

Neighbourhood News

JUNE 2023



Queensland Day

Queensland Day is a celebration of Queensland's birthday and marks the state's official separation from New South Wales as an independent colony in 1859. Queensland Day 2023 marks 164 years since this momentous occasion.

Commemorated annually on 6 June, Queensland Day is an important celebration of our state's culture and heritage, and an opportunity to reflect on what Queensland means to you and what makes you proud to be a Queenslander—whether it be our people, places, opportunities, or lifestyle.

Acknowledgement of Country

'In the spirit of reconciliation the Marlin Coast Neighbourhood Centre acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to elders past and present and extend that respect to all First Nations Peoples today.'



The Marlin Coast Neighbourhood Centre

205 Reed Road Trinity Park

P: 4055 6440

PO Box 260 Smithfield Q LD 4878

E: admin@mcnc.org.au

MONDAY

Armchair Yoga: Gentle exercise 10 -11am. \$5 pp
Emergency Relief & Financial Counselling with Salvation Army: Support for people experiencing financial crisis: appointments necessary. 9.30 - 4pm. Please call 4055 6440 on previous Thursday & Friday for an appointment.

AI-Anon: 5:50pm — 7.10pm. Ph Neil: 0429 569 512

TUESDAY

Line Dancing: Fun for everybody! 10am — 11am
Members \$3 Non-Members \$5

Tuesday Club - Guest speakers, activities and lunch.
Members \$10 Non-Members \$12

WEDNESDAY

Playtime: For families with children under school age, 9 - 11 am. Free. Bring a piece of fruit to share.

Bridge: for experienced players, 9am — 12 noon.
Members \$3 Non-Members \$5

Shed Mosaics: Putting Pieces in Place.

12.30pm - 3.30pm. Members \$3 Non-Members \$5

Canasta: 1.00pm — 3.30pm.

Members \$3 Non-Members \$5

Emergency Relief: Support for people experiencing financial crisis: appointments necessary. 1pm-3pm.

Please call 4055 6440 on previous Monday or Tuesday for an appointment.

Yoga with Suzanne 6pm-7pm Ph: 0421 076 244

THURSDAY

Community Garden: Enjoy working in the edible, organic garden. Volunteers welcome! From 9am.

Book Club No 1: The 1st Thursday of the month.

Book Club No 2: The 3rd Thursday of the month.

From 10.30am. Members \$3 Non-Members \$5

Tai Chi: 9am - 10am. Ph Narelle: 0439 747 966

Toastmasters Club: 1st and 3rd Thursday of month.

7pm — 9pm. Ph: 0401 585 767

SUNDAY

Trinity Baptist Church: Religious Service

4.30pm — 7.30pm Ph: 0407 127 204


elderabuseawarenessday.org.au | seniorsrights.org.au



JUNE 15 WORLD ELDER ABUSE AWARENESS DAY

Elder abuse is any act which harms an older person and is carried out by someone they trust, such as a family member or friend.

Let's celebrate our older people – because **elder abuse is everyone's business.**



Seniors Rights VICTORIA
A COFA Victoria Program

VICTORIA
State Government

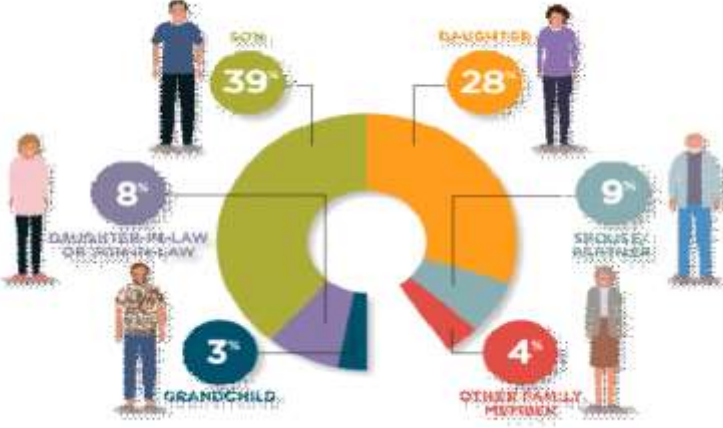
Contact our free, confidential Helpline
1300 368 821

June 15 is World Elder Abuse Awareness Day

The United Nations General Assembly, in its resolution 66/127, designated **15 June** as **World Elder Abuse Awareness Day**. It represents the main day in the year when the world voices its opposition to the abuse and suffering inflicted on older people.

