

# LGBTIQ+ RESOURCES

## Internal resources

- Check the HR Shared Services training calendar for training options
- RED Contact Officers
- Your immediate supervisor, manager or executive
- Utilise your directorate's Employee Assistance Program (EAP) for professional advice and counselling. Contact your HR team for further information
- Directorate HR teams
- The Public Sector Management Group in the Chief Minister, Treasury and Economic Development Directorate (via email: [PSM@act.gov.au](mailto:PSM@act.gov.au))
- The ACT Government Office of LGBTIQ+ Affairs (via email: [LGBTIQOffice@act.gov.au](mailto:LGBTIQOffice@act.gov.au))

## External resources

The below is not intended to be an exhaustive list of all available resources; rather it is a useful starting point for those needing more support or information.

**A Gender Agenda:** A Gender Agenda is an ACT based, peer-led organisation that works intersex, transgender and gender diverse people, and their friends, families and allies. They run a range of social and support events and can provide resources and help with coming out at work.

- Website: <http://genderrights.org.au/>
- Phone: (02) 6162 1924

**ACT Human Rights Commission (ACT HRC):** The role of the ACT HRC is to resolve discrimination complaints and promote rights. The Commission provides an independent, fair and accessible process for resolving individual complaints; promotes service improvement; promotes the human rights and welfare of people; and fosters understanding of particular legislation.

- Website: [www.hrc.act.gov.au](http://www.hrc.act.gov.au)
- Phone: (02) 6205 2222 or TTY for speech/hearing impaired: (02) 6205 1666
- General and complaints inbox: [human.rights@act.gov.au](mailto:human.rights@act.gov.au)

**LGBTIQ+ Health Australia:** National coalition of organisations across Australia which provide health-related programs, services and research targeting LGBTIQ+ people and other sexuality, sex and gender diverse people.

- Website: [www.lgbtiqhealth.org.au/](http://www.lgbtiqhealth.org.au/)
- Phone: (02) 7209 6301

**Lifeline:** Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

- Website: [www.lifeline.org.au](http://www.lifeline.org.au)
- Phone: 13 11 14 (available 24 hours)

**Meridian (formerly AIDS Action Council):** is a peer-led, community-controlled organisation taking action to improve the health and wellbeing of people impacted by HIV and LGBTIQ+ people, and create safe and inclusive communities. Meridian provides sexual health education and prevention, targeted health promotion activities, community events, education and training. Meridian Wellbeing Services provide low and no cost counselling and mental health support including psychologists, mental health social workers and peer-led support services.

- Website: <https://meridianact.org.au/>
- Phone: (02) 6257 2855

**QLife:** National LGBTI peer support and referral service that offers anonymous phone and webchat, including crisis support and suicide prevention. Open 3pm to midnight everyday.

- Website: <https://qlife.org.au/>
- Phone: 1800 184 527

**Relationships Australia:** Relationships Australia is a leading provider of relationship support services for individuals, families and communities, aiming to support all people in Australia to achieve positive and respectful relationships. Their services are for all members of the community, regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

- Website: [www.relationships.org.au](http://www.relationships.org.au)
- Phone: 1300 364 277