

# Culturally and linguistically diverse communities supports

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## General support services

### Lifeline

13 11 14 | Text 24/7 0477 13 11 14 | [lifeline.org.au](https://lifeline.org.au)

### Suicide Call Back Service

1300 659 467 | [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

### Beyond Blue

1300 224 636 | [forums/beyondblue.org.au](https://forums/beyondblue.org.au)

### StandBy Support After Suicide

1300 727 247 | [standbysupport.com.au](https://standbysupport.com.au)

### MensLine Australia

1300 78 99 78 | [mensline.org.au](https://mensline.org.au)

### QLife

1800 184 527 | [qlife.org.au](https://qlife.org.au)

LGBTIQ+ service available 3pm - midnight

### SANE online forums

1800 187 263 | [saneforums.org](https://saneforums.org)

## Other resources

### Embrace Multicultural Mental Health

[embracementalhealth.org.au](https://embracementalhealth.org.au)

### The Forum of Australian Services for Survivors of Torture and Trauma (FASSTT)

[fasstt.org.au](https://fasstt.org.au)

### Translating and interpreting services (TIS National)

[tisnational.gov.au](https://tisnational.gov.au)

### Glossary for translators and interpreters (NAATI)

[naati.com.au/resources/certification-glossary](https://naati.com.au/resources/certification-glossary)