What is elder abuse?

Elder abuse is mistreatment of an older person that is committed by someone with whom the older person has a relationship of trust such as a partner, family member, friend, or carer. Elder abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect. Elder maltreatment can lead to serious physical injuries and long-term psychological consequences.



Relationship	Percentage
SON	39%
DAUGHTER	28%
DAUGHTER-IN-LAW OR SON-IN-LAW	8%
GRANDCHILD	3%
OTHER FAMILY MEMBER	4%
SPOUSAL PARTNER	9%

IN 91% OF SRV CASES THE ABUSER WAS A FAMILY MEMBER OF THE OLDER PERSON

Sometimes family, friends and carers may not know that their actions amount to elder abuse. The World Health Organization describes elder abuse as a violation of human rights and a significant cause of illness, loss of productivity, isolation, and despair. (WHO 2002 Active Ageing Policy Framework). As such, it is an issue that affects not only the person who is impacted directly but also the broader community. Older people have the right, just like people of all ages, to live safely free from harm, abuse, and exploitation. Any actions that breach this right are a form of abuse.

On Saturday 13th May, the Marlin Coast Neighbourhood Centre held our annual Community Fun Day in celebration of Neighbourhood Week. Our Management Committee, Staff, and Volunteers would like to THANK all the local businesses and community service organisations who donated money, prizes, and their time, making it possible for us to host this community event, you really helped to make the day happen! Also, a big thank you to the entertainers who made the day even more fun, especially for the kids and the big kids alike!

The day was a great success and through the support of the community the centre raised much needed funds for the centre's Emergency Relief program and Food Pantry. These funds will be used to continue to support those experiencing financial hardship and homelessness.

Thanks again for your ongoing and continued generous support: Cairns Regional Council (Disaster Recovery, Water Resource Recovery, & Animal Management), Benevolent Society, YAPS, Barron Valley Drifters (Thanks for the lovely music), Kinetic (Sun Bus), Smithfield Shopping Centre, Event Cinemas Smithfield, Star 102.7 FM (Thanks for the outstanding promotion of this community event), Marlin Coast Rangers Football Club, Roaming Wild, Nikki the Clown, Trinity Beach Bulldogs Netball Club, Watergardens Nursery, Fitzroy Island Adventures, Big Cat Green Island Reef Cruises, Daintree Discovery Centre, Anytime Fitness Smithfield, The Float Studio, Clear Skin Clinic Smithfield, Il Chiosco, Lake Placid Rainforest Retreat, Pet barn Smithfield, Donut King Smithfield, Hairhouse Warehouse Smithfield, Baked@Trinity, Clifton Beach Butchers, Bunnings Smithfield, & Flip Ripley. We look forward to seeing you all next year!





MCNC COMMUNITY FUN DAY 2023!

Live in the moment



connection



Stop dreaming and start doing



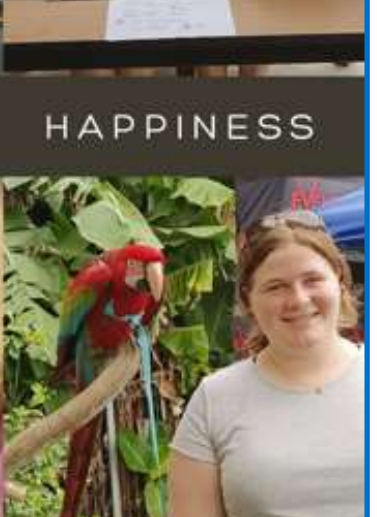
TODAY, I WILL



just living my best life



HAPPINESS



What's on at Cairns Libraries

Greetings from Cairns Libraries

Do you know how to protect yourself from online identify theft? Join us for a free information session from Queensland Police about how to identify and protect yourself from identity crimes.

