

# HERE FOR LITHGOW



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To add or edit a listing please contact ACON Regional Outreach

## LOCAL LGBTIQ+ SOCIAL AND SUPPORT GROUPS

### Headspace Lithgow

23 Main Street, Lithgow

T: 6352 7600

E: [hs.lithgow@marathonhealth.com.au](mailto:hs.lithgow@marathonhealth.com.au)

[Facebook.com/headspacelithgow](https://www.facebook.com/headspacelithgow)

A free non-judgemental mental health and wellbeing service for 12 -25 year olds.

### Rainbow Lithgow

[facebook.com/](https://www.facebook.com/groups/1715413505375285)

[groups/1715413505375285](https://www.facebook.com/groups/1715413505375285)

A group of LGBTIQ+ community and friends who like to meet up to have coffee, dinner, and other activities

## LOCAL HIV AND SEXUAL HEALTH SERVICES

### Blue Mountains Sexual Health Clinic

02 4784 6560

Staff Accommodation Block, Blue Mountains Hospital, Katoomba

Testing & treatment for HIV, STIs, and Hepatitis B & C, access to PrEP & PEP, information and advice on sexual health, vaccination for Hepatitis A & B. Free condoms and lube.

### Local Needle and Syringe Program

[health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx](https://health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx)

Details of local NSPs in Lithgow, where to access sterile injecting equipment & services that offer advice, information and referral

## ACON Regional Outreach

1800 063 060 | 02 9206 2119

0482 188 553 (Angelo) | [f/aconsouthernsw](https://www.facebook.com/aconsouthernsw)

We're here for people of diverse sexualities and genders and people with HIV across regional NSW. Providing a range of outreach services, including: peer education, sexual health info & resources, counselling, referrals, inclusive practice training & strengthening supportive environments.

ACON acknowledges and pays respects to the Traditional Custodians of all the lands on which we work.



# HERE FOR HEALTH



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## STATEWIDE & NATIONAL SERVICES

### CRISIS SUPPORT AND MENTAL HEALTH SERVICES

#### TRIPLE ZERO 000 Emergency Services - Ambulance, Fire, Police (National)

000 | [triplezero.gov.au](https://triplezero.gov.au)

Call triple zero (000) to contact Ambulance, Fire or Police in life threatening or emergency situations.

#### Lifeline (National)

13 11 44 | [lifeline.org.au](https://lifeline.org.au)

Lifeline provides all Australians experiencing emotional distress with access to 24/7 crisis support and suicide prevention services.

#### Suicide Call Back Service (National)

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

Suicide Call Back Service is a FREE 24/7 crisis service for people at risk of suicide or concerned by someone at risk or bereaved by suicide.

#### Mental Health Line (NSW)

1800 011 511 | [health.nsw.gov.au/mentalhealth](https://health.nsw.gov.au/mentalhealth)

The Mental Health Line is staffed by mental health professionals, is available to everyone in NSW and operates 24 hours a day, 7 days a week.

#### National Indigenous Postvention Service - Thirrili

1800 805 801 | [thirrili.com.au](https://thirrili.com.au) | [facebook.com/ThirriliIndigenousSuicidePostventionService](https://facebook.com/ThirriliIndigenousSuicidePostventionService)

The Indigenous Suicide Postvention Services supports individuals, families, and communities affected by suicide or other significant trauma. A Postvention Advocate can be contacted 24/7.

#### QLife (National)

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

Anonymous LGBTQ+ peer support and referral service. Phone or webchat counselling available every day from 3pm – midnight.

#### 13Yarn (National)

13YARN (13 92 76) | [13yarn.org.au](https://13yarn.org.au)

13YARN is a free 24/7 service providing a confidential and culturally safe space for Aboriginal and Torres Strait Islander people to yarn about their needs, worries or concerns during crisis.

#### Brother to Brother (National)

1800 435 799 | [dardimunwurro.com.au/brother-to-brother](https://dardimunwurro.com.au/brother-to-brother) | [facebook.com/profile.php?id=100064729746749](https://facebook.com/profile.php?id=100064729746749)

The Brother to Brother crisis line operates 24/7 and provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.

#### HERE (NSW)

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

ACON's digital suicide prevention hub, connecting the LGBTQ+ community, their loved ones, and service providers to care, support, and resources.

#### Beyond Blue (National)

1300 22 4636 | [beyondblue.org.au](https://beyondblue.org.au)

Beyond Blue is a FREE 24/7 mainstream suicide and mental health service staffed with trained counsellors.

