

# Resources

---

*This list of resources is compiled from recommendations from the participants in the Delphi study. We have also added in some resources, existing best practice guidelines, and trainings that may be useful to refer to. We acknowledge that this is not an exhaustive list and that while these resources and services were available at the time of publishing these guidelines, some may not be in the future.*



---

## Existing LGBTQA+ peer support groups and mental health services

### NSW

**ACON** [acon.org.au](https://www.acon.org.au) — Provide LGBTQA+ counselling and community care services in NSW, digital mental health resources, as well as LGBTQA+ inclusion and training programs for service providers.

**The Gender Centre** [gendercentre.org.au](https://www.gendercentre.org.au) — Based in NSW and run social support groups LGBTQA+ young people, their parents, and partners, support services for LGBTQA+ people, as well as provide digital resources regarding gender diversity, and run training for service providers.

**Twenty10** [twenty10.org.au](https://www.twenty10.org.au) — Based in NSW and provide social support groups (in person and online) and support services to LGBTQA+ young people, as well as inclusivity training for service providers.

**Pflag** [pflagaustralia.org.au](https://www.pflagaustralia.org.au) — Based in NSW and have chapters across Australia which provide support meetings and digital resources for parents, family, and friends of LGBTQA+ people.

---

### VIC

**Switchboard** [switchboard.org.au](https://www.switchboard.org.au) — Based in Victoria and provide peer support services to LGBTQA+ people, their families, allies, and communities, as well as suicide prevention training and digital resources.

**Queerspace** [queerspace.org.au](https://www.queerspace.org.au) — Based in Victoria and provide peer counselling and peer support groups for LGBTQA+ people, and a range of programs for LGBTQA+ communities and their families, as well as providing inclusivity training for service providers.

**Rainbow Door** [rainbowdoor.org.au](https://www.rainbowdoor.org.au) — A service of Switchboard Victoria that provide an Australia-wide peer support service to LGBTQA+ people through phone, text, and email, and provide digital suicide prevention resources on their website.

**Transgender Victoria (TGV)** [tgv.org.au](https://www.tgv.org.au) — An advocacy organisation that supports peer support groups for LGBTQA+ people across Victoria, and facilitates both peer support training and inclusivity training for service providers.

**Zoe Belle Gender Collective (ZBGC)** [zbgc.org.au](https://www.zbgc.org.au) — A trans and gender diverse led advocacy organisation based in Victoria that facilitate support and training for service providers regarding LGBTQA+ identities, and provide digital resources on their website.

## ACT

**A Gender Agenda** [genderrights.org.au](http://genderrights.org.au) — Run a navigation service in Canberra, host peer support events throughout the ACT, and provide digital resources regarding gender diversity.

**Diversity ACT** [diversityact.org.au](http://diversityact.org.au) — Run social groups and provide support services to LGBTQA+ people in the ACT region.

**Meridian** [meridianact.org.au](http://meridianact.org.au) — Provide health and wellbeing services to LGBTQA+ people in the ACT, as well as facilitate inclusivity training for service providers, and provide a digital resource library on their website.

---

## WA

**Freedom Centre** [freedom.org.au](http://freedom.org.au) — Run peer support drop-in sessions in Perth and online, provide digital mental health resources, and host LGBTQA+ workshops for service providers.

**Discharged** [discharged.org.au](http://discharged.org.au) — Run suicide peer support groups in person in Perth and online, provide digital resources regarding suicide prevention, and host training for service providers regarding suicide prevention.

**Living Proud** [livingproud.org.au](http://livingproud.org.au) — Provide peer-support and information to LGBTIQ+ people and communities in WA, and provide digital resources on their website.

**Perth Inner City Youth Services (PICYS)** [picys.org.au](http://picys.org.au) — Run social support and drop-in programs for LGBTQA+ young people in Perth, as well as provide digital resources on their website.

**Rainbow Community House** [rainbowch.org](http://rainbowch.org) — Based in Perth and provide face-to-face counselling and youth services to LGBTQIA+ young people.

