



North Brisbane and Moreton Bay mental health, suicide prevention and alcohol and other drug service magazine

Services commissioned by
Brisbane North PHN 2022





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The North Brisbane and Moreton Bay mental health, suicide prevention and alcohol and other drug services magazine outlines the services commissioned by Brisbane North PHN – visit www.brisbanenorthphn.org.au for the latest information about services. This activity is supported by funding from the Australian Government under the PHN Program.

Introduction

This magazine provides information about PHN commissioned mental health, suicide prevention and alcohol and other drug treatment services available in the North Brisbane and Moreton Bay region.

Background

PHNs have been given responsibility by the Department of Health for commissioning local mental health, suicide prevention and alcohol and other drug treatment services.

Working with local communities, consumers, carers, health professionals, hospitals and community mental health providers, PHNs design local solutions to meet local needs.

Brisbane North PHN has commissioned mental health, suicide prevention and alcohol and other drug treatment services to meet local needs in the North Brisbane and Moreton Bay region.

Our role in regional planning

Planning for Wellbeing was launched in October 2018 and is the regional plan for mental health, suicide prevention and alcohol and other drug treatment. Sponsored by Brisbane North PHN and Metro North Health, and developed in consultation with people with a lived experience, providers and other stakeholders, the plan sets out to improve the quality, coordination and integration of services. All of the mental health, suicide prevention and alcohol and drug services commissioned by the PHN are consistent with the regional plan and contribute to meeting the objectives in the plan.

For more information about our regional plan visit www.planningforwellbeing.org.au.

Services commissioned by Brisbane North PHN

Mental health services are delivered within a stepped care framework where people's needs are understood holistically, and they are connected to the right level of service, at the right time and in the right place.

Suicide prevention services are delivered within the LifeSpan framework; LifeSpan combines nine strategies that have been proven to reduce suicidal behaviour, into a community led partnership approach.

Alcohol and other drug treatment services are delivered within a harm minimisation framework where people decide the change they want to make, based on the impact of their substance use. Services are person-centred and matched to level of need.



How to refer patients to these services

GPs and other referrers can refer patients to Brisbane North PHN commissioned mental health, suicide prevention and alcohol and other drug treatment services.

Some services have eligibility and exclusion criteria. Please see each service for specific information.

For GPs

GPs can complete a referral to most of the following services through My Mental Health Services eReferral form via rediCASE GP Integrator or [eLink](#). For further information [visit www.mymentalhealth.org.au](#) or contact the Head to Health Service Navigators on 1800 595 212.

For other referrers

Other referrers can refer by completing the My Mental Health Services eReferral form via [eLink](#) or by contacting the Head to Health Service Navigators on 1800 595 212.

Head to Health Service Navigators

The Head to Health Service Navigators can provide you with information about mental health, suicide prevention and alcohol and other drug treatment services in our region.

The Head to Health Service Navigation Team also support health professionals and consumers and carers to make a referral to PHN commissioned services.

Contact the Head to Health Service Navigators on 1800 595 212 or email navigation@brisbanenorthphn.org.au.

How to use this magazine

This magazine provides information about PHN commissioned mental health, suicide prevention and alcohol and other drug treatment services.






Services arranged by stream

PHN commissioned services in this guide are organised according to the following streams:

-  **brief therapy services**
-  **youth mental health services**
-  **services for older people**
-  **Brisbane MIND services**
-  **services for residents of aged care facilities**
-  **services for people with severe and complex mental illness**
-  **crisis response services**
-  **suicide prevention services**
-  **alcohol and other drug treatment services**
-  **Aboriginal and Torres Strait Islander services.**

Services arranged by modality

Services are identified according to delivery mode: face-to-face individual sessions, phone coaching between group sessions, online (mobile apps and online chatrooms and forums).

	phone/helpline
	face-to-face individual sessions
	group support
	phone coaching between group sessions
	online (mobile apps and online chatrooms and forums)

Level of intensity

Mental health and suicide prevention services

While arranged by stream, mental health and suicide prevention services in this magazine are also coded according to the level of service intensity: low intensity, moderate intensity, high intensity and crisis.

Low intensity	Moderate intensity	High intensity	Crisis
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Alcohol and other drug treatment services

Alcohol and other drug treatment services commissioned by Brisbane North PHN have been arranged by service type: early intervention and relapse prevention, counselling, pre and post rehabilitation support, case management and coordination.

Geography

Our Health Needs Assessment and community consultation have identified areas of need within the North Brisbane and Moreton Bay region. Because different areas have different levels of need, the availability of services differs across areas of our region.