#### Butterfly (National)

1800 33 4673 | [butterfly.org.au](https://butterfly.org.au) | [support@butterfly.org.au](mailto:support@butterfly.org.au) | [facebook.com/thebutterflyfoundation](https://facebook.com/thebutterflyfoundation)

Butterfly offers free and confidential support for anyone concerned about eating disorders or body image issues. They have specialist counsellors who offer non-judgmental support over the phone, by email and by online chat. Open from 8am – midnight (AEST/AEDT), 7 days.

#### SANE (National)

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

SANE is the leading national mental health organisation for people with complex mental health issues in Australia and for the families and friends that support them. Counsellors are available via phone, web chat or email from 10am to 10pm Monday to Friday AEST/AEDT.

#### StandBy (National)

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

StandBy is Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide. StandBy is accessible 24/7, providing free face-to face and/or telephone support.

#### Discharged

[discharged.asn.au/calendar](https://discharged.asn.au/calendar)

DISCHARGED are a lived experience organisation that specialises in peer support groups for people with personal experience of suicidal thoughts or feelings. They run a regular group for Trans and Gender Diverse people.

#### Yarning Safe' n' strong

1800 959 563

A counselling service for Aboriginal and Torres Strait Islander Peoples. YSNS is available to people and families who need to have a yarn with someone about their wellbeing.



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## STATEWIDE & NATIONAL SERVICES

### ABORIGINAL AND TORRES STRAIT ISLANDER SERVICES

#### Sistergirls & Brotherboys + Gender diverse Mob (National)

[facebook.com/groups/sistergirls.brotherboys](https://facebook.com/groups/sistergirls.brotherboys)

A closed group for Gender diverse Aboriginal Sistergirls and Brotherboys, family friends and supporters.

#### BlaQ (NSW)

[blaq.org.au](https://blaq.org.au) | [facebook.com/blaqmobs](https://facebook.com/blaqmobs)

BlaQ is the peak organisation for Aboriginal Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual + Sistergirl and Brotherboy (LGBTQIA+SB) Peoples and Communities in NSW.

#### Black Rainbow (National)

[blackrainbow.org.au](https://blackrainbow.org.au) | [facebook.com/BlackRainbowAustralia](https://facebook.com/BlackRainbowAustralia)

Black Rainbow is a national volunteer Aboriginal and Torres Strait Islander Lesbian, Gay, Bisexual, Trans, Intersex, Asexual, Sistergirl & Brotherboy social enterprise to pursue positive health and wellbeing of the Aboriginal and Torres Strait Islander LGBTQIA+SB community.

### FAMILY & DOMESTIC VIOLENCE, SEXUAL ASSAULT SERVICES

#### Say It Out Loud (National)

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

ACON's Domestic Family Violence (DFV) and sexual assault website for LGBTQ+ people encouraging communities to have healthy relationships, get help for unhealthy relationships and support their friends.

#### Rainbow Sexual, Domestic and Family Violence Helpline (National)

1800 497 212 | [fullstop.org.au](https://fullstop.org.au)

Full Stop Australia aims to put a full stop to sexual, domestic, or family violence through support, education, and advocacy. They operate the FREE Rainbow Sexual, Domestic and Family Violence Helpline 24/7.

#### First Nations Rainbow

[facebook.com/firstnationsrainbow/](https://facebook.com/firstnationsrainbow/)

Brings together Aboriginal and Torres Strait Islander peoples who also identify as brotherboys, sistergirls or as part of the LGBTQI community.

#### Yamurrah - Queer Blak n Deadly (National)

[yamurrah.com.au/product/queer-blak-n-deadly](https://yamurrah.com.au/product/queer-blak-n-deadly)

Free, online, monthly yarning sessions where we focus on well-being, connection, safety, healing, and referrals. Facilitated by First Nations clinicians

#### Yarns Heal

[yarnsheal.com.au/](https://yarnsheal.com.au/) | [facebook.com/yarnsheal](https://facebook.com/yarnsheal)

Aboriginal and Torres Strait Islander and LGBTQ+ Sistergirl and Brotherboy Suicide Prevention Campaign. The goal of Yarns Heal is to share stories, strengthen connections and link our peers to culturally safe support services.

### ALCOHOL AND OTHER DRUGS SERVICES

#### Pivot Point (NSW)

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

ACON's Alcohol and Other Drug (AOD) webpage for community members and their loved ones.