**TransFolk of WA** [transfolkofwa.org](http://transfolkofwa.org) — Based in Perth and host social and support groups in person and online for gender diverse young people and adults, and their families and friends. They also provide digital resources on their website and host training for service providers regarding gender diversity.

**WAAC** [waac.com.au](http://waac.com.au) — Provide health and counselling services to LGBTQA+ people of the Perth region and LGBTQA+ young people in Bunbury, Geraldton, and Kalgoorlie regions of WA. They also host workshops for service providers regarding working with and supporting LGBTQA+ young people.

**Youth Pride Network** [youthpridenetwork.net](http://youthpridenetwork.net) — Peer-led and run LGBTIQIA+ advocacy body for young people in WA who host community events, as well as provide digital resources on key community issues on their website.

---

## SA

**Shine SA** [shinesa.org.au](http://shinesa.org.au) — Provide sexual and reproductive health services as well as LGBTIQIA+ inclusion training for professionals.

---

## QLD

**Open Doors Youth Service (ODYS)** [opendoors.net.au](https://opendoors.net.au) — Provide support services to LGBTQA+ young people in the Fortitude Valley region of Queensland.

**QSpace** [qspace.net.au](https://qspace.net.au) — Run social support groups on the Gold Coast, and provide digital resources for LGBTQA+ young people, their families and friends, and schools.

---

## TAS

**Working it Out** [workingitout.org.au](https://workingitout.org.au) — Provide support and advocacy services for LGBTQA+ people and their families in Tasmania, as well as host online and in person inclusivity training programs for service providers.

---

## Multi-State

**Minus18** [minus18.org.au](https://minus18.org.au) — Host social events for LGBTQA+ young people across Sydney, Melbourne and Adelaide, and online, as well as workplace training, school workshops and online resources.

**Muslim Collective** [muslimcollective.com](https://muslimcollective.com) — Host inclusive discussion groups in Melbourne, Sydney, and online.

**Thorne Harbour Health** [thorneharbour.org](https://thorneharbour.org) — Provide health and wellbeing services to LGBTQA+ people in Victoria and South Australia. They also facilitate inclusive practice training for service providers and digital resources regarding sexual health on their website.

---

## National

**Australian GLBTIQ Multicultural Council** [agmc.org.au](https://agmc.org.au) — Provide a service directory of multicultural LGBTQA+ services and supports across Australia, as well as training for service providers that explores the intersections between race, culture, religion, and LGBTQA+ identities.

**QLife 1800 184 527** [qlife.org.au](https://qlife.org.au) — Provide Australia-wide telephone and web-chat peer support services, and digital resources, for LGBTQA+ people, their families and friends, and health service providers. Professionals are welcomed to call and ask for guidance and referral recommendations.

---

## International

**Q Chat Space** [qchatspace.org](https://qchatspace.org) — Based in the United States and provide online discussion groups for LGBTQA+ young people.



---

## Existing Aboriginal and/or Torres Strait Islander specific LGBTQA+ peer support groups, mental health services, resources, and crisis supports

**Aboriginal and Torres Strait Islander Community Health Service Brisbane** [atsichsbrisbane.org.au](https://atsichsbrisbane.org.au) — Provide a list of digital LGBTQA+ specific health and wellbeing resources.

**Black Rainbow** [blackrainbow.org.au](https://blackrainbow.org.au) — A national organisation that supports the health and wellbeing of Aboriginal and/or Torres Strait Islander LGBTQA+ people through community projects and initiatives. They also provide inclusivity training to service providers.

**BlaQ** [blaq.org.au](https://blaq.org.au) — An Aboriginal and/or Torres Strait Islander LGBTQA+ advocacy group based in NSW.

**Elizabeth Morgan House** [emhaws.org.au](https://emhaws.org.au) — Provide culturally safe, inclusive, and holistic case management and support to Aboriginal people affected by family violence.

**First Peoples Rainbow Mob WA** [rainbowmob.jimdofree.com](https://rainbowmob.jimdofree.com) — Provide advocacy, referrals, and support to Aboriginal and/or Torres Strait Islander LGBTQA+ people in WA.

