

Alcohol and other drug supports

National Alcohol and Other Drug Hotline

Confidential support including information, referral and telephone counselling for people struggling with addiction

1800 250 015

AOD support services

Path2Help

adf.org.au/help-support/path2help

Counselling Online (Turning Point)

counsellingonline.org.au

Family Drug Support

1300 368 186 (24/7)

SMART Recovery

smartrecoveryaustralia.com.au

Hello Sunday Morning

hellosundaymorning.org

Alcohol Drug Information Service (ADIS)

1800 250 015 (24/7)

Other services and resources

Lifeline

13 11 14 | Text 0477 13 11 14 (24/7) | lifeline.org.au

13YARN

13 92 76 | 13yarn.org.au

Aboriginal and Torres Strait Islander service 24/7

Beyond Blue

1300 224 636 | forums/beyondblue.org.au

QLife

1800 184 527 | qlife.org.au

LGBTIQ+ service available 3pm - midnight

Kids Helpline

1800 55 1800 | kidshelpline.com.au