



Services and programs that assist Aboriginal people, families, and communities after a suicide and during Sorry Business

Pay the Rent

A grassroots movement that aims to address social and economic inequality faced by Aboriginal and Torres Strait Islander peoples in Australia. It emphasises the importance of acknowledging the land's traditional custodians and supporting Indigenous communities. Pay the rent can assist with \$1500 payment directly to the funeral director and can also assist with \$500 directly to NOK/Family members account for the Wake.

Contact through local chapters or representatives.
paytherent.net.au

Thirrili

Thirrili is an Australian Indigenous suicide prevention initiative that focuses on culturally appropriate approaches to addressing suicide and its impacts on Indigenous communities. It offers support services, resources and programs tailored to Aboriginal and Torres Strait Islander peoples.

1800 805 801
thirrili.com.au

Healing Our Way

Healing Our Way is a national framework for Aboriginal and Torres Strait Islander suicide prevention. It provides resources, training, and support for communities to develop culturally sensitive approaches to healing and suicide prevention.

healingourway.com.au

The Healing Foundation

The Healing Foundation is an organisation dedicated to supporting the healing of Indigenous communities in Australia from the intergenerational trauma caused by colonisation and past government policies. It offers programs and resources for healing and wellbeing.

02 6272 7500
healingfoundation.org.au

Black Rainbow

Black Rainbow is an Indigenous-led organisation that focuses on supporting the LGBTQIA+ Aboriginal and Torres Strait Islander community. It offers culturally safe resources, advocacy, and support services for individuals and families.

blackrainbow.org.au

The Suicide Call Back Service

The Suicide Call Back Service provides free professional telephone and online counseling to individuals and families affected by suicide. It offers immediate support, information, and referrals to ongoing services.

1300 659 467
suicidcallbackservice.org.au

13YARN

13YARN is an Aboriginal & Torres Strait Islanders crisis support line. Available 24/7.

13YARN (13 92 76)
13yarn.org.au

Lifeline Australia

Lifeline Australia is a national charity providing 24/7 crisis support and suicide prevention services. It offers telephone crisis support, online chat, and resources for individuals and families in distress.

13 11 14
lifeline.org.au

Beyond Blue

Beyond Blue is a mental health support organisation in Australia offering information, resources, and counselling services for individuals affected by depression, anxiety, and suicide. It provides online chat, telephone support, and resources tailored to diverse communities.

1300 22 4636
beyondblue.org.au

Headspace

Headspace is a national youth mental health foundation in Australia providing early intervention services to young people aged 12-25. It offers counselling, peer support, and resources for mental health and wellbeing.

1800 650 890
headspace.org.au

Kids Helpline

Kids Helpline is a free, confidential 24/7 counselling service for young people aged 5-25 in Australia. It provides support, information, and referrals on a wide range of issues, including mental health, family, and relationships.

1800 55 1800
kidshelpline.com.au

Australian Red Cross

The Australian Red Cross provides emergency relief and financial assistance to individuals and families facing crisis situations, including those affected by suicide or tragic death. It offers support for basic needs, accommodation, and recovery.

1800 733 276
redcross.org.au

Financial Counselling Australia

Financial Counselling Australia offers free, confidential financial counselling services to individuals and families experiencing financial hardship or distress. It provides support with budgeting, debt management, and accessing financial assistance programs.

1800 007 007 (National Debt Helpline)
financialcounsellingaustralia.org.au

Mental Health Line

The Mental Health Line is staffed 24/7 by mental health professionals who can provide advice and referrals to local mental health services.

1800 011 511

Or find the service you need via:

National Health Services Directory <https://about.healthdirect.gov.au/nhsd>