



GETTING SUPPORT

Support services

The following organisations can provide support and advice to community members:

- [Arab Council Australia](#)
- [Australian National Imams Council](#)
- [Australian Palestinian Advocacy Network](#)
- [Executive Council of Australian Jewry \(ECAJ\)](#)
- [Islamophobia Register](#)

Multicultural services

- [Witness to War](#) – Free multilingual and confidential hotline for people in Australia affected by overseas conflicts. Call: 1800 845 198.
- [Transcultural Mental Health Service](#) – Free multilingual counselling for people connected to a NSW Mental Health Service. Also provides multilingual mental health factsheets.
- [Health Translations Victoria](#) – Free multilingual mental health factsheets.
- [Embrace Multicultural Mental Health](#) – Multilingual mental health information and community services.
- [SBS Settlement Guide](#) – A state-based directory of mental health services for different cultural groups.
- [SANE](#) – For people with complex mental health issues, providing links to local community services for people of different backgrounds.

National support services (General population)

- [Lifeline](#) – Call: 13 11 14 | Text: 0477 13 11 14
- [Suicide Call Back Service](#) – Call: 1300 659 467
- [Beyond Blue](#) – Call: 1300 22 4636
- [Kids Helpline](#) – Call: 1800 55 1800
- [Q Life](#) – Call: 1800 184 527
- [eHeadspace](#) – Call: 1800 650 890

Aboriginal and Torres Strait Islander-specific services

- [13 YARN](#) – A 24/7 national crisis support line for mob, offering confidential one-on-one yarning with Aboriginal & Torres Strait Islander Crisis Supporters. Call: 13 92 76.
- [Well Mob](#) – Well Mob is a social, emotional and cultural wellbeing online platform.
- [Thirrili](#) – Supports Aboriginal or Torres Strait Islander individuals, families, and communities affected by suicide or other significant trauma.
- [Yarning Safe'n'Strong](#) – Yarning Safe'n'Strong is a 24/7 phone counselling service.

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Australian
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REPORTING



Australian Human Rights Commission

You can make a complaint about racism or discrimination via email at complaintsinfo@humanrights.gov.au or via an [online form](#). You can also phone the Commission for advice on 1300 656 419 or 02 9284 9888.

State and territory anti-discrimination commissions

You may also be able to make a complaint to your state or territory-based anti-discrimination commission. More information can be found at the state and territory-specific websites below.

- [ACT Human Rights Commission](#)
- [Anti-Discrimination NSW](#)
- [Northern Territory Anti-Discrimination Commission](#)
- [Queensland Human Rights Commission](#)
- [South Australia Equal Opportunity Commission](#)
- [Equal Opportunity Tasmania](#)
- [Western Australia Equal Opportunity Commission](#)
- [Victorian Equal Opportunity and Human Rights Commission](#)

If you want to share your experience of racism but do not want to make a formal complaint, [VEOHRC's community reporting tool](#) can be useful to understand the nature of racism and discrimination happening within communities.

Community organisations

- Incidents of antisemitism in Australia can be reported to [Executive Council of Australian Jewry](#).
- Incidents of Islamophobia in Australia can be reported to [Islamophobia Register Australia](#) or [Action Against Islamophobia](#).
- Incidents of anti-Palestinian racism can be reported through the [Anti-Palestinian Racism Project](#) run by the Australian Palestinian Advocacy Network.

eSafety Commissioner

For online hate speech or harassment, report the content to the relevant social media platform and [eSafety Commissioner](#).

Further information

- [Racism in Australian universities](#)
- [Seen & Heard project](#)

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