

HARNES

07 3112 7220 (Monday to Friday 9am - 4pm)
HARNES@MENANDCOSERVICES.ORG.AU

Free online, phone and face to face support service for persons experiencing relationship breakdown, difficulty coping, domestic and family violence, substance use concerns and mental health difficulties. Harness offers support in finding appropriate services and planning assistance to set and meet goals. Can request callbacks where necessary.

CFMEU **CSQ** | STRONGER FUTURES
QLD/NT IN CONSTRUCTION

ABORIGINAL AND TORRES STRAIT ISLANDER SERVICES

13 YARN - 13 92 76 (24/7)

Free and confidential telephone service run by Aboriginal and Torres Strait Islander persons offering mental health and crisis support through yarning for Aboriginal and Torres Strait Islander persons.

Aboriginal and Torres Strait Islander Legal Service (ATSILS) - 1800 012 255 (24/7)

Culturally conscious legal advice and support service for Aboriginal and Torres Strait Islander persons in Queensland.

OTHERS

Gambling Helpline - 1800 858 858 (24/7)

Support service providing free face-to-face, over-the-phone or online counselling support for persons who feel gambling has become a problem for them or for someone they care about.

Parentline - 1300 30 1300 (7 days a week, 8am to 10pm)

Free telephone and webchat counselling and support for parents or carers of children in Queensland and the Northern Territory. Provides advice, information and strategies around challenging behaviours in raising children, relationships with your children, co-parenting guidance and mental health support.

Wellways Australia - 1800 422 737 (24/7)

carergatewayservice@wellways.org

National support service providing free support to persons who support family members/friends with a disability, mental health condition, chronic health conditions, terminal illness or are elderly. Provides face-to-face counselling, planning assistance and financial packages.

QLIFE 1800 184 527 (7 days a week 3pm-midnight) qlife.org.au

QLife provides anonymous and free LGBTIA+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships via phone or webchat.

HARNES

RESOURCE GUIDE



MEN
& CO.
SERVICES

COUNSELLING/MENTAL HEALTH

Support Lifeline - 13 11 14 (24/7)

Free and confidential phone, online and face-to-face mental health crisis support and suicide prevention service.

MATES - 1300 642 111 (24/7)

Free mental health, industry-based suicide prevention and referral service for people working in the construction, mining and energy sectors.

Mensline Australia - 1300 78 99 78 (24/7)

Free and confidential telephone, online chat and video counselling service for men offering support around addiction, mental health and relationships.

Head to Health -

www.headtohealth.gov.au/supporting-yourself/support-for/men

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations.

HOUSING

Homeless Hotline - 1800 474 753 (24/7)

Phone information and referral service for people experiencing homelessness or are at risk of homelessness. Can also help to refer to appropriate services in your area.

DRUG AND ALCOHOL

National Alcohol and Other Drug Hotline - 1800 250 015 (24/7)

Free national support line which can assist in connecting you to the most appropriate service in your area.

CFMEU Impairment Program - contact Ross Davidson on 0410 882 343

Support program for members in the construction industry who are struggling with impairment issues such as mental health, drugs, and alcohol. Referral pathways to professional help if required.

ADIS - 1800 177 833 (24/7)

Support for people in Queensland with alcohol and drug concerns. Also provides support for friends and family of persons experiencing problems with alcohol and other drugs.

DOMESTIC & FAMILY VIOLENCE

DVConnect Mensline - 1800 600 636 (7 days a week, 9am to midnight)

Free and confidential telephone counselling, referral, information and support service for men who may be experiencing or using domestic and family violence.

1800RESPECT - 1800 737 732 (24/7)

National domestic, family and sexual violence counselling service. Provides phone counselling, safety planning, information and referral.

LEGAL SUPPORT

Family Relationships Advice Line - 1800 050 321 (Monday to Friday 8am to 8pm, Saturday 10am to 4pm)

National telephone service helping families affected by relationship or separation issues, including information on parenting arrangements after separation. Also provides referrals to local services within your area to provide further assistance.

Hall Payne Lawyers

Members are entitled to a free initial consultation and discounted legal fees with Hall Payne Lawyers. Members wishing to access a free consultation with Hall Payne Lawyers should contact the CFMEU on 07 3231 4600 to obtain a referral for legal assistance. Once a referral is received from your union, the team at HPL will be in contact to arrange your free consultation.

Legal Aid - 1300 65 11 88 (Monday to Friday, 8.30am to 4.30pm)

Support service which gives free legal support to financially disadvantaged persons about criminal, family and civil law matters. Must meet an eligibility criterion to receive the service.