**Sistergirls & Brotherboys** [facebook.com/groups/sistergirls.brotherboys](https://facebook.com/groups/sistergirls.brotherboys) — A private Facebook group for gender diverse Aboriginal Sistergirls & Brotherboys, their families and friends, and allies.

**Walkern Katadjin (Rainbow Knowledge)** [rainbowknowledge.org](https://rainbowknowledge.org) — A national research project that aims to understand and promote the mental health and wellbeing of Aboriginal and/or Torres Strait Islander LGBTQA+ young people, and to work with services to develop appropriate interventions.

**WellMob** [wellmob.org.au/e-health-topics/mind](https://wellmob.org.au/e-health-topics/mind) — Provide digital resources made for and by Aboriginal and/or Torres Strait Islander people, with a focus on social and emotional wellbeing.

---

## Existing general mental health and crisis supports

### Emergency Services 000

**13YARN 13 92 76** [13yarn.org.au](https://13yarn.org.au) — Provide telephone crisis support to Aboriginal and Torres Strait Islander people.

**Beyond Blue** [beyondblue.org.au](https://beyondblue.org.au) — Mental health information, resources, and support, with a focus on anxiety, depression, and suicide. They also provide resources for suicide safety planning.

**Black Dog Institute** [blackdoginstitute.org.au](https://blackdoginstitute.org.au) — Mental health and suicide prevention resources.

**headspace** [headspace.org.au](https://headspace.org.au) — Provide online, phone, and in person youth support services.

**Kids Helpline 1800 55 1800** [kidshelpline.com.au](https://kidshelpline.com.au) — Provide telephone, online, and email counselling services for young people, and digital mental health resources.

**Lifeline 13 11 14** [lifeline.org.au](https://lifeline.org.au) — Provide telephone, text, and online crisis support.

**ReachOut** [au.reachout.com](https://au.reachout.com) — Online mental health support and resources for young people and their families.

**Samaritans 135 247** [thesamaritans.org.au](https://thesamaritans.org.au) — Provide telephone crisis support.

**Suicide Call Back Service 1300 659 467** [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au) — Provide telephone and online counselling for people affected by suicide, and online suicide prevention resources.

---

## Resources for young people

**Another Closet: LGBTIQ Domestic & Family Violence** [ssdv.acon.org.au](https://ssdv.acon.org.au) — Provide information and resources on domestic and family violence, particularly in LGBTIQ relationships.

**#chatsafe<sup>20</sup>** [orygen.org.au/chatsafe](https://orygen.org.au/chatsafe) — Provide tools and tips for young people to help them communicate safely online about suicide.

**I Can Network** [icannetwork.online/autistic-lgbtqia](https://icannetwork.online/autistic-lgbtqia) — Provide Autistic LGBTIQ+ online mentoring and resources.

**Intersex Peer Support Australia (IPSA)** [isupport.org.au](https://isupport.org.au) — An intersex peer support, information, and advocacy group for people born with variations in sex characteristics, and their families.

**Sock Drawer Heroes** [sockdrawerheroes.com](https://sockdrawerheroes.com) — Online store and resource hub for information about gender expression.

**The Trans Self-Care Workbook by Theo Nicole Lorenz** [theonicole.com](https://theonicole.com)

**The Trevor Project (USA)** [thetrevorproject.org](https://thetrevorproject.org) — Provide an online resource centre with information about LGBTQ+ identities, mental health, and suicide prevention.

**Transhub** [transhub.org.au](https://transhub.org.au) — ACON's digital information and resource platform for trans and gender diverse people, their families and allies, and service providers.

---

## Additional trainings and guidelines for service providers

**LivingWorks: SafeTALK, ASIST, and Suicide to Hope Training.** An LGBTIQ-specific version of ASIST training has been developed in collaboration with the North Western Melbourne Primary Health Network (NWMPHN) and is available to those residing in their catchment area. [livingworks.com.au](https://livingworks.com.au)

**Orygen: Resources for clinicians on working with trans and gender diverse young people** [orygen.org.au/Training/Resources/trans-and-gender-diverse-young-people](https://orygen.org.au/Training/Resources/trans-and-gender-diverse-young-people)

**Orygen: Coping with self-harm guide for parents and carers** [orygen.org.au/Training/Resources/Self-harm-and-suicide-prevention/Guidelines/Coping-with-Self-Harm-Guide-for-Parents-and-Carers](https://orygen.org.au/Training/Resources/Self-harm-and-suicide-prevention/Guidelines/Coping-with-Self-Harm-Guide-for-Parents-and-Carers)

**Rainbow Network** [rainbownetwork.com.au](https://rainbownetwork.com.au) — Provide a directory of inclusive services in Victoria, and online resources.