#### Alcohol and Drug Information Service (ADIS) NSW

1800 250 015 | [yourroom.health.nsw.gov.au](https://yourroom.health.nsw.gov.au)

The Alcohol & Drug Information Service (ADIS) is a free and confidential counselling helpline for NSW residents with concerns around alcohol and/or drug misuse and is available 24 hours a day, 7 days a week. Web Chat is available from Monday to Friday 8.30am – 5pm (including public holidays).

#### NUAA (NSW)

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

The NSW Users and AIDS Association (NUAA) is a peer-based drug user organisation. NUAA strives to improve advocacy for, and services supporting, the diversity of people impacted by stigma and discrimination caused by the criminalisation of drug use across NSW.

#### SMART Recovery

[smartrecoveryaustralia.com.au](https://smartrecoveryaustralia.com.au)

A range of online meetings offer supportive environments to achieve behaviour change goals of your choice around alcohol & other drug use, or any behaviours of concern.

#### NSW Local Intake Lines

[health.nsw.gov.au/aod/Pages/contact-service.aspx](https://health.nsw.gov.au/aod/Pages/contact-service.aspx)

Each NSW Health local health district has a local central intake telephone line to connect people with alcohol and other drug services in that region. Note that some local intake lines operate during business hours only.



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## STATEWIDE & NATIONAL SERVICES

### YOUTH SERVICES

#### Twenty10 (NSW)

(02) 8594 9555 (intake) | (02) 8594 9550 (admin) | [twenty10.org.au](http://twenty10.org.au)

Specialist support for young people of diverse genders, sexualities, intersex status, aged 12 –

#### Minus18 (National)

[facebook.com/minus18youth](https://facebook.com/minus18youth) | [minus18.org.au](http://minus18.org.au)

Minus18 is social & support organisation improving the lives of LGBTQIA+ youth.

25. they provide a broad range of specialised services including housing, mental health, counselling and social support.

#### Australian Parents Group (APG)

02 9056 0838 (Lisa)  
[parentpeersupport@gendercentre.org.au](mailto:parentpeersupport@gendercentre.org.au)

Hidden and private Facebook support group for parents and carers of Trans, Gender Diverse, Non- Binary or Gender Questioning kids of any age

#### Kids Helpline (National)

1800 55 1800 | [kidshelpline.com.au](http://kidshelpline.com.au)

Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.

#### ReachOut (National)

[au.reachout.com](http://au.reachout.com)

ReachOut provides a safe, online place for young people to chat anonymously, get support, and feel better.

#### Rainbow Families (National)

[rainbowfamilies.com.au](http://rainbowfamilies.com.au) | [facebook.com/rainbowfamiliesAU](https://facebook.com/rainbowfamiliesAU)

'Rainbow Families' is the leading voice for LGBTQ+ families in Australia.

### TRANS AND GENDER DIVERSE SERVICES

#### TransHub (NSW)

[transhub.org.au](http://transhub.org.au)

TransHub is ACON's digital information and resource platform for all trans and gender diverse people in NSW, their loved ones, allies and health providers.

#### The Gender Centre (NSW)

(02) 9519 7599 or (02) 9569 2366 | [gendercentre.org.au](http://gendercentre.org.au)

Services & support for the trans & gender diverse community. Accommodation, case management, education & training, counselling and more.

#### Trans Pride Australia - TPA (National)

[transprideaustralia.org.au](http://transprideaustralia.org.au) | [facebook.com/transprideaus](https://facebook.com/transprideaus)

Trans Pride Australia is a not-for-profit organisation that provides social support for trans and gender diverse people and their loved ones in Australia.

#### Transcend (National)

[transcend.org.au](http://transcend.org.au)

Transcend's purpose is to support, affirm and celebrate the lives of Trans, Gender Diverse, Non-Binary children and their families and carers.

#### Parents of Gender Diverse Children

[pgdc.org.au](http://pgdc.org.au) | [info@pgdc.org.au](mailto:info@pgdc.org.au)

Peer support for parents and carers of transgender and gender diverse children.

#### The Identity Clinic

[theidentityclinic.org](http://theidentityclinic.org)

A place where individuals could receive the affirming care they deserve providing a wide range of services including psychological support, allied health services, diagnostics, and assessments, all delivered through a lens of queer and neuro-affirming care.

### HIV, HEPATITIS & SEXUAL HEALTH SERVICES

#### Ending HIV (NSW)

[endinghiv.org.au](http://endinghiv.org.au)

ACON's Ending HIV initiative focuses on educating, informing and supporting gay, bisexual and queer men, and other men who have sex with men to reduce HIV transmissions in NSW.

