

SERVICES AND SUPPORT

For LGBTIQ+ carers and/or those
caring for someone who is LGBTIQ+



ABORIGINAL AND TORRES STRAIT ISLANDER

Black Rainbow

Black Rainbow is Australia's first and only national Aboriginal and Torres Strait LGBTQI suicide prevention national advocacy platform and national touchpoint.

www.blackrainbow.org.au

Sistergirls & Brotherboys Australia

Closed facebook group for gender diverse Aboriginal Sistergirls and Brotherboys, family, friends and supporters.

www.facebook.com/groups/sistergirls.brotherboys

AGEING

Bent Twig Alliance

LGBTI Elders and Allies Social group (with City of Yarra). The BTA group meets fortnightly in Collingwood.

Enquiries: contact the City of Yarra Aged and Disability branch on 9205 5555, or for the group's contacts, call the Willowview Centre on 9205 5276.

www.facebook.com/groups/327275498174519

LGBTI Elders Dance Club

A fabulous free monthly social event for Lesbian, Gay, Bisexual, Trans and Gender Diverse, and Intersex elders and allies. Learn new dances, enjoy delicious catering and chat with fabulous people. No dance experience needed. All are welcome.

www.allthequeensmen.net/projects/lgbti-elders-dance-club

Out & About (Switchboard)

Out & About is a peer service connecting lesbian, gay, bisexual, transgender, or intersex (LGBTI) people across Victoria. We are a free community visitors program run specifically for older members of the LGBTI community. We aim to reduce social isolation and loneliness by creating community connections and facilitating peer friendships.

www.switchboard.org.au/out-about

Rainbow Connection

Rainbow Connection is a new project aimed at reducing social isolation among older members of the LGBTI community.

Community Support volunteers can help in many ways, including visits to client homes, meal preparation, outings to see a movie or to have a coffee and a chat.

Any person in the LGBTI community who is aged 55 or over may apply for support from Rainbow Connection, whether they are living in their own home or an aged care facility.

For more information call (03) 9863 0426 or email support@thorneharbour.org

www.thorneharbour.org/lgbti-health/community-support

DISABILITY

Thorne Harbour HomeCare

Clients of the National Disability Insurance Scheme may apply to have home help services from the Thorne Harbour Home Care team. The team specialises in LGBTI-focused disability support.

For more information call (03) 9863 0430 or email homecare@thorneharbour.org

www.thorneharbour.org/lgbti-health/community-support

Pride Vic

Community based organisation embracing gender diversity and equality for people with disabilities from all communities, breaking down social and isolation barriers, regardless of sexual orientation. Offer support co-ordination, outreach, social programs and skills development activities.

www.pridevic.com.au

Rainbow Rights

Self-advocacy group run by and for people with an intellectual disability in the LGBTIQ+ community to support each other and to have their voices heard.

www.voicestogether.com.au/self-advocates/find-group/vic/rainbow-rights-and-advocacy-group

GENERAL SUPPORT

Androgen Insensitivity Syndrome Support Group Australia

Peer support, information and advocacy group for people affected by AIS and/or related intersex variations, and their families.

www.aissga.org.au

Beyond Blue

Advocates for non-discriminating communities, systems, policies and institutions, and runs various LGBTI specific services and groups. Information and resources, helpline and on-line forums.

www.beyondblue.org.au/who-does-it-affect/lesbian-gay-bi-trans-and-intersex-lgbti-people

Family Planning Victoria

Sexual and reproductive health care, education and advocacy for all Victorians.

www.fpv.org.au

Intersex Human Rights Australia (IHRA)

'Closed' Facebook group for people with intersex variations, parents and family.

www.facebook.com/groups/intersexhumanrightsaustralia

Intersex Human Rights Australia (IHRA) (Previously OII Australia)

National body promoting human rights and bodily autonomy for intersex people. Information, education and peer support by and for people with intersex variations.

www.ihra.org.au

National LGBTI Health Alliance

National peak health organisation and alliance of organisations and individuals that provide health related programs, services and research focussed on lesbian, gay, bi-sexual, transgender and intersex people and other sexuality, gender and bodily diverse people and communities.

