6733	L								
	Northside Clinic (Fitzroy) northsideclinic.net.au	Psychology and counselling services (full fee).	L								
Relationships, and family violence	If anyone is in immediate danger please call 000 now. There are currently no LGBTIQ+ specific family violence crisis accommodation services, but the following LGBTIQ+ resources and supports are available:										
	w respect withrespect.org.au 1800 542 847 (1800 LGBTIQ) (Available business hours + Wed 5-11pm; Sat & Sun 3–10pm)	Helpline for LGBTIQ people experiencing, have experienced, or have perpetrated family violence. Secondary consultation: 03 9663 2474	A								
	Another Closet anothercloset.com.au	Online resource.	A								
	Thorne Harbour Health 03 9865 6700 thorneharbour.org/lgbti-health/relationship-family-violence/	Counselling services. Family Violence Flexible Support Packages - for referrals email flexi-packages@thorneharbour.org	S								
	Victoria Police Lesbian, Gay, Bisexual, Transgender and Intersex Liaison Officers (GLOs) police.vic.gov.au/lesbian-gay-bisexual-transgender-and-intersex-liaison-officers	Provide discrete, non-judgemental advice and assistance to LGBTIQ+ people engaging with the police. If you contact police, ask to speak to a GLO (pronounced 'glow').	S								
School support	Safe Schools Victoria education.vic.gov.au/safeschools	Help primary and secondary schools to be safe and supportive for LGBTIQ+ students	S								