

Why VSS? We have specialist counsellors who can support you.

Our Mission At VSS- We believe that everyone should have equal rights.

Our Services- Victim Support
Service provides counselling to all
victims of crime and abuse, as well
as court support and referrals to
services who can help.

Visit victimsa.org or call

# Counselling & Helplines

LGBTQI+ Specific

QLife 1800 184 527 (3pm- Midnight)

QLife 1800 184 527 (3pm-Midnight) qlife.org.au Our Place 8202 5190 unitingcommunities.org/our-place Gender Wellbeing Service 7099 5320 shinesa.org.au

**Peer Support** 

**Bfriend** 8202 5190 unitingcommunities.org/bfriend

Domestic & Family Violence 1800 RESPECT 1800 737 732 1800 respect.org.au Domestic Violence Crisis Line 1800 800 098 womenssafetyservices.com.au



# More Confidential Support

#### Mental Health

Beyond Blue 1300 224 636 beyondblue.org.au Lifeline 13 11 14 lifeline.org.au

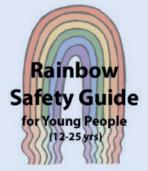
#### Sexual Health

Shine 1300 883 793 shinesa.org.au Yarrow Place 8226 8777 sahealth.sa.gov.au SAMESH 7099 5300 samesh.org.au

#### For Students

Your school or education setting wants to help and has policies to protect your safety. Speak to a trusted person in your setting so they can support you.





You have the right to be safe from violence and abuse

This guide contains information about abuse, LGBTQI+ resources & Victim Support Service



Government of South Australia Department of Human Services



## **Groups & Events**



Community is important; here are some ways to get involved with the LGBTOI+ community in SA.

LGBTOI+ Events Community Calendar adelaidelgbtevents.webs.com/

> Rainbow Directory rainbowdirectorysa.com.au

> LGBTQI+ Group list victimsa.org/LGBTIQ-groups







#### SA Police

In an emergency

For police assistance/attendance 131 444

## Aboriginal and Torres Strait Islander Services

Kornar Winmil Yunti (08) 8211 6770

Translating and Interpreter Service 131 450

## SA Family Violence Investigation Sections

East 7322 4890 | South 8392 9172 North 8207 9381 | West 8207 6413

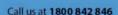


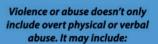


LGBTQI+ people experience higher rates of violence and are less likely to access resources for help for fear of being discriminated against because of their gender or sexuality.

Remember: If someone makes you feel uncomfortable or unsafe in any way it is not okay. The fact that it happens often does not make it okay.

You're not alone, we and other organisations are here to support you and accept people of all genders and sexualities.





- Changing the way you dress or act to appease your partner
- Being isolated from loved ones due to your sex, sexuality or gender
- Receiving texts or calls constantly
- Your partner controlling your finances, including accumulating debt in your name
- Threats of taking away medications (including hormones) or medical services
- "Out"ing or threatening to "out" your sexuality, gender or intersex status