This session will run from City Library at 10am on Thursday 15th June.

We welcome author Anne Freeman at Smithfield Library on June 7th at 10.30am.

Anne will discuss her multi-award-winning novel 'Returning to Adelaide.' Join us as Anne discusses the role of uplifting fiction during tough times, and how she managed to write her debut novel on a smart phone while caring for young children!

Did you know you can join monthly Trivia for free with Cairns Libraries? Come along to City Library to join our Trivia in the Library program.

The questions cover a wide range of general topics and are professionally presented with a special flair.

Come alone or come with friends... you are sure to have fun and you may even win a prize! Trivia in the Library runs at City Library on the second Friday of every month at 10am.

IDENTITY THEFT Presentation

Topics include:

- What is identity theft?
- Why identity crimes are on the increase?
- Tips on how to prevent this type of offence.
- How to protect yourself.

FREE

Crime Prevention presentation from the Queensland Police Service

Supported by Cairns Regional Council

WHEN: 10am Thursday 15th June, 2023

WHERE: Cairns City Library
151 Abbott Street,
Cairns.



TECH TALK

FREE Digital Literacy Workshop

Overwhelmed by the ever-evolving pace of technology? Develop skills and confidence in using computers, smart phones, and tablets with our helpful technology instructor.

Second Wednesday of the month
Earlville Library
10.30am



Cairns Libraries presents

AUTHORS IN THE LIBRARY

with

Anne Freeman



Self-actualisation and the metamorphosis of motherhood are central themes in Anne Freeman's multi-award winning novel Returning to Adelaide.

Join us as Anne discusses the role of uplifting fiction in tough times, the challenges of writing a debut novel on a smart phone while caring for young children, and tips on crafting the perfect steamy scene.

Wednesday 7 June
Smithfield Library
10.30am



cairns.qld.gov.au/library

Are you looking for legal help?

We can help with:

Relationships and children

- ✓ Domestic and family violence
- ✓ Separation and family dispute resolution
- ✓ Property settlement
- ✓ Parenting arrangements
- ✓ Child support and maintenance
- ✓ Child protection

Criminal justice

- ✓ Being charged with an offence
- ✓ Young people and the law
- ✓ Police and your rights

Cars and driving

- ✓ Traffic offences
- ✓ Car accidents and claims
- ✓ Licence disqualification
- ✓ Young driver laws

Work and money

- ✓ Consumer rights
- ✓ Money and debt issues
- ✓ Farm debt issues
- ✓ Work and your rights inc. unfair dismissal and bullying
- ✓ Social security appeals
- ✓ Natural disaster insurance claims

Personal rights and safety

- ✓ Discrimination and sexual harassment
- ✓ Human rights
- ✓ Mental health treatment rights
- ✓ Elder abuse
- ✓ Protecting sexual assault counselling records
- ✓ National Disability Insurance Scheme appeals

We can't help with:

- ✗ Company, business, club or association legal issues
- ✗ Employment contracts/workplace agreements

- ✗ Commercial transactions or dealings with real estate
- ✗ Will making/powers of attorney
- ✗ Shares and investments

- ✗ Personal injuries (but the Civil Law Legal Aid Scheme may be able to help)

For more information about our services visit legalaid.qld.gov.au or phone 1300 65 11 88 or 1300 650 143 (Indigenous Hotline)



Free computer use during MCNC business hours



Monday to Thursday
9am - 4pm
and
Friday 9am - 1pm





Tuesday Luncheon Group

Group commences at 10am for Line Dancing or a cuppa and chat.

