

UNDERSTANDING SUPPORT REFERRALS

It remains the case that LGBTI Australians have markedly higher rates of anxiety, depression and isolation than the Australian community as a whole.

The QLife project provides nationwide early intervention and peer supported services to LGBTI people of all ages in metro and regional locations experiencing poor mental health, psychological distress, social isolation, experiences of being misgendered, or other discrimination that impacts on their health and wellbeing.

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the traditional custodians of the lands on which we work. We bear witness to their strength and resilience, and honour the elders both past and present.

Q LIFE

QLIFE IS AUSTRALIA'S
NATION-WIDE FREE
AND ANONYMOUS
SUPPORT AND REFERRAL
SERVICE FOR LESBIAN, GAY,
BISEXUAL, TRANSGENDER AND
INTERSEX (LGBTI) PEOPLE.

PHONE & CHAT
1800 184 527
QLIFE.ORG.AU
3PM-12AM 365DAYS

Q

LIFE TALK IT OUT

PHONE & CHAT
1800 184 527
QLIFE.ORG.AU

ASKING YOURSELF THE BIG QUESTIONS?

BEYOND LGBTI

'LGBTI' refers to lesbian, gay, bisexual, trans, and intersex people. At QLife we go beyond the limits of labels to recognise and celebrate the wide diversity of ways that people describe and experience themselves.

QLife provides a service that is safe, affirmative and inclusive for all people. Our support services have grown alongside our communities and reflect a wide diversity of bodies, genders, sexualities, and relationships.

Our staff and volunteers are part of the communities that we support. Our service welcomes intersex, trans, and gender queer people. We are also continually engaging with community to improve the way that we work with culturally diverse communities including Sistersgirls and Brotherboys.

PHONE+WEB

We offer two flexible and friendly ways for people to access our services: phone and webchat. This makes it possible for people to contact us in a range of situations and in a way that is comfortable for them. We are also proud of the fact that web chat enables us to provide particular support to young people, and the Deaf community. Both options are anonymous.

Check out our webchat at www.qlife.org.au or call us on 1800 184 527!



HOW CAN WE HELP?

QLife is a peer-to-peer telephone and web service. Sometimes it's about traditional support, but for many people it's also about a welcoming conversation, a chat about the news or where to find the best evidence-based tips for dealing with emotional wellbeing at their own pace.

Sometimes it's talking about challenging experiences. Sometimes it includes talking about your body, gender, sexuality, relationships, or identity.

At QLife we seek to support our contacts by affirming each person's descriptions of themselves and their experiences.

We are also able to provide referral to further support services near you.

WHEN BEST TO GET IN TOUCH?

QLife services are available 7 days a week, 365 days a year, between 3:00 pm - 12:00 am, Australia wide. Call us on 1800 184 527 or visit www.qlife.org.au



ALL TOGETHER NOW

QLife is funded by the Commonwealth Department of Health.

QLife is a partnership project that brings together expertise from around Australia. These organisations have a shared history of passion, and commitment to our communities. Together we are able to provide national support no matter where you live.

QLife Partners:

- Diverse Voices [QLD]
- Living Proud LGBTI Community Services of Western Australia
- Switchboard (Victoria) Incorporated; and
- Twenty10 incorporating GLCS NSW
- The National LGBTI Health Alliance



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