# Useful external services

You should feel free to contact SUPRA’s [Postgraduate Advocacy Service](https://supra.net.au/cpt_helps/student-advice-advocacy-service/) or our [Legal Service](https://supra.net.au/cpt_helps/legal-service/) for any academic or personal issues. For issues we can’t help with, we can refer you to another appropriate service, some of which are listed below.

## Counselling and crisis services

[Counselling and Psychological Services (CAPS)](http://sydney.edu.au/current_students/counselling/) – service provided by the University

[The University of Sydney Psychology Clinic](http://sydney.edu.au/science/psychology/clinic/) – affordable psychological services

[Lifeline Australia](http://www.lifeline.org.au/) – 24-hour crisis and suicide support hotline

[Twenty10](https://www.twenty10.org.au/) – LGBTIQA+ counselling and support

[QLife](https://qlife.org.au/) – anonymous and free LGBTIQA+ peer support

[ACON](https://www.acon.org.au/) – community health, inclusion and HIV responses for people of diverse sexualities and genders

[Victims of Crime Access Line](http://www.victimsservices.justice.nsw.gov.au/Pages/vss/VS_contactus.aspx)

[Blue Knot Foundation](https://www.blueknot.org.au/Survivors-Supporters/supporting-survivors) – adults surviving childhood trauma information line  
[Rape and Domestic Violence Services Australia](https://www.rape-dvservices.org.au/)

[Suicide Call Back Service](https://www.suicidecallbackservice.org.au/)

[MensLine](https://mensline.org.au/) – phone or online counselling service for men with emotional health and relationship concerns

[Gambling Treatment Clinic](https://sydney.edu.au/brain-mind/patient-services/gambling-treatment-clinic.html)

[St James Ethics Centre](http://www.ethics.org.au/) – ethics counselling service provides a safe, non-judgemental space for reflection and the exploration of dilemmas, challenges and issues

## Immigration

[Immigration Advice and Rights Centre (IARC)](http://www.iarc.asn.au/)

[Migration Agents Registration Authority (MARA)](https://www.mara.gov.au/) – find a migration agent

## Employment and industrial unions

[University Careers Centre](http://www.careers.usyd.edu.au/)

[Careers at Sydney](https://www.sydney.edu.au/about-us/careers-at-sydney.html) – University of Sydney recruitment

[Unions Australia](http://www.australianunions.org.au/)– online advisory service

[Fair Work Ombudsman](http://www.fwo.gov.au/Pages/default.aspx) – workplace complaints

[National Tertiary Education Union](http://www.nteu.org.au/)

[Community and Public Sector Union](http://www.cpsu.org.au/)

## Health and support services

[University Health Service](http://www.unihealth.usyd.edu.au/) – free medical service for students

[SWOP (Sex Workers Outreach Project)](https://swop.org.au/) – Community-based sex worker organisation focused on HIV, STI & hepatitis C prevention, education and health promotion for sex workers in NSW

[Asylum Seekers Centre of NSW](http://www.asylumseekerscentre.org.au/)

[Epilepsy Association Australia](http://www.epilepsy.org.au/)

## Mental health services

**Mental Health Line**: **1800 011 511** – free 24-hour telephone service staffed by mental health clinicians for people with mental health problems, their families and carers. Please note that this is not an emergency service. People in life-threatening situations should instead call **000** to receive immediate help.

[Mental Health Carers NSW](https://www.mentalhealthcarersnsw.org/)

[Beyond Blue](http://www.beyondblue.org.au/index.aspx?)

[SANE Australia](http://www.sane.org/)

[Black Dog Institute](http://www.blackdoginstitute.org.au/)

## Sexual health services

[RPA Sexual Health](https://endinghiv.org.au/test-often/where-to-get-tested/rpa-sexual-health/) – FREE and confidential sexual health clinic. No Medicare card is required to access the service.

