How to Find Free Community & Peer Support in Australia

What This Guide Is

This guide helps you find free or low-cost community groups, peer support, and social programs across Australia.

These supports can help you connect with others, reduce isolation, build confidence, and find people who understand your experience.

Many of these services are government-funded or community-run, which means you may not need to pay to access them.

Important to Know

Community and peer support in Australia is not centralised. Services are spread across different systems and can be difficult to find. This guide breaks it down step-by-step.

Option 1: Disability Gateway (Government Service)

Phone: 1800 643 787
Website: https://www.disabilitygateway.gov.au

What They Offer:
Disability Gateway helps you find community groups, peer support programs, and local services.

Steps:
1. Call or visit the website.
2. Say: “I’m looking for community groups or peer support near me.”
3. Ask if the service is free, suitable, and culturally appropriate.
4. Contact the suggested groups.

Option 2: Local Councils & Community Centres

What They Offer:
Local councils run social groups, programs, and activities, often free or low-cost.

Steps:
1. Search “[your suburb] council community programs”.
2. Visit their website.
3. Call and ask about available groups.

4. Confirm cost and accessibility.

Option 3: Community & Non-Profit Organisations

These organisations run peer groups and culturally specific programs.

Steps:
1. Search online for local groups.
2. Ask professionals like your GP or support worker.
3. Contact organisations directly.

Option 4: NDIS-Funded Supports

If you are on the NDIS, your plan may include group and social supports.

Steps:
1. Check your plan.
2. Speak to your support coordinator.
3. Contact providers.

Final Note

It may take time to find the right group. Try different options until you find one that feels right.

Disclaimer

These resources might not always be up to date, and newer information may be available. We try our best to update our resources as often as possible.