



LIFE

Call 1800 184 527
3pm to midnight,
7 days a week

qlife.org.au

QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships.

QLife's vision is that every LGBTIQ+SB person feels connected and valued, No Exceptions.

The QLife family includes hundreds of highly experienced staff and volunteers, Australia wide.

Resources

QGuides - a set of resources for health professionals who may be working with LGBTIQ+ people and communities, and who are looking for information to help them inform or guide their work

QLives - stories on our QLives YouTube Channel and discover other LGBTIQ+ people's perspectives and lived experiences

QDirectory - discover a range of services and information to help LGBTIQ+ people of all ages from: crisis support, to events and festivals, health, mental health, sexual health, legal and so much more



qlife.org.au/resources/chat