[Family Planning New South Wales](http://www.fpnsw.org.au/) – all types of sexual health check-ups and fertility counselling  
  
[Trans[TEST]](https://endinghiv.org.au/test-often/transtest/) – offers sexual health screenings and treatment for trans and gender diverse people.

[a[TEST]](https://endinghiv.org.au/test-often/book-a-test/)–offers fast, free and confidential rapid HIV and STI testing service for gay, bisexual and other men who have sex with men, regardless of HIV status.

[Check OUT LGBTIQ+ Sexual Health Clinic](https://www.theinnercircle.org.au/make-an-appointment/) – HIV / STI screening for all LGBTIQA+ people and cervical screening for all LGBTIQA+ people with a cervix. Sex workers (of any gender and/or sexuality) are always welcome.

## Women’s health

Related articles:

* [Abortion/termination of pregnancy](https://supra.net.au/cpt_helps/abortions-termination-of-pregnancy/)
* [Pregnancy](https://supra.net.au/cpt_helps/pregnancy/)

[Leichhardt Women’s Health Centre](http://www.lwchc.org.au/)

[New South Wales Rape Crisis Centre](http://www.nswrapecrisis.com.au/)

[Women’s Health New South Wales](http://www.whnsw.asn.au/)

## Tenancy and accommodation help

Related articles:

* [Finding housing and accommodation](https://supra.net.au/cpt_helps/finding-housing-and-accommodation/)
* [Renting: before you move in](https://supra.net.au/cpt_helps/renting/)

[University Accommodation Service](http://sydney.edu.au/campus-life/accommodation.html)

[Tenants Union of New South Wales](http://www.tenants.org.au/) – tenancy rights and advocacy

[New South Wales Office of Fair Trading](https://www.fairtrading.nsw.gov.au/housing-and-property/renting) – tenancy law and standard tenancy documents

[NSW Civil and Administrative Tribunal (NCAT)](http://www.cttt.nsw.gov.au/default.html) – the government tribunal that deals with tenancy law

## Child care

[University Child Care Information Office](http://sydney.edu.au/stuserv/child_care/)

[Child Care Finder](https://www.childcarefinder.gov.au/) – (Australian Government resource) find a child care centre

## Social security

Related articles:

* [Centrelink payments](https://supra.net.au/cpt_helps/centrelink-payments/)
* [Tips on dealing with Centrelink](https://supra.net.au/cpt_helps/tips-on-dealing-with-centrelink/)

[Welfare Rights Centre](https://welfarerightscentre.org.au/)

[Centrelink](https://www.humanservices.gov.au/individuals/centrelink)

## Copyright and intellectual property

[Australian Copyright Council](http://www.copyright.org.au/)

[IP Australia](http://www.ipaustralia.gov.au/)

## Legal assistance

[Legal Aid Commission of NSW](https://www.legalaid.nsw.gov.au/)

[Redfern Legal Centre](http://www.rlc.org.au/)

[Inner City Legal Centre](http://www.iclc.org.au/)

[Law Society of NSW](http://www.lawsociety.com.au/)

[Marrickville Legal Centre](http://mlc.org.au/)

[Women’s Legal Resources Centre](http://www.wlsnsw.org.au/)

[Aboriginal Legal Service](https://www.alsnswact.org.au/)

## Complaints

[NSW Ombudsman](http://www.ombo.nsw.gov.au/)

[Commonwealth Ombudsman](http://www.ombudsman.gov.au/)

[Telecommunications Industry Ombudsman](http://www.tio.com.au/)

[Australian Financial Complaints Authority](https://www.afca.org.au/)

[Energy and Water Ombudsman NSW](http://www.ewon.com.au/)

[NSW Civil and Administrative Tribunal (NCAT)](http://www.cttt.nsw.gov.au/default.html)

[Fair Work Ombudsman](http://www.fwo.gov.au/Pages/default.aspx)

## Public transport

[Transport Info](https://transportnsw.info/) – for up-to-date public transport information

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