List of suburbs

Moreton Bay North sub region

- > Banksia Beach
- > Beachmere
- > Bellara
- > Bellmere
- > Bongaree
- > Booroobin
- > Bracalba
- > Burpengary
- > Burpengary East
- > Caboolture
- > Caboolture South
- > D'Aguiar
- > Delaneys Creek
- > Elimbah
- > Godwin Beach
- > Harlin
- > Hazeldean
- > Kilcoy
- > Linville
- > Meldale
- > Moodlu
- > Moorina (Qld)
- > Morayfield
- > Mount Delaney
- > Mount Kilcoy
- > Mount Mee
- > Narangba
- > Neurum
- > Ningi
- > Rocksberg
- > Royston
- > Sandstone Point
- > Sandy Creek
- > Stanmore
- > Stony Creek
- > Toorbul
- > Upper Caboolture
- > Villeneuve
- > Wamuran
- > Welsby
- > White Patch
- > Woodford
- > Woorim

Redcliffe / North Lakes sub region

- > Clontarf
- > Dakabin
- > Deception Bay
- > Griffin
- > Kallangur
- > Kippa-Ring
- > Mango Hill
- > Margate
- > Murrumba Downs
- > Newport
- > North Lakes
- > Redcliffe
- > Rothwell
- > Scarborough
- > Woody Point

Brisbane North sub region

- > Aspley
- > Bald Hills
- > Banyo
- > Boondall
- > Bracken Ridge
- > Bridgeman Downs
- > Brighton
- > Carseldine
- > Chermside
- > Chermside West
- > Deagon
- > Eagle Farm
- > Everton Park
- > Fitzgibbon
- > Geebung
- > Gordon Park
- > Kedron
- > McDowall
- > Northgate
- > Nudgee
- > Nudgee Beach
- > Nundah
- > Pinkenba
- > Sandgate
- > Shorncliffe
- > Stafford
- > Stafford Heights
- > Taigum
- > Virginia
- > Wavell Heights
- > Zillmere

Pine Rivers sub region

- > Albany Creek
- > Arana Hills
- > Armstrong Creek
- > Bray Park
- > Brendale
- > Bunya
- > Camp Mountain
- > Cashmere
- > Cedar Creek
- > Clear Mountain
- > Closeburn
- > Dayboro
- > Draper
- > Eatons Hill
- > Everton Hills
- > Ferny Hills
- > Highvale
- > Joyner
- > King Scrub
- > Kobbie Creek
- > Kurwongbah
- > Laceys Creek
- > Lawnton
- > Mount Glorious
- > Mount Nebo
- > Mount Pleasant
- > Mount Samson
- > Ocean View
- > Petrie
- > Samford Valley
- > Samford Village
- > Samsonvale
- > Strathpine
- > Warner
- > Whiteside
- > Wights Mountain
- > Yugar

Brisbane Inner City sub region

- > Albion
- > Alderley
- > Ascot
- > Ashgrove
- > Auchenflower
- > Bardon
- > Bowen Hills
- > Brisbane City
- > Clayfield
- > Fortitude Valley
- > Grange
- > Hamilton
- > Hendra
- > Herston
- > Kelvin Grove
- > Lutwyche
- > Milton
- > New Farm
- > Newmarket
- > Newstead (Qld)
- > Paddington
- > Petrie Terrace
- > Red Hill
- > Spring Hill
- > Teneriffe
- > Toowong
- > Wilston
- > Windsor
- > Woolloowin

Brisbane West sub region

- > Anstead
- > Bellbowrie
- > Brookfield
- > Chapel Hill
- > Enoggera
- > Enoggera Reservoir
- > Ferny Grove
- > Fig Tree Pocket
- > Gaythorne
- > Indooroopilly
- > Kenmore
- > Kenmore Hills
- > Keperra
- > Mitchelton
- > Moggill
- > Mount Coot-tha
- > Pinjarra Hills
- > Pullenvale
- > St Lucia
- > Taringa
- > The Gap
- > Upper Brookfield
- > Upper Kedron

Services



Brief therapy services

Brief therapy services are structured, evidence based psychological therapies that are suitable for people who might be going through difficult life events or experiencing mild depression or anxiety. People don't need a diagnosis to access these services. Brisbane North PHN has funded four organisations to deliver brief therapy services across the North Brisbane and Moreton Bay region.

Services in this section

- **NewAccess program** – Richmond Fellowship Queensland
- **Problem Management Plus program** – World Wellness Group
- **Sunshine Parenting Program** – Peach Tree Perinatal Wellness

Youth mental health services

Brisbane North PHN has funded the following youth mental health services.

