

# MPX: counselling and support services

## FACTSHEET September 2022



Whether you are diagnosed with mpv or a close contact of someone with the virus, the experience can be traumatic. You may feel anxious about the way you look, the possibility of scarring, or the symptoms you have from the infection. You may be fearful of being outed or having your lifestyle made public. You may relive past health or discrimination trauma.

To help minimise the risk of this, here is a list of organisations and services that are inclusive and respectful of LGBTI people and the men who have sex with men community.

### URGENT HELP (24/7 SERVICES)

Lifeline — 13 11 14

Suicide Call Back Service — 1300 659 467

If there is an immediate risk of harm to yourself or others, call 000.

[QLife](https://qlife.org.au/) — <https://qlife.org.au/>

Australia-wide anonymous and free LGBTI peer support for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. Call 1800 184 527 or [webchat](https://qlife.org.au/resources/chat) (<https://qlife.org.au/resources/chat>). Available from 3pm-12am AEST, 7 days.

[QLife Community Resource Directory](https://qlife.org.au/resources) — <https://qlife.org.au/resources>

The QLife Community Resource Directory links people with LGBTIQ+ inclusive and targeted services, including for youth, Transgender and gender diverse people, HIV information and support, drug and alcohol issues, and LGBTIQ+ First Nations Peoples.

[Beyond Blue Support](https://www.beyondblue.org.au/get-support/talk-to-a-counsellor) — <https://www.beyondblue.org.au/get-support/talk-to-a-counsellor>

Free telephone and online counselling service 24/7 for everyone in Australia. Telephone counselling (local call costs apply): 1300 22 4636 or [Webchat counselling service](https://www.beyondblue.org.au/support-service/chat) (<https://www.beyondblue.org.au/support-service/chat>)

[Switchboard](http://www.switchboard.org.au/) — <http://www.switchboard.org.au/>

Anonymous and free telephone counselling, information and referrals for the LGBTQIA+ communities of Victoria and Tasmania.

[Zoe Belle Gender Centre \(ZBGC\)](https://zbgc.org.au/) — <https://zbgc.org.au/>

An online service supporting the health and wellbeing of Victoria's sexuality and gender-diverse community, with information available to anyone in Australia.

[Thorne Harbour Health](http://thorneharbour.org/) — <http://thorneharbour.org/>

Offers a range of programs and services for people living with HIV and sex, sexuality and gender diverse communities.

[Black Rainbow](http://www.blackrainbow.org.au/) — <http://www.blackrainbow.org.au/>

Australia's leading Indigenous suicide prevention and mental health support source for LGBTQ+ people.

[Headspace](https://headspace.org.au/) — <https://headspace.org.au/>

Australia-wide online, phone and in-person support and counselling to young people, their families and friends. Call 1800 650 890 (9am-1am).

[Australian GLBTIQ Multicultural Council](https://www.agmc.org.au/) — <https://www.agmc.org.au/>

a national body that advocates for the rights of multicultural and multifaith GLBTIQ individuals and communities.

[BlaQ](https://www.blaq.org.au/) — <https://www.blaq.org.au/>

Committed to empowering the Aboriginal and Torres Strait Islander LGBTQ+ community across Australia through innovation, inclusion, understanding and advocacy.

[Queerspace](http://queerspace.org.au/) — <http://queerspace.org.au/>

An LGBTQ+ health and wellbeing support service with a focus on relationships, families, parenting and young people.

[Rainbow Door](https://www.rainbowdoor.org.au/) — <https://www.rainbowdoor.org.au/>

A free specialist helpline for LGBTIQ+ Victorians, their friends and family. The service is also connected to a multi-language interpreter support service, including Auslan interpreters.

[Transgender Victoria](https://tg.vic.gov.au/) — <https://tg.vic.gov.au/>

The leading body for trans and gender diverse advocacy, training, and resource development in Victoria.

[The Shed](https://www.theshedsupport.org.au/) — <https://www.theshedsupport.org.au/>

A Melbourne based support group for trans masculine people, including AFAB people who are non-binary, and those who are questioning or exploring their gender.

[Queer Refugee and Asylum Seeker Peers \(QRASP\)](https://www.manycolouredsky.org/australian) — <https://www.manycolouredsky.org/australian>

A peer-led social support group for LGBTIQ+ refugees and people seeking asylum. Based in Melbourne with members across Victoria.

[Melbourne Bisexual Network](https://www.melbournebisexualnetwork.com/) — <https://www.melbournebisexualnetwork.com/>

Mental health and advocacy professionals working to improve and promote bisexual+ inclusivity in LGBTIQ+ programs and services.

[Bi Alliance Victoria](http://www.bi-alliance.org/) — <http://www.bi-alliance.org/>

A non-profit volunteer-run organisation dedicated to promoting the acceptance of bi+ people. It also runs monthly discussions and support groups.

[Spectrum Intersections](https://www.spectrumintersections.org/) — <https://www.spectrumintersections.org/>

A free Melbourne-based peer-led group for people 18 and over who identify as neurodiverse and are on the LGBTIQ+ spectrums.