

Out For MENTORING

Mental Health Referral Guide

LGBTQIA+ people are twice as likely to be diagnosed and treated for mental health disorders than the general population*

*<https://lgbtihealth.org.au/statistics/>

Mental health in the LGBTQIA+ community

Research has demonstrated that Gay, Lesbian, Bisexual and Transgender people are 3 times more likely to experience depression** and have higher risk of suicidal behaviours than the general population. These health outcomes are often found to be related to experiences of stigma, prejudice, discrimination and abuse.

**<https://humanrights.gov.au/our-work/education/face-facts-lesbian-gay-bisexual-trans-and-intersex-people>

Your role as a mentor

You should never assume what anyone is experiencing (never diagnose), and never give 'advice'.

Instead, as a mentor, you should aim to provide a safe environment where channels of community support are available if requested or required. Community referrals are listed below, and we encourage you to share these with your mentees.

What you can do

- Be sensitive - ask questions about how they are.
- Acknowledge how they are feeling - hold space for them.
- Encourage them to seek appropriate help through a GP or a mental health professional.
- Listen without judgement - let them know you care.
- Ask what practical things you can do to help - remember to be sensitive, positive, encouraging and non-judgemental.
- If you're unsure what to do email the Mentoring team at mentoring@outforaustralia.org

Available support - National

Q-Life

Australia-wide LGBTQIA+ support and referral 3pm-midnight.

Web-Chat 3pm-12am: <https://qlife.org.au/resources/chat>

Phone: 1800 184 527

Lifeline

Crisis support and suicide prevention services.

24/7 Crisis Line: 13 11 14

Text 12pm-midnight: 0477 13 11 14

1800RESPECT

National sexual assault, domestic and family violence counselling service.

24/7 Crisis Line: 1800 737 732

Interpreter: 13 14 50

Beyond Blue

Support through phone, text, and online chat.

Web Chat 11:00am until 12:00am (AEDST): <https://online.beyondblue.org.au/OutOfHours>

24/7 Crisis Line: 1300 22 46 36

24/7 Web Chat: <https://chat.1800respect.org.au/#/welcome>

ReachOut

A range of online services.

Website: <https://au.reachout.com/>

Out For **AUSTRALIA**

www.outforaustralia.org