Guest Speakers commence at 11.30am

Lunch is served at **12.30pm**

Members **\$10** Non-Members **\$12**

Tuesday Group Luncheon upcoming events:

- 6 June: Guest Speaker - YAPS History with Diana Pettersen
- 13 June: Guest Speaker - Men's Health
- 20 June: Guest Speaker - FNQ Volunteers with Steve Aylward
- 27 June: Guest Speaker - COTA with Kate Kleemann

06/06	13/06	20/06	27/06	
 <p>BBQ</p>  <p>YAPS History with Diana Pettersen</p>	<p>Men's Health & Healthy Habits</p> 	 <p>Steve Aylward FNQ Volunteers</p>	<p>Birthdays </p> <p>May – 4/6 Gail – 15/6</p> <p>Kate Kleemann Consumer Engagement Officer Home Care Workforce Support Program</p>  <p>COTA For older Australians</p>	
04/07	11/07	18/07	25/07	
 <p>BBQ</p> <p>Graham Wilson</p> <p>Animal Care for Seniors at Home Cairns Inc (ACSAH)</p> 	 <p>ADA Australia Your equal and disability advocate</p> <p>James Keightley Advocate</p>	<p>CHRISTMAS IN JULY</p> 	<p>Birthdays </p>  <p>BINGO</p>	



join us for an information session with:

SERVICES AUSTRALIA & MY AGED CARE

Information will be provided by A Financial Information Service Officer (FIS) and Aged Care Specialist Officer (ACSO) on:

- ✓ Planning for retirement
- ✓ Age Pension your choices
- ✓ Aged Care Specialist Officer Role

MARLIN COAST NEIGHBOURHOOD CENTRE

FRIDAY JUNE 16

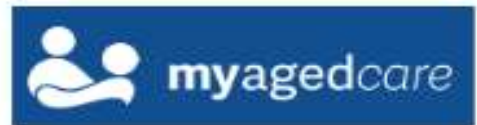
9am - 1pm

Morning Tea will be provided*

RSVP BY WEDNESDAY 14TH JUNE

- ☎ **4055 6440**
- ✉ **admin@mcnc.org.au**

***Please inform us of any dietary requirements at time of booking**



SAVE THE DATE
MEN'S HEALTH WEEK
12-18 June 2023

*My health
for life* 

**HEALTHY
FEELS**
good 

Two-course Lunch & Presentation.
\$10 Members
\$12 Non-Members
Bookings are essential.
RSVP by Friday 9th June.
Ph: 4055 6440
*Please advise of any dietary requirements upon booking.

This year we are working to raise awareness of men's health and healthy habits to support your wellbeing. Join us for a Men's Health Week activity this June.

What: Men's Health Presentation
When: Tuesday 13th June - 11:15am
Where: Marlin Coast Neighbourhood Centre

Find out more at myhealthforlife.com.au or call **13 74 75**

HEALTHIER QUEENSLAND ALLIANCE



Queensland Government



When: 25 June – 1 July
Where: Cairns to Karumba

Cairns to Karumba Bike Ride

Pedal from the east coast to the gulf on this epic 780km bike ride from Cairns to Karumba on the ultimate cycling adventure. The bike ride raises funds for children’s education at small schools dotted along the ride route through five shires across the base of Cape York. Riders of all levels can participate, riding as much or as little as you want. Support vehicles, and a catering crew will be there to get you from start to finish. Cairns to Karumba Bike Ride is a truly epic adventure that you will talk about for a lifetime. Whether you are a rider (road or dirt), a supporter or a volunteer, there is a place for everyone. In June/July each year, 250+ riders, volunteers and support crews travel through the unique and historic outback towns of the iconic Savannah Way raising funds to make sure bush kids get a fair go. The kids line the route and say g’day with cheering, banners, and flags.

Cairns Ecofiesta is back for 2023!

Sunday 4 June 2023 | 10am - 6pm | Munro Martin Parklands

Cairns Ecofiesta is Queensland’s premier sustainability festival - a free-entry event held on the doorstep of two World Heritage areas - the Great Barrier Reef and Wet Tropics Rainforest. Ecofiesta, held in the city’s lush tropical Munro Martin Parklands, is a music festival, a food festival, a children’s festival, and an environmental expo all rolled into one big smorgasbord of fun.