www.lgbtihealth.org.au

Qlife 1800 184 527

Counselling and referral service for people of all ages who are LGBTIQ. Telephone and online chat support available.

www.qlife.org.au

Rainbow Network

Use the Rainbow Network 'Find a Group' feature to find a support group in your area. They also run free training sessions.

www.rainbownetwork.com.au

Seahorse Victoria

Support and social group for the transgender community.

www.seahorsevic.com.au

Switchboard 1800 184 527

Peer-driven support services for the lesbian, gay, bisexual, transgender and gender diverse, intersex, queer and asexual (LGBTIQ+) people, their families, allies and communities.

www.switchboard.org.au

The Shed: Support for Transmen

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

www.ftmshed.com

Touchbase

Information, support & services about alcohol and drugs, mental health and sexual health for the LGBTIQ community.

www.touchbase.org.au

Transgender Victoria

Aims to achieve justice and equity for trans or transgender people, their partners, families and friends.

www.transgendervictoria.com

Victoria Legal Aid

Support service providing advice and assistance, especially around LGBTI discrimination.

www.legalaid.vic.gov.au

Victorian Equal Opportunity and Human Rights Commission

Provide information and training on human rights, equal opportunity and equality, workplace laws against discrimination and other topics.

www.humanrightscommission.vic.gov.au

With Respect 1800 542 847

Specialist LGBTIQ+ family violence support service and capacity building for specialist family violence services.

www.withrespect.org.au

Zoe Belle Gender Collective

Online service supporting the health and wellbeing of Victoria's sexuality and gender-diverse community, with information and support. Includes a Q&A service for people seeking answers to their questions about sexuality and gender diversity.

www.zbgc.org.au

HEALTH SERVICES

Equinox

A peer led health and wellbeing service for the Trans and Gender Diverse community.

www.equinox.org.au

Monash Gender Clinic

Statewide service that provides individualised, consumer centred care for trans, gender diverse and non-binary people, their families and partners.

www.monashhealth.org/services/services-f-n/gender-clinic

Queerspace

Specialist mental health service providing affordable and affirmative counselling and support for people in the LGBTIQ community.

www.queerspace.org.au

The Royal Children's Hospital (RCH) Gender Service

Aims to improve the physical and mental health outcomes of children and adolescents who are trans or gender diverse, offering various services.

www.rch.org.au/adolescent-medicine/gender-service

HOUSING AND JOBS

Family Access Network

Family Access Network will provide support to young people who are homeless and those at risk of homelessness. They are Rainbow Tick Accredited and have specific programs for LGBTI young people in finding employment.

www.fan.org.au

Fitted for Work: Transgender Program

Fitted for Work welcomes all women (trans and cis), including non-binary and gender non-conforming people and all those who identify as women, who have experienced disadvantage and are seeking employment.

www.fittedforwork.org

Gay Share

Gay and Lesbian share accommodation and flatmate service.

www.gayshare.com.au

LGBTI Jobs

Australia's National LGBTI job board.

www.lgbtijobs.com.au

Queer Housing Melbourne! (Facebook group)

A group for anyone looking for a queer housemate or a queer/queer-friendly house to post and check out housing notices.

www.facebook.com/groups/197952926992620

Trans Housing Melbourne (Facebook group)

Trans Housing Melbourne is a group for people seeking shared accommodation in Melbourne with trans or trans friendly people. The group can also be used to start a share house.

www.facebook.com/groups/1448801052032092

MULTICULTURAL

Australian LGBTIQ Multicultural Council

Peak body for lesbian, gay, bisexual, trans, intersex, queer individuals and community groups of multicultural and multifaith backgrounds. Find events, resources and support groups.

www.agmc.org.au

PARENT AND FAMILY RESOURCES

Parents of Gender Diverse Children

Provide direct support to parents or those parenting a trans or gender diverse person. Provide information, referrals, peer support and connections.

www.pgdc.org.au

Student Well Being Hub

Resources developed by the Safe Schools Coalition Australia's (SSCA) for educators, parents and students.

www.studentwellbeinghub.edu.au

Transcend

Provides parent/carer support, community connection, information, advocacy and fundraising for the families of transgender children in Australia.

