

Community Support Resources for Mental Health and Wellbeing

The following resources have been collated to support groups within the VU community. Valuable information about accessing support can also be found on the [Mental Health Care and Medicare](#) webpage

LGBTIQA+ and Gender Diverse Support

[Ally Network Contact Officers](#) contacts who can provide confidential support for LGBTIQA+ and Gender diverse staff

[QLife](#) phone and online support

[Transcend](#) support network for parents and families of transgender children

Domestic and Intimate Partner Violence

[Domestic and Family Violence Support](#) visit our intranet page for resources

Aboriginal and Torres Strait Islander Support

[Victorian Aboriginal Health Service](#) services for adult social and emotional wellbeing

[Black Rainbow](#) support for Aboriginal and Torres Strait islander LGBTIQ+SB

[Victorian Aboriginal Community Services Association](#)

Culturally and Linguistically Diverse Support

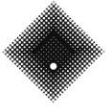
[Multicultural Mental Health- Department of Health](#) Details of currently funded mental health services for people from culturally and linguistically diverse (CALD) backgrounds

[Beyond Blue- Multicultural Mental Health](#)

[Supporting culturally and linguistically diverse people](#) resources for those caring for people who are CALD

Psychosocial Disability

[Mind Australia](#) providing specialised psychosocial support services



Carers

[Carers Australia](#) information, support and resources for all carers

[Supporting Aged and Elderly](#) specific resources for those caring for aged and elderly

[Supporting culturally and linguistically diverse people](#) resources for those caring for people who are CALD

[Transcend](#) support network for parents and families of transgender children

[Support for Children with Mental Illness](#) resources for parents