

If you want to keep up to date...

Aid and Policy Podcast 15 September 2021

Rethinking Humanitarianism | NGOs and counter-insurgency: The case of Afghanistan

'We've allowed the deterioration in the commitment to humanitarian principles.'

The New Humanitarian

With guests
Ashley Jackson
and
Joel Charny



*A link to this podcast can be found at
<https://www.thenewhumanitarian.org/>*

Or found via The New Humanitarian.

If you're looking for ways to help...

How community support programs are helping refugees feel welcome in Australia

By Piia Wirsu

Posted Mon 20 Sep 2021 at 6:03am, updated Mon 20 Sep 2021 at 10:17am

ABC NEWS



Tibetan refugee Chungla said having a group of mentors was like having 'family' welcoming her to Australia. (ABC News: Stephen Cavanagh)

Have a read of [this ABC NEWS article](#) which discusses community support programs for refugees in Australia or get involved with the [Refugee Sponsorship Program](#).

Other Action & Advocacy Resources

- [Roads to Refuge: Supporting Refugees in Australia](#)
- [Refuge Sponsorship Program](#)
- [Sign the Petition – Action for Afghanistan](#)
- [The Trauma Centre For Survivors of Violence and Torture](#)
- [The Forum of Australian Services for Survivors of Torture and Trauma \(FASSTT\)](#)
- [The New Humanitarian](#)

If you need immediate counselling support in Australia

If at any time you are experiencing severe distress and/or are concerned about the state and safety of the mental health of another, contact lifeline (13 11 14) or make an appointment with a medical professional / psychologist. In a crisis, seek immediate support from the emergency department of the nearest hospital, dial 000, or contact a mental health triage service.

- [Lifeline](#) on 13 11 14 (24/7)
- [Beyond Blue](#) on 1300 22 46 36 (24/7)
- [Suicide Call Back Service](#) on 1300 659 467 (24/7)
- ACT – 1800 629 354 – Mental Health Triage Service (24/7)
- NSW – 1800 011 511 – Mental Health Line Service (24/7)
- NT – 1800 682 288 – Northern Territory Crisis Assessment Telephone Triage Service (24/7)
- QLD – 1300 MH CALL (1300 64 22 55) Specialist Mental Healthcare Service (24/7)
- SA – 13 14 65 – Mental Health Triage Service (24/7)
- TAS – 1800 332 388 – Mental Health Services Helpline (24/7)
- VIC – 1300 363 746 – Psychiatric triage (24/7)
- WA – 1800 676 822 (Perth Metro) 1800 676 822 (Peel) or 1800 552 002 (Rural) – Mental Health Emergency Response Line (24/7)

Important note: these are Australian numbers only.