Services in this section

- **Brisbane MIND4KiDS** [see Brisbane MIND section]
- **headspace** – National Youth Mental Health Foundation
- **Asha** – Redcliffe Area Youth Space

Brisbane MIND services

Brisbane MIND supports people who are disadvantaged to access mental health services. Brisbane MIND services are short-term psychological services for people who have mental health issues and who find it hard to access other services.

Services in this section

- **Brisbane MIND** – people at risk of suicide
- **Brisbane MIND** – people with an experience of trauma and abuse
- **Brisbane MIND** – LGBTIQ+ communities
- **Brisbane MIND** – culturally and linguistically diverse communities
- **Brisbane MIND – Regional**
- **Brisbane MIND4KiDS**

Services for residents in aged care facilities

Brisbane North PHN has funded the Psychology in Aged Care Wellbeing Program to deliver mild and moderate psychological therapies for residents of aged care facilities.

- **Psychology in Aged Care Wellbeing program** – Change Futures

Services for people with severe and complex mental illness

Brisbane North PHN has established three integrated mental health service hubs (hubs). The hubs support people with severe mental illness by integrating a range of clinical and non-clinical supports within one service.

- **The Living and Learning Centre** – Neami National
- **The Recovery and Discovery Centre** – Communitify QLD
- **Stride Hub Caboolture** – Stride

Crisis response services

Brisbane North PHN commissions four Safe Space locations throughout the region:

- Redcliffe
- Bardon
- Strathpine
- Caboolture

These services support people experiencing distress after hours. These locations are a part of the broader Brisbane North Safe Spaces Network, which aims to increase access to safe places throughout the Region.

Suicide prevention services

Brisbane North PHN funds a number of programs to deliver suicide prevention services in the North Brisbane and Moreton Bay region.

Services in this section

- **The Way Back Support Service**
 - Richmond Fellowship Queensland
 - Communitify
- **Suicide Prevention services**
 - Queensland Council for LGBTI Health
 - Kurbingui Youth Development Aboriginal and Torres Strait Islander specialist services
- **Services for Aboriginal and Torres Strait Islander people**
 - Institute for Urban Indigenous Health [see Aboriginal and Torres Strait Islander people]

Alcohol and other drug services

Brisbane North PHN provides funding to established service providers to meet demand for alcohol and other drug treatment services. These services aim to reduce demand on emergency departments and for hospital in-patient alcohol and other drugs services.

Services in this section

- **Lives Lived Well** – Life Back program
- **Queensland Aboriginal and Islander Corp. Alcohol and Drug Dependence Services** (QAIAS)
- **Queensland Injectors Health Network** (QuIHN)
- **Brisbane Youth Service Drug and Alcohol Program**

Aboriginal and Torres Strait Islander services

Brisbane North PHN commissions the Institute for Urban Indigenous Health (IUIH) to provide mental health, suicide prevention and alcohol and other drug services to Aboriginal and Torres Strait Islander people across the region.

This additional capacity supports IUIH to primarily expand their existing service delivery across the Moreton Bay region for Aboriginal and Torres Strait Islander people.

Services in this section

- **Services for Aboriginal and Torres Strait Islander people**
 - Institute for Urban Indigenous Health



Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

NewAccess program

Richmond Fellowship Queensland

Introduction to the service provider

Richmond Fellowship Queensland provides specialised programs and services for people living with mental illness and their families and carers.

Introduction to the service

NewAccess is a program developed by beyondblue that provides free and confidential support to people to help them tackle day-to-day pressures. A NewAccess coach, specially trained and experienced, supports people in setting practical goals that help them get back on track.

The program includes six free sessions with a NewAccess coach. The sessions include one assessment session, four 30 minute sessions and one final session.

Delivery mode

Phone, face-to-face individual sessions.

Eligibility criteria

This service supports people aged 12 years and older in the North Brisbane and Moreton Bay region who are experiencing mild to moderate symptoms of anxiety and/or depression.

Referral information

Self-referral or professional referral (GP or other health provider).

Service access

NewAccess program is commissioned by Brisbane North PHN and there is no cost to the client.

Coaches are available across the region to support people close to their home.

CONTACT INFORMATION

NewAccess program

t 1300 159 795

e NewAccess@rfq.org.au

www.rfq.com.au/newaccess



Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Problem Management Plus program

World Wellness Group

Introduction to the service provider

World Wellness Group (WWG) is a not for profit social enterprise working to achieve health equity for people from culturally and linguistically diverse backgrounds. WWG promotes health, wellness, equity, cultural diversity and traditional approaches to health and wellbeing.

