

# Support and resources available

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The GEM Program will discuss themes of gendered violence and sexual harassment. If you are feeling impacted by any content covered, please take care of yourself and reach out for support if needed.

If you feel you need to leave our session you can do so by clicking the Red Leave button in Zoom

## **Support Services:**

1800RESPECT – 1800 737 732

13 YARN – 13 92 76

LifeLine – 13 11 14

MensLine Australia – 1300 789 978

Men's Referral Service – 1300 766 491

Beyond Blue – 1300 224 636

If you are in immediate danger, call 000 for Police and Ambulance Help