Whether you’re a long-time local, new resident or visitor to the region, everyone is catered for at Cairns Ecofiesta:

- Music festival vibes with an amazing line-up of bands
- Eco-conscious consumers can get their spend on with a huge array of green tech and sustainable living solutions.
- Workshops and activities abound for all ages.
- The fully contained site makes free ranging the kids very tempting, even for helicopter parents.
- Hungry yet? Food vans abound with local eats and vegetarian treats.

With our local environmental groups, climate committees, reef and rainforest authorities and smart, green businesses in attendance, along with thousands of residents and visitors, Ecofiesta is a unique chance to connect with an ancient landscape, and the organisations and individuals working for its protection.



**Older Persons
 COVID-19 Support Line
 1800 171 866**

8:30am-6pm (AEST) Monday - Friday



IRONMAN CAIRNS **COUCH**

CHARITY FUN RUN

Join Us!

FRIDAY 16TH JUNE

ALL PROFITS TO LOCAL CHARITY COUCH

7.35AM START

CALLING ALL FUN RUNNERS!

IRONMAN in Cairns 2023 – COUCH Charity Fun Run on the Cairns Esplanade.

Fri 16 June 2023 @ 6:00 am - 8:30 am

Join us at the newest edition of our festival events, the COUCH Charity Fun Run! This event will take place Friday morning of race week and will be filled with fun and laughter with a bit of exercise on the side. COUCH is a local charity, supporting locals whose lives have been affected by cancer, providing care to enhance the quality of life for clients and their family and friends. The 5km course will lead you up the Cairns Esplanade to soak up the morning rays before heading back the way you came and finishing under the official IRONMAN Finishers Arch in Lagoon Car Park.

Check-in starts at 6 am – 7:15am / The fun run starts at 7:35am.

Gather a team of friends, family, workmates, a group from your sporting club, community organisation or school – to participate for a good cause.

All proceeds from this event will be donated to COUCH – the Cairns Organisation United for Cancer Health.

The theme is all about COLOUR! Why? There are so many different types of cancer, all represented by a different awareness colour. Because COUCH is all about supporting Far North Queenslanders affected by all types of cancer – we'd love you to wear whatever awareness colour you'd like or wear them all! Every participant is making a difference to the lives of locals living with Cancer and we appreciate you being part of it! Spread the word – we'd love to see your family, friends, community groups, sports teams, schools, and workplaces down on the Esplanade for a great morning. **For more information and to Register visit [ironman.com](https://www.ironman.com)**

IRONKIDS
Cairns

IRONKIDS Cairns returns on 17 June 2023!

Get the kids involved with the triathlon fun over race weekend with IRONKIDS.

This safe and simple course will have kids swim in the Esplanade Lagoon, ride along the Esplanade main road, and run up The Boulevard, before experiencing that finish line feeling underneath the official IRONMAN Finishers Arch at the Lagoon Car Park.

We're all about giving triathlon a go, which is why each kid will receive an IRONKIDS finishers T-shirt, finishers medal, and go in the draw to win some awesome spot prizes!

We encourage all kids to get involved, from the very beginners to future IRONMAN athletes. We guarantee it will be a fun and memorable experience for all.

IT'S LIVE!
at Cairns Esplanade

Cairns airport
IRONMAN CAIRNS
GREAT HARRIER REEF
ASIA-PACIFIC CHAMPIONSHIP

SAVE THE DATE

18 JUNE 2023

Cairns airport #thisisqueenland Cairns CAIRNS GREAT HARRIER REEF

Gardening News... June

The gardeners had a very successful day at the MCNC Community Fun Day! Thanks to the support of the local community the gardeners were able to raise \$233.10. These funds will help which will go back into buying supplies for the garden. A very special THANK YOU to everyone who got involved, helped out, and attended the MCNC Funday. Also, do not forget to visit Grill'd Cairns Central who continuously help to support the MCNC Community Garden through the support of the local community! Locals supporting locals!



