**From Recognition to Action: How to Truly Support Women’s Wellbeing**

**Further Reading & Resources**

* <https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/latest-release>
* [Gender Pay Gap Statistics (WGEA)](https://www.wgea.gov.au/data-statistics/ABS-gender-pay-gap-data#:~:text=The%20national%20gender%20pay%20gap,earned%2C%20women%20earned%2088%20cents.)
* [Mission Australia: Standing Against Domestic Violence](https://www.missionaustralia.com.au/stories/safe-homes/five-ways-to-stand-against-domestic-violence)

**1800RESPECT**

**1800 737 732**

This is a 24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Individuals can also access local support services and search the internet using Daisy, a free app developed by 1800RESPECT that protects user privacy.

**Lifeline**

[**Visit Website**](http://www.lifeline.org.au/)

**13 11 14**

Anyone across Australia experiencing a personal crisis or thinking about suicide can call 13 11 14, or text 0477 13 11 14 at night (6pm-midnight AEDT).

Someone will help put you in contact with a crisis service in your state or territory.

**Beyond Blue**

[**Visit Website**](https://www.beyondblue.org.au/)

**1300 224 636**

Information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

**Kids Help Line**

[**Visit Website**](http://www.kidshelpline.com.au/)

**1800 55 1800**

Australia wide free 24/7, confidential and private counselling service specifically for children and young people aged 5 to 25 years.

**13 Yarn**

[**Visit Website**](https://www.13yarn.org.au/)

**13 92 76**

The first national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

They offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter.

***Healthdirect*Australia**

[*Healthdirect*](http://www.healthdirect.org.au/) provides a free\* 24-hour health triage, information and advice service. \*Calls from landlines are free. Mobile charges may apply.

**SHine SA**

[SHine SA](http://www.shinesa.org.au/) provides confidential information for sexual and reproductive health issues. Sexual and reproductive health questions can be answered by an experienced sexual health nurse who can also refer individuals to other area-health services if ongoing support is needed.   
An interpreter can be arranged, free of charge, if required.

Monday to Friday 9.00 am to 1.00 pm  
Call the Sexual Healthline on 1300 88 3793 or toll free 1800 18 8171 (country callers only)