Introduction to the service

Problem Management Plus (PM+) is a seven week structured, low intensity, brief therapeutic intervention for adults from culturally and linguistically diverse backgrounds who are experiencing mood or anxiety disorders, stress and a range of psychological stressors, particularly in situations of adversity.

It focuses on evidence-based intervention strategies to ensure culturally and linguistically diverse clients' needs are met that are culturally informed, culturally inclusive from an explanatory framework of solution focused approach.

Delivery mode

Face-to-face individual sessions.

Eligibility criteria

This service supports adults who identify as culturally and linguistically diverse in the North Brisbane region who are experiencing minimal to mild symptoms of distress.

Referral information

Self-referral or professional referral (GP or other health provider).

Service access

The Problem Management Plus program is commissioned by Brisbane North PHN and there is no cost to the client. Face-to-face and group sessions are held by Multicultural Peer Support Workers who can speak multiple languages.

CONTACT INFORMATION

t 07 3333 2100

e mentalhealth@worldwellnessgroup.org.au

www.worldwellnessgroup.org.au



WORLD WELLNESS GROUP

Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Sunshine Parenting program

Peach Tree Perinatal Wellness

Introduction to the service provider

Peach Tree Perinatal Wellness is a community organisation that supports perinatal resilience and recovery with individuals and families through education, social action and by facilitating a passionate and caring community.

Introduction to the service

A six week group program for mothers who have infants (aged between 0 – 12 months) at risk of or experiencing mild postnatal depression and/or anxiety symptoms. The program focuses on building resilience through understanding postnatal depression and anxiety, managing relationship changes, building parenting skills and confidence and exploring self-esteem and identity.

Delivery mode

Group program.

Eligibility criteria

This service supports mothers who have infants (aged between 0 – 12 months) at risk of or experiencing mild postnatal depression and/or anxiety symptoms.

Referral information

Self-referral or professional referral (GP or other health provider).

Service access

The Sunshine Parenting Program is commissioned by Brisbane North PHN and there is no cost to the client. Groups are available from The Lakes Centre, Caboolture and Peach Tree House in Geebung.

CONTACT INFORMATION

t 0468 449 430

e northbrisbane@peachtree.org.au
or moretonbay@peachtree.org.au



Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

headspace

National Youth Mental Health Foundation

Introduction to the service provider

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12 – 25 year olds, along with assistance in promoting young peoples' wellbeing. This covers mental health, physical health, work and study support and alcohol and other drug services.

Introduction to the service

Young people aged 12 – 25 with mild to moderate mental illness can access mental health services via five headspace centres at Caboolture, Nundah, Redcliffe, Strathpine and Indooroopilly. These centres provide a range of support services including one-to-one counselling, supportive family psycho-education and support groups for young people.

Support services and information is also available for young people, their families and friends, as well as health professionals via the main headspace website www.headspace.org.au or from the online counselling service at eheadspace www.eheadspace.org.au.

Eligibility criteria

Young people aged 12 – 25 with mild to moderate mental illness.

Referral information

Young people can access health services from their closest headspace centre via self or parent referral or via professional referral (e.g. GP, hospital, emergency services).

Service access

This service is commissioned by Brisbane North PHN and there is no cost to the client.

A mental health care plan is required for access to ongoing allied health professionals.

CONTACT INFORMATION

headspace Caboolture

t 07 5428 1599

Suite 38, The Lakes Centre,
8-24 King Street, Caboolture Qld 4510

headspace Nundah

t 07 3370 3900

1264 Sandgate Road, Nundah Qld 4012

headspace Redcliffe

t 07 3897 1897

457 Oxley Avenue, Redcliffe Qld 4020

headspace Strathpine

t 07 3465 3000

441 Gympie Road, Strathpine Qld 4500

headspace Indooroopilly

t 07 3157 1555

17 Station Road, Indooroopilly Qld 4068

For further information, refer to the main headspace website: www.headspace.org.au



Low intensity		Moderate intensity	High intensity	Crisis	
Moreton Bay North	Redcliffe/North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Asha

Redcliffe Area Youth Space

Introduction to the service

Asha is a youth mental health service, which provides mobile outreach support to the region’s most vulnerable young people (aged 12 – 25), in the Moreton Bay North and Redcliffe/North Lakes sub regions. This is a targeted service that supports vulnerable young people who either have, or are at risk of developing a severe mental illness.