#### NSW Sexual Health Info Link

1800 451 624 | [shil.nsw.gov.au](http://shil.nsw.gov.au)

Anonymous & nonjudgmental information and referral service, specialising in HIV, STI's and sexual health risk assessment, testing, treatment and support.

#### Positive Life NSW

(02) 8357 8386 | 1800 245 677 | [positivelife.org.au](http://positivelife.org.au)

Information, support, referral, and advocacy for people living with HIV in NSW.

#### Hepatitis NSW

[hep.org.au](http://hep.org.au)

Hepatitis NSW provide information, support, referral and advocacy for people affected by viral hepatitis in NSW.

#### Bobby Goldsmith Foundation (NSW)

(02) 283 8666 | 1800 651 010 | [bgf.org.au](http://bgf.org.au)

Counselling, housing, study, employment & financial support for people living with HIV

#### Sex Worker Outreach Project (SWOP) (NSW)

(02) 9184 9466 | [swop.org.au](http://swop.org.au)

Run by and for sex workers for information, support, outreach, free worker packs, resources and referrals

#### Multicultural HIV and Hepatitis Service (NSW)

1800 108 098 | [mhahs.org.au](http://mhahs.org.au)

The Multicultural HIV and Hepatitis Service (MHHS) works with culturally and linguistically diverse communities in NSW to improve health and well-being in relation to HIV, hepatitis B and hepatitis C.

#### Emen8 (National)

[emen8.com.au](http://emen8.com.au)

Australia's biggest sexual health and wellbeing initiative for guys into guys (cis and trans)



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## STATEWIDE & NATIONAL SERVICES

### LEGAL SERVICES

#### NSW Police LGBTIQ Liaison Officers (formerly known as GLOs)

[tinyurl.com/NSWPolice-GLO](http://tinyurl.com/NSWPolice-GLO)

Contact officers for LGBTIQ+ people who are victims of crime. They also assist other police to respond to homophobic and transphobic incidents

#### HIV/AIDS Legal Centre (HALC) (NSW)

02 9492 6540 | [halc@halc.org.au](mailto:halc@halc.org.au)

HIV AIDS Legal Centre (HALC) is a not-for-profit, specialist community legal centre, provides free and comprehensive legal assistance to people with HIV or Hepatitis-related legal matters.

#### Inner City Legal Centre (NSW)

1800 244 481 | [iclc.org.au](http://iclc.org.au)

Expert specialist legal advice for LGBTIQ+ people anywhere in NSW.

### ADDITIONAL SERVICES

#### Rainbow Cultures (NSW)

[rainbowcultures.org.au](http://rainbowcultures.org.au)

A Directory of LGBTQIA+ multicultural community groups and services in NSW.

#### LOVE Project (NSW)

[loveproject.org.au](http://loveproject.org.au)

LOVE Project - Living Older Visibly and Engaged is ACON's site for older community members. Online catchups happen regularly.

#### Bi+ Australia

[biplusaustralia.org](http://biplusaustralia.org) | [facebook.com/biplusaustralia](https://facebook.com/biplusaustralia)

Bi+ Australia provides specialised counselling support for people who are attracted to more than one gender, or questioning their attraction or sexuality, and their families and loved ones. You can access this service from anywhere in Australia via online video call. There is a fee for this service.

#### Australian Asexuals

[australianasexuals.com](http://australianasexuals.com) | [facebook.com/austaces](https://facebook.com/austaces)

Australian Asexuals is a place to bring asexuals in Australia together and be a place to find out more about asexuality and help anyone in their journey.

#### Equality Australia

[equalityaustralia.org.au](http://equalityaustralia.org.au)

Equality Australia is a national LGBTIQ+ organisation dedicated to achieving equality for LGBTIQ+ people.

#### Intersex Human Rights Australia (IHRA)

[ihra.org.au](http://ihra.org.au) | [facebook.com/intersexaus](https://facebook.com/intersexaus)

IHRA is a national body by and for people with intersex variations. They promote the human rights, self-determination and bodily autonomy of intersex people in Australia

#### Intersex Peer Support Australia (IPSA)

[isupport.org.au](http://isupport.org.au)

IPSA is an intersex peer support, information and advocacy group for people born with variations in sex characteristics and their families.

#### Welcome Here (National)

[welcomehere.org.au](http://welcomehere.org.au)

Welcome Here is ACON's project to focus on supporting local business owners and services in Australia to create and promote environments that are visibly welcoming and inclusive of LGBTQ+ people.

