LGBTQIA+ Support Options

Quit Vaping and Smoking Supports

Quitline - 13 7848

Quitline counsellors offer safe, accessible, and personalised support throughout your quitting journey.

Quit.org.au

Quit is a culturally safe space working to empower people in the LGBTQIA+ community who smoke or vape to quit.

Online Supports

Transcend Australia

Works to uphold the rights of trans, gender diverse and non-binary young Australians and to support their families.

LGBTIQ+ Health Australia

Delivers a number of programs to help LGBTIQA+ people manage their health and access inclusive health services.

InterLink

Provides mental health and wellbeing services to people with innate variations of sex characteristics and their family members anywhere in Australia.

Q Life

Provides peer support to LGBTIQA+ people of all ages. Q Life services are available 7 days a week, 365 days a year, between 3pm and 12am, Australia wide. Call them on 1800 184 527 or visit www.qlife.org.au.

VAPE Support.

Vaping Awareness, Prevention, Education, and Support for schools, sports, and community service organisations.

Cancer Council ACT

Local Supports

Meridian

A community-controlled, peer-led organisation that provides health and social support services to strengthen community and empower individuals.
Located: Turner.

Headspace

Headspace works with young people (12-25) to provide mental health support. qheadspace is their dedicated online LGBTQIA+ community.
Located: Braddon, Tuggeranong & Queanbeyan.

T25 Clinic

Free nurse-led walk-in health and wellbeing service for young people aged 12-25.
Located: Woden, Lanyon, Turner, Belconnen & Queanbeyan.

A Gender Agenda (AGA)

Through education, advocacy, peer support and professional networks, AGA supports the goals and needs of the intersex, transgender and gender diverse communities of Canberra and the surrounding region.
Located: AGA House in Lyneham.

Podcast

The Latest in LGBTIQ+ Health and Policy

Bringing the latest in LGBTIQA+ health and wellbeing issues to the forefront.
Listen to the podcast on Apple, Google, Spotify or head to joy.org.au/thelatest.

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