

On this page:

[Immediate mental health support](#)

[National family and domestic violence supports](#)

[State and Territory family and domestic violence supports](#)

If you, or someone you know, is in immediate danger, call 000.

You can find supports and services on this page if you or someone you know is experiencing abuse or needs immediate mental health support.

There are also more resources via the [Disability Gateway](#) and the Australian Government's [Respect initiative](#).

To let us know about a parenting or court order affecting a participant, their family or carer, which may require us to change who receives correspondence about their NDIS plan, please [contact us](#).

Immediate mental health support

If you or someone you know need support, the below services may be able to help:

- [Lifeline](#) : 13 11 14 (24/7 crisis support)
- [Beyond Blue](#) : 1300 224 636
- [Kids Help Line](#) : 1800 551 800
- [Suicide Call Back Service](#) : 1300 659 467
- [Aboriginal & Torres Strait Islander crisis support line 13YARN](#) : 13 92 76
- [SANE Australia](#) : 1800 187 263
- [MensLine Australia](#) : 1300 789 978
- [Headspace](#)
- [ReachOut](#)

Find more information on mental health and the NDIS on the [Psychosocial disability page](#).

National family and domestic violence supports

NDIS Quality and Safeguards Commission

The NDIS Quality and Safeguards Commission (NDIS Commission) is an independent agency established to improve the quality and safety of NDIS supports and services

You can [contact the NDIS Commission](#) if you have a concerns, or want to make a complaint about a provider, including abuse and neglect of NDIS participants. Find out more about the [role of the NDIS Commission](#).

Disability Gateway

The Disability Gateway will assist all people with disability, their families and carers to locate and access services across Australia. Visit the [Disability Gateway website](#) or call them on 1800 643 787 or send an email to disabilitygateway@benevolent.org.au

The Respect initiative

The Respect initiative an Australian and state and territory government initiative help break the cycle of violence by encouraging adults to reflect on their attitudes, and have conversations about respect with young people. Visit the [Respect initiative](#) for tools, advice and resources to start a conversation about family and domestic violence.

- [1800RESPECT](#) : 1800 737 732
- National Disability Abuse and Neglect Hotline: 1800 880 052 Email: hotline@workfocus.com
- [Lifeline](#) : Call 13 11 14, or text 0477 13 11 14 at night (6pm-midnight AEDT)
- [With Respect \(LGBTQIA+ specialist support\)](#) : 1800 542 847

State and Territory family and domestic violence supports

Australian Capital Territory

[ACT Government Community Services](#)

New South Wales

[NSW Communities & Justice](#)

Northern Territory

[NT Government information and services](#)

Queensland

[Qld Government support](#)

South Australia

[SA Government support](#)

Tasmania

[Department of Communities Tasmania](#)

Victoria

[Victorian Government support](#)

Western Australia

[WA Government support](#)

This page current as of
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