**Safe+Equal: Tip sheet to help practitioners responding to family violence provide LGBTIQ+ inclusive support** [safeandequal.org.au/resources/tip-sheet-to-help-practitioners-responding-to-family-violence-provide-lgbtqia](https://safeandequal.org.au/resources/tip-sheet-to-help-practitioners-responding-to-family-violence-provide-lgbtqia)

**The Rainbow Tick Guide to LGBTI-inclusive practice** [rainbowhealthvic.org.au/media/pages/research-resources/rainbow-tick-guide-to-lgbti-inclusive-practice/2565067543-1605661769/rainbow-tick-guide-to-lgbti-inclusive-practice-web.pdf](https://rainbowhealthvic.org.au/media/pages/research-resources/rainbow-tick-guide-to-lgbti-inclusive-practice/2565067543-1605661769/rainbow-tick-guide-to-lgbti-inclusive-practice-web.pdf)

**University of Melbourne Training: Mental health care for trans, gender diverse & non-binary people** [catalog.lms.unimelb.edu.au/browse/communities/courses/mental-health-care-for-tgdnb](https://catalog.lms.unimelb.edu.au/browse/communities/courses/mental-health-care-for-tgdnb)

**Intersex Human Rights Australia** [ihra.org.au](https://ihra.org.au) — Provide online resources regarding people with intersex variations, as well as Yellow Tick training in collaboration with Intersex Peer Support Australia to individuals, organisations, and community groups across Australia.

---

## Existing standards of care & resources for working with trans people

**Australian Informed Consent Standards of Care for Gender Affirming Hormone Therapy**<sup>21</sup> [auspath.org.au/2022/03/31/auspath-australian-informed-consent-standards-of-care-for-gender-affirming-hormone-therapy](https://auspath.org.au/2022/03/31/auspath-australian-informed-consent-standards-of-care-for-gender-affirming-hormone-therapy)

**Australian Standards of Care and Treatment Guidelines for Trans and Gender Diverse Children and Adolescents, Version 1.3**<sup>22</sup> [rch.org.au/uploadedFiles/Main/Content/adolescent-medicine/australian-standards-of-care-and-treatment-guidelines-for-trans-and-gender-diverse-children-and-adolescents.pdf](https://rch.org.au/uploadedFiles/Main/Content/adolescent-medicine/australian-standards-of-care-and-treatment-guidelines-for-trans-and-gender-diverse-children-and-adolescents.pdf)

**Protocols for the Initiation of Hormone Therapy for Trans and Gender Diverse Patients**<sup>23</sup> [auspath.org.au/2020/12/01/protocols-for-the-initiation-of-hormone-therapy-for-trans-and-gender-diverse-patients](https://auspath.org.au/2020/12/01/protocols-for-the-initiation-of-hormone-therapy-for-trans-and-gender-diverse-patients)

**Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline**<sup>24</sup> [academic.oup.com/jcem/article/102/11/3869/4157558](https://academic.oup.com/jcem/article/102/11/3869/4157558)

**Standards of Care for the Health of Transsexual, Transgender, and Gender-Nonconforming People, Version 7**<sup>25</sup> [wpath.org/publications/soc](https://wpath.org/publications/soc)

---

## Existing standards of care & resources for working with Aboriginal and Torres Strait Islander people

**Guidelines for best practice psychosocial assessment of Aboriginal and Torres Strait Islander people presenting to hospital with self-harm and suicidal thoughts**<sup>26</sup> [menzies.edu.au/icms\\_docs/310034\\_The\\_BestPrAxIS\\_study.pdf](https://menzies.edu.au/icms_docs/310034_The_BestPrAxIS_study.pdf)