

LGBTIQQA+ resources

General resources

There are some excellent organisations and groups that have resource lists.

Your legal obligations <https://www.humanrights.vic.gov.au/resources/family-violence-services-and-accommodation-guideline/>

The Rainbow Network: look at the tabs for resources and location-specific groups.

<http://www.rainbownetwork.com.au/>

Rainbow Health Victoria (formerly GLHV, Gay and Lesbian Health Victoria), is a lesbian, gay, bisexual, transgender and intersex (LGBTI) health and wellbeing policy and resource unit.

<http://www.rainbowhealthvic.org.au/> and the inclusive practice resources are:

<http://www.rainbowhealthvic.org.au/research-resources>

Legal things such as human rights and Australia's anti-discrimination laws:

<https://www.ag.gov.au/RightsAndProtections/HumanRights/Pages/Australias-Anti-Discrimination-Law.aspx>

Resilient individuals: Sexual orientation, gender identity and intersex rights consultation report <https://humanrights.gov.au/our-work/lgbti/publications/resilient-individuals-sexual-orientation-gender-identity-intersex>

Black Rainbow Social network for Indigenous people who identify as LGBTI, sistergirl or brotherboy. <http://www.blackrainbow.org.au/>

LGBTI homelessness project: Inclusive practice guide <http://www.lgbtihomeless.org.au/lgbtiq-inclusive-practice-guide/> see especially the guide for service workers

<https://lgbtiq.gitbook.io/inclusive-practice-guide/summary/summary-for-service-workers>

The Star Observer has a broad list of services <http://www.starobserver.com.au/lgbti-community-services-and-organisations>

The National LGBTI Health Alliance is the national peak health organisation in Australia for organisations and individuals that provide health-related programs, services and research focused on lesbian, gay, bisexual, transgender, and intersex people (LGBTI) and other sexuality, gender, and bodily diverse people and communities. <https://lgbtihealth.org.au/>

The Better Health Channel has an excellent resource list, including peer support:

<https://www.betterhealth.vic.gov.au/servicesandsupport/lgbti-services>

Minus 18 <https://www.minus18.org.au/>

Thorne Harbour Health (formerly the Victorian AIDS Council) <https://thorneharbour.org/>

Parents of gender diverse children resources <https://www.pgdc.org.au/resources>

Victorian government equality branch <https://www.vic.gov.au/lgbtiq-equality>

Who to call?

Qlife LGBTI phone and chat counselling and info service (1800 184 527, [www.qlife.org.au](http://www qlife.org.au), 3pm–12am every day)

Suicide Call Back Service (1300 659 467 – 24/7)

Headspace (1800 650 890) for non-urgent mental health support.

Lifeline 13 11 14 or text-based chat on www.lifeline.org.au

Switchboard 3 pm- midnight Call 1800 184 527 <http://www.switchboard.org.au/>

Where to go for medical or mental health support

GP CLINICS

- Equinox Gender Diverse Health Centre (03) 9416 2889
- The Centre Clinic (03) 9525 5866
- Northside Clinic (03) 9485 7700
- Prahran Market Clinic (03) 9514 0888

MENTAL HEALTH SUPPORT

- Drummond Street Services “Queerspace” (03) 9663 6733
- VAC (General counselling and AOD) (03) 9865 6700

MEDICAL AFFIRMATION SERVICES

- Monash Gender Dysphoria Clinic (03) 9556 5216
- Royal Children’s Hospital Gender Service (03) 9345 5034
- ANZPATH (about > service providers) www.anzpath.org

(This list supplied by Jami at Rainbow Network—thank you)

See also

MIND Equality Centre for psychotherapy <https://www.mindaustralia.org.au/mind-equality-centre>

Beyond Blue <https://www.youthbeyondblue.com/understand-what%27s-going-on/lgbti-communities>

For therapists: Barker, MJ, (2017) Good Practice across the Counselling Professions 001: *Gender, sexual, and relationship diversity (GSRD)*. British Association for Counselling and Psychotherapy, Leicestershire. Available <https://www.rewriting-the-rules.com/gender-sexual-diversity-lgbt-mental-health-resources/>

