

# ASSERT<sup>♀♂</sup>NSW

AUSTRALIAN SOCIETY OF SEX EDUCATORS  
RESEARCHERS AND THERAPISTS

**Get the emergencyplus app**



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app that  
could save  
your life**



Visit: <https://www.emergencyplus.com.au/> . The **Emergency+** app is a **free** app developed by Australia's emergency services and their Government and industry partners. The app uses **GPS functionality** built into smart phones to help a Triple Zero (000) caller provide critical location details required to **mobilise emergency services**

## Essential National Emergency Contact Services

<b>Emergency</b>	<b>000</b>	Police, Fire, Ambulance	<a href="https://www.triplezero.gov.au/">https://www.triplezero.gov.au/</a>
<b>Lifeline</b>	<b>13 11 14</b>	24-hour crisis support and suicide prevention services.	<a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>
<b>1800Respect</b>	<b>1800 737 732</b>	National Domestic Family and Sexual Violence Counselling Service.	<a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a>
<b>Beyond Blue</b>	<b>1300 22 4636</b>	Free telephone and online counselling service is open 24/7.	<a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
<b>Poisons Centre</b>	<b>13 11 26</b>	Telephone advice is available 24/7 from anywhere in Australia.	<a href="https://www.poisonsinfo.nsw.gov.au/">https://www.poisonsinfo.nsw.gov.au/</a>

## Other Helpful National Contact Numbers

<b>13yarn</b>	<b>13YARN or 129376</b>	One-on-one phone support for Aboriginal & Torres Strait Islanders.	<a href="https://13yarn.org.au">https://13yarn.org.au</a>
<b>Australian Federal Police</b>	<b>131 237</b>	Australian Federal Police.	<a href="https://www.afp.gov.au/">https://www.afp.gov.au/</a>
<b>Griefline</b>	<b>1300 845 745</b>	Grief and loss issues.	<a href="https://griefline.org.au/">https://griefline.org.au/</a>
<b>Headspace</b>	<b>1800 650 890</b>	Telephone counselling open 9am–1am, 7 days a week	<a href="https://headspace.org.au/">https://headspace.org.au/</a>
<b>Kids Help Line</b>	<b>1800 55 1800</b>	Support for kids aged 5-12, teens aged 13-17 and young adults aged 18-25.	<a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>National Home Doctor</b>	<b>13 SICK or 13 7425</b>	Australia's largest network of home visiting doctors.	<a href="https://homedoctor.com.au/">https://homedoctor.com.au/</a>
<b>Q Life</b>	<b>1800 184 527</b>	QLife provides anonymous, LGBTIQ+ peer support and referral for people in Australia.	<a href="https://www.lgbtiqhealth.org.au">https://www.lgbtiqhealth.org.au</a>
<b>Suicide Call Back Service</b>	<b>1300 659 467</b>	Nationwide service providing 24/7 telephone and online counselling to people affected by suicide	<a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
<b>Mens Line</b>	<b>1300 78 99 78</b>	MensLine Australia is a free telephone and online counselling service for Australian men anytime.	<a href="https://mensline.org.au/">https://mensline.org.au/</a>

Courtesy of the Australian Society of Sex Educators Researchers and Therapists

<https://assertnsw.au>