



'Out with Cancer' Study

If you have experienced any discomfort or strong emotions while taking part in the 'Out with Cancer' study and would like to talk to someone, please contact a support counsellor from one of the organisations below. Trained staff are ready to take your call and provide the appropriate service to you.

Crisis Support Services (General)

	<p>LifeLine Australia</p> <p>A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services</p> <p>Phone 13 11 14 Every day, 24 hours a day</p> <p>Web chat www.lifeline.org.au Every day, 7pm to 4am AEST</p>
	<p>Headspace</p> <p>A national service providing mental health support to young people (12-25 years) in person, via phone and online.</p> <p>Phone 1800 650 890 Every day, 9am to 1am AEST</p> <p>Web chat https://headspace.org.au/ehespace/connect-with-a-clinician/</p>
<p>INTERNATIONAL</p>	<p>Wikipedia maintains a list of crisis support lines available internationally, for those who are in countries other than Australia.</p> <p>Website https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines</p>

LGBTQI+ Support Services

	<p>QLife</p> <p>Anonymous and free LGBTQI+ peer support and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.</p> <p>Support Line 1800 184 527 Every day, 3pm to midnight AEST Free call</p> <p>Web Chat qlife.org.au Every day, 3pm to midnight AEST</p>
	<p>Androgen Insensitivity Syndrome Support Group Australia (AISSGA)</p> <p>AISSGA provides telephone, online and in-person peer support to people with intersex variations and their families.</p> <p>Phone 0478 537 739</p> <p>Email aissgaustralia@gmail.com</p>

Cancer Support Services (General)



Cancer Council Information and Support

A confidential service where you can speak to a specialist cancer professional about anything to do with cancer

Phone **13 11 20** Monday to Friday, 9am to 5pm

Online community onlinecommunity.cancercouncil.com.au (not moderated 24/7)



CanTeen

Counselling, information, peer support and recreational opportunities for young people (12-25 years) living with cancer, including those affected by a parent or sibling's diagnosis.

Phone **1800 835 932** Weekdays 10am to 10pm; Weekends 11am to 6pm

Online community canteen.org.au/join/preview-community/

Carer Support Services (General)



Carers Australia

Information and advice to carers and their families about carer supports and available services.

Phone **1800 242 636** Weekdays, 9am to 5pm

Website <https://www.carersaustralia.com.au/>



Carer Gateway

An Australian service providing practical advice and support for carers, including a hotline, call-back service and online forums.

Phone **1800 422 737** Weekdays, 8am to 6pm

Online community <https://forum.carergateway.gov.au/s/>



Young Carers Network

A platform for young carers to find support services, access resources, and share stories and opinions.

Phone **1800 242 636** Weekdays 9am to 5pm

State associations <https://youngcarersnetwork.com.au/find-a-support-service>