Membership

*It's that time of year when
Membership is due...*



For just \$10 a year, membership of the Neighbourhood Centre offers you

- The opportunity to connect with other people and make new friends;
- Laughter and fun times;
- The chance to be involved in Centre activities and learn new skills;
- Up-to-date information and interesting newsletters;
- The right to give input into who is responsible for overseeing the operations of the Association through the election of a Management Committee.



Writing WEDNESDAY

Writing Wednesday is a free, volunteer-led program for writers at all levels. Come and finish your story, while connecting with other writers in your community.

Every Wednesday
City Library Meeting Room
Drop in anytime 10am - 4pm



Social Media

Give us a thumbs-up and stay connected -
or check out our website at:
www.mcnc.org.au

Follow us 😊





CHC33015

CERTIFICATE III IN INDIVIDUAL SUPPORT

(Ageing & Disability)

Industry Recognised Training

This program is fully funded and includes:

- Goal setting
- Resume writing
- Job application skills
- AFP police check
- First Aid & CPR
- VET qualification
- Blue Card & NDIS Screening (Yellow Card)



16 Weeks of classes



Face-to-face training
2 days a week



120 hours of
placement



Fully subsidised under
the QLD Government
Skilling Queenslanders
for Work initiative

APPLY NOW!

Contact Allison on 4055 6440

or

edu.support@mcnc.org.au

**Starting 13th
of July 2023!**

- **eligibility criteria will be discussed at first point of contact.**

This training opportunity is subsidised by the Queensland Government with training, assessing and certificate awards delivered by MiHaven Training; RTO Code 40928 & organised, recruited and supported by the Marlin Coast Neighbourhood Centre situated in the northern beaches of Cairns.



Concerned about a family member's drug or alcohol use?

Want to play a more supportive role?

Families can access **FREE** support through attending information sessions or **individual counselling** (online and phone counselling available). No referrals required.

www.liveslivedwell.org.au Ph: 1300 727 957



MARLIN COAST NEIGHBOURHOOD CENTRE

Australia's Biggest Morning Tea Mad Hatter's Tea Party!



Marlin Coast Neighbourhood Centre Inc.

OFFICE HOURS : Monday - Thursday 9am to 4pm and Friday 9am to 1pm

OUR MISSION STATEMENT

The Marlin Coast Neighbourhood Centre is an incorporated community-based organisation. Our vision is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being . We operate within the Social Justice Principles of equity, access, equality and participation through professional support, a friendly, safe and inclusive meeting place, respect for the individual, a commitment to the community and integrity throughout the organisation. The Centre receives core **funding through the Queensland Government's Department of Communities, Child Safety and Disability Services.**



› INVITATION

To a free information session provided by ADA Australia's Advocate – James Keightley about Advocacy and how it supports older Australians who receive or wish to receive aged care services.

As Australia's aged care system undergoes significant reform, it is important that older Australians gain an understanding of how the system functions. One dimension of this is the integral role advocacy services play supporting aged care recipients and their representatives to engage with and successfully navigate the system.

Date: Tuesday 11th July 2023

Time: 11.30am

Location: MCNC Kingfisher Room

An advocate can:

- Be a source of accurate, independent information about services and how to access them.
- Ensure people are aware of all their options.
- Use a rights-based approach to focus on recipient issues to do with care and seek resolution.
- Support at important stages of care such as at assessments or reviews.

Enquiries may be directed to 1800 818 338.

Seniors Legal & Support Service

(free service)

- Someone you thought you could trust treating you badly?
- Are you being threatened, intimidated or harassed?
- Not allowed to see your friends?
- Forced to change your Will?
- Has your money been taken?

Any other issues?

Speak about it with our Social Worker or Solicitor

1800 062 608
4031 7688

Home visits available

All enquiries welcome



For people in the community experiencing disadvantage



www.cclc.org.au

If you can't wait to vote – you don't have to wait to enrol.

If you've turned 16 or 17 you can provisionally enrol to vote now. This means, when you turn 18, you'll be ready to go.

Enrolling is easy and only takes a few minutes.

Head to www.aec.gov.au to get the ball en-rolling!



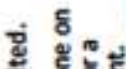
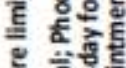
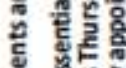
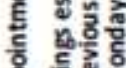

Scan this QR code to enrol online!