www.transcendsupport.com.au

Transfamily

Melbourne-based group for friends and families supporting a trans and gender diverse person. Regularly run workshops and have guest speakers.

www.facebook.com/transfamilysupportgroup

REGIONAL AND RURAL

Diversity

Support and social group for LGBTI young people in and around the Shepparton area.

www.facebook.com/diversitygroup

GASP

Support and social group for LGBTI young people in and around the Geelong area.

www.gaspgeelong.net.au

Gateway Health Gender Service For children, young people and their families

Support, information and referral for gender-questioning, trans and gender diverse young people aged 17 and under, parents, carers and family members and GPs and service providers in the Wodonga region.

www.gatewayhealth.org.au/gender-diverse

Peninsula Pride

Support young people and their families, including information and pathways through to other support services; support schools including one on one support to rainbow youth and work with schools to assist staff with professional development, and supporting the establishment Queer Straight Alliance groups in schools; and provide LGBTIQ+ advice and support to the wider community.

www.frankston.vic.gov.au/Things_To_Do/Youth_Hangouts/Peninsula_Pride

Rainbow Connections Mornington Peninsula (Facebook Group)

Provide GLBTIQ mental health and wellbeing intervention that provides services both online and in person on the Mornington Peninsula and surrounding suburbs.

www.facebook.com/pg/Rainbow-Connections-Mornington-Peninsula-173307869732335/about/?ref=page_internal

WayOut Rural Victorian Youth and Sexual Diversity Project

Community Health program that aims to raise awareness about the needs of same sex attracted and gender diverse young people and the nature and effects of discrimination in regional Victoria, predominately in the Macedon Ranges area.

www.cobaw.org.au/our-services/young-people/wayout

Wayout Wodonga promotes the rights, health and wellbeing of LGBTIQ+ people in Albury, Wodonga and surrounds.

www.gatewayhealth.org.au/services/wayout-wodonga

RELIGION AND FAITH

Acceptance Melbourne (Catholic)

www.melbourneacceptance.wixsite.com/home

Aleph Melbourne (Jewish)

www.aleph.org.au

Freedom2b (Christian)

www.freedom2b.org

Marhaba Melbourne (Muslim)

Email marhaba.melbourne@gmail.com

The Brave Network (Christian)

www.thebravenetwork.org

RESPIRE

Yarra City Council Respite Services

Yarra City Council has been funded to provide respite care for carers who are either members of the LGBTIQ community or who care for someone who is. Successful applicants for the Support for Carers Program will be eligible for up to 20 hours of respite care per year.

To access contact Michelle Watson 9205 5442

SUPPORT GROUPS

City of Melbourne Carer Support Group

The City of Melbourne facilitates a monthly carer support group in Carlton (this is not LGBTIQ+ specific, however it is an inclusive space). The group provides support, respite and an opportunity to share experiences with other local carers.

To be eligible for the carer support group, either the carer or the care recipient must be a City of Melbourne resident.

www.melbourne.vic.gov.au/community/health-support-services/Pages/carers.aspx

Wingmen, Beyond Blue

Provides expert advice, resources and an online support for gay men who are worried their partner or friend may have anxiety or depression.

www.beyondblue.org.au/who-does-it-affect/lesbian-gay-bi-trans-and-intersex-lgbti-people/wingman-for-gay-guys-by-gay-guys

YOUNG CARERS

Healthy Equal Youth (HEY)

Healthy Equal Youth (HEY) is about supporting the health and wellbeing of LGBTIQ+ young Victorians. The first of its kind in Australia HEY brings together a network of partner organisations specialising in support and services for LGBTIQ+ young people.

www.yacvic.org.au/get-involved/hey-grants

Minus 18

Australia's national organisation for same sex attracted and gender diverse young people. Information, resources, advice, support and events.

www.minus18.org.au

Student Well Being Hub

Resources developed by the Safe Schools Coalition Australia's (SSCA) for educators, parents and students.

www.studentwellbeinghub.edu.au

Ygender

Social peer-based support group for trans and gender diverse young people in Melbourne.

www.ygender.org.au



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