Gender

Ygender is a peer led social support and advocacy group for trans/gender diverse young people
<https://www.ygender.org.au/>

Transgender Victoria <http://www.transgendervictoria.com/>

Law: <https://www.ag.gov.au/RightsAndProtections/HumanRights/Pages/Australian-Government-Guidelines-on-the-Recognition-of-Sex-and-Gender.aspx>

Trans Pathways report (excellent) <https://www.telethonkids.org.au/our-research/brain-and-behaviour/mental-health-and-youth/youth-mental-health/trans-pathways/>
<https://genderanalysis.net/>

Amusing and comprehensive list of most/all the possible genders:

<http://www.yaygender.net/pages/gender.pl>

Sistergirls video Transgender Victoria <http://www.transgendervictoria.com/what-we-do/resources/item/families-like-mine>

Trans Student has research, information and useful graphics <http://transstudent.org/>

Bisexuality

Bi-alliance Victoria <http://www.bi-alliance.org/>

“The key finding is that of all the larger sexual identity groups, bisexual people have the worst mental health problems including higher rates of depression, anxiety, self-harm and suicide.

This has been found in the UK and internationally, and is linked to experiences of biphobia and bisexual invisibility.” UK based bisexuality report

<https://bisexualresearch.wordpress.com/reports-guidance/reports/thebisexualityreport/>

Intersex

“Intersex people are born with physical sex characteristics that don’t fit medical norms for female or male bodies. We have many different kinds of bodies and life experiences.

Intersex Human Rights Australia (IHRA) is a national body by and for people born with variations of sex characteristics. We promote human rights and bodily autonomy, and provide information, education, and an online peer support group. We were formerly known as OII Australia. Our goals are to help create a society where intersex bodies are not stigmatised, and where our rights as people are recognised.” <https://ihra.org.au/>

Privilege walk

Video on privilege https://www.buzzfeed.com/nicolaharvey/what-is-privilege?utm_term=.bcgJEr0qn#.dk60YW8ew The privilege walk illustrates visually how privilege – or lack of it – affects the way our life unfolds.

For schools and parents, which has relevance to resi

The resources of the Safe Schools Coalition are comprehensive, ethically produced and useful; inclusivity and safety principles apply <http://www.safeschoolscoalition.org.au/resources> PFLAG Victoria for the information; note that the Melbourne group is no longer active <http://www.pflagvictoria.org.au/index.php>

Talking about sex with young people

Victorian Women's Trust resources for teenage women—click through to the blogs:

<https://www.vwt.org.au/projects/rosie/>

Victorian school education resource on love, sex and relationships with excellent animated videos www.lovesexrelationships.edu.au/

Norwegian sex education videos that tell and show it like it is, on YouTube, with English captions <http://bit.ly/NWSEd>

Booklet (44 pages) for teens about choices <http://www.rfsu.se/en/Engelska/Sexuality-Education/Sex-your-own-way/>

Justin Hancock is a youth worker and his site <http://bishuk.com/> has some fabulous resources, with an excellent e-book (for you and your 14+ teenager) <http://bishuk.com/book/> and sensible things to say about porn <http://bishuk.com/2012/10/02/what-to-do-if-you-find-your-kid-is-watching-porn/>

Party advice <https://www.smh.com.au/lifestyle/life-and-relationships/why-you-should-always-find-parents-in-the-kitchen-at-parties-20181001-p5074v.html>

Consent discussion prompts <https://www.fpa.org.uk/news/consent-media-sexual-health-week-2018>

e-Safety iParent resources <https://esafety.gov.au/education-resources/iparent>

e-Safety Education resources <https://esafety.gov.au/education-resources>

<https://esafety.gov.au/about-the-office/resource-centre>

Comprehensive and respectful information for young people www.scarleteen.com

An ethical guide to a successful sex life <https://www.artofthehookup.com/>