THE WEEK AT A GLANCE!

MONDAY

Emergency (Financial) Relief
for individuals and families experiencing financial crisis.
Appointments are limited.
Bookings essential; Phone on previous Thursday for a Monday appointment.
Ph: 4055 6440

Armchair Yoga

Gentle exercise
10am - 11am
Ph: Beryl 4055 7603
\$5 per person



Gairns Early Years Centre

"Move Baby Move"
1pm - 2 pm
Bookings essential
Ph: 4034 6800



A.A.

6pm - 7pm
Neil Ph 0429 569 512



TUESDAY

Line Dancing

10.00am - 11.30am
Member \$3
Non-Member \$5
Ph: 4055 6440





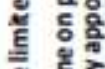
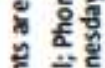

Tuesday Luncheon

From 10.30am for morning tea and chat
From 11.30am for guest speaker and lunch
Ph: 4055 6440
Members \$10
Non-Members \$12



WEDNESDAY

Emergency (Financial) Relief
for individuals and families experiencing financial crisis.
Appointments are limited.
Bookings essential; Phone on previous Monday for a Wednesday appointment.
Ph: 4055 6440



Playtime

Each Wednesday morning
9am - 11.30am.
Families with children under school age.
Free!
Bring a piece of fruit to share.



Bridge



Social Bridge
for the Experienced Player
9.30am - 12 noon
Member \$3
Non-Member \$5

Canasta

1pm - 3.30pm
Member \$3
Non-Member \$5
Ph: 4055 6440

Shed Mosaics

12.30pm - 3.30pm
Member \$3
Non-Member \$5
Ph: 4055 6440

Yoga with Suzanne

Wednesday evenings
6pm - 7pm
Phone: 0421 076 244



THURSDAY

Community Garden

Morning from 9am
Phone the Centre - 4055 6440



Tai Chi

Each Thursday morning
9am - 10am
Call Narelle
0439 747 966



Book Club No 1

1st Thursday of each month
10.30am - 12 noon

Book Club No 2

3rd Thursday of each month
10.30am - 12 noon

\$3 Member/\$5 Non-Member
Ph: 4055 6440



Toastmasters Club

1st & 3rd Thursday of each month
7pm - 9pm
Ph: 0401 585 767



SUNDAY

TRINITY BAPTIST CHURCH

Religious Service
Every Sunday
4.30pm - 7.30pm
Phone: 0407 127 204





Online Crisis Support Chat

Call
13 11 14
(24/7)

lifeline.org.au

Lifeline Saving Lives
Crisis Support. Suicide Prevention.

Networks and Helplines

QLD Health 24 hr Mental Health.....	1 300 64 22 55
Standby (Cairns) (24/7)	0407 490 005
Suicide Call Back Service (24/7)	1 300 659 467
Lifeline (24/7)	13 11 14
Kids Helpline (24/7)	1 800 55 1800
Gambling Helpline (24/7)	1 800 858 858
Relationships Australia (M-F 9-5 pm)	1 300 364 277
Beyond Blue (website)	www.beyondblue.org.au
Beyond Blue Ingo Line	1 300 224 636
SANE (10 am —10 pm Weekdays)	1 800 18 72 63
Q Life (3 pm—12 am, 7 days)	1 800 184 527
Mensline (24/7)	1 300 789 978
Black Dog Institute (online resources)	www.blackdoginstitute.org.au
Reachout (website)	www.reachout.com
Parentline (website)	www.parentline.com.au
Parentline (8 am—10 pm, 7 days)	1 300 30 1300
Headspace (information)	www.headspace.org.au
Headspace (online chat)	www.eheadspace.org.au
DVConnect (Womensline—24/7)	1 800811 811
DV Connect (Men's Line—24/7)	1 800 600 636
ADIS (Alcohol Drug Info Service—24/7)	1 800 177 833
Poison Info Line (24/7)	13 11 26
Bush Support Service (24/7)	1 800 805 391