Asha applies a youth appropriate holistic approach in working with young people. It focuses on engagement and relationship building as a means of achieving clinical outcomes, and places equal value on social inclusion, psychosocial and clinical outcomes. The multidisciplinary team employs allied health professionals as well as youth and family workers. Staff provide individualised case management and therapeutic interventions for eligible young people.

Eligibility criteria

The following criteria applies:

- 12 – 25 years of age
- live in the Moreton Bay North or Redcliffe/North Lakes sub regions
- informed consent has been provided
- specific mental health concerns are resulting in a decline in function across life domains
 - have a current or provisional diagnosis relating to mental health, which is severe and either episodic or persistent in nature OR significant evidence exists (this may be provided verbally or through collateral information) to suggest a severe mental illness is present or likely to be developed
- be disengaged from services and supports.

Target population groups

- The target population groups for this service include young people that are difficult to engage, hard to reach, vulnerable and socially disadvantaged including:
 - homeless young people or those at risk of homelessness
 - young people transitioning from long-term out of home care or those involved with child safety

CONTACT INFORMATION

Redcliffe Area Youth Space (RAYS)

Corner of Anzac and Oxley Avenues
Redcliffe Qld 4020

t 07 3283 8769

e asha@redcliffeyouthspace.org

www.redcliffeyouthspace.org



- young people of diverse genders and sexualities (LGBTIQAP+)
- young people who are involved with the youth justice system
- young people who are disengaged from school
- Aboriginal and Torres Strait Islander young people
- young people who are culturally and linguistically diverse including refugees.

Referral information

Referral pathways have been established with key referral agencies including GPs in the Moreton Bay North and Redcliffe/North Lakes regions.

Service access

Asha is commissioned by Brisbane North PHN and there is no cost to the client. It is available after hours and weekends on an as-needs basis. Services are delivered via a flexible outreach model in agreed locations.



Brisbane MIND

Introduction to the service

Specialist providers deliver evidence-based psychological services as part of a wider range of wrap around services and supports for the individual.

Specialist providers

Services are provided by specifically targeted providers to meet the needs of identified vulnerable groups across the region being:

- children 0 – 11 years
- culturally and linguistically diverse communities
- LGBTIQ+ communities
- people who have experienced trauma or abuse
- people at risk of suicide
- residents of Bribie Island and Kilcoy.

Health4Minds

- Suicide prevention
- Trauma and abuse

Axis Clinic

- Trauma and abuse

Queensland Council for LGBTI Health

- LGBTIQ+ communities

World Wellness Group

- Culturally and Linguistically Diverse populations

A T Psychology

- Residents of Bribie Island and Kilcoy

Introduction to services

Brisbane MIND aims to improve access to quality primary mental health care for vulnerable communities. The service is delivered by a range of local specialised providers as detailed below.

Delivery mode

Face-to-face, telehealth.

Eligibility criteria

- holds a current healthcare card or pension card
- be aged 12 years and older
- lives in the North Brisbane and Moreton Bay/ Somerset region
- the person has a non-acute, moderate mental health condition
- will benefit from structured, short-term psychological therapy and is able to be managed in a primary care setting
- has a K10+ score of 25 or higher (or equivalent if using different outcome tool, e.g. K5 – Aboriginal and Torres Strait Islander clients)
- has a current mental health treatment plan (please contact the Head to Health Service Navigation team to discuss arrangements where a mental health treatment plan is not available).

Referral information

GP, psychiatrist, paediatrician or approved provisional referrer.

Service access

The Brisbane MIND program is commissioned by Brisbane North PHN and there is no cost to the client.



Health4Minds

Suicide Prevention, Trauma/Abuse and Regional

Introduction to the service provider

Health4Minds will provide therapy to patients with at risk of suicide or with a history of trauma and abuse. Health4Minds is comprised of the following organisations:

- **AT Psychology** are a team of psychologists, social workers and mental health nurses who provide evidence based psychological support services.
- **Young Minds** are a team of experienced psychologist and allied health clinicians who work as a team to help improve the psychosocial health needs of clients.
- **All About Kids** (Adult Services) provides therapy and assessment for adults, advice and counselling for families, group programs for children and parents and professional development for those working with children.

Services are delivered at the following locations:

AT Psychology:

- Banksia Beach
- Caboolture
- Kilcoy
- Ningi
- Woorim

Young Minds:

- The Gap
- Stafford
- Redcliffe
- North Lakes

All About Kids (adult services):

- Woolloowin
- Strathpine

CONTACT INFORMATION

Health4Minds

AT Psychology

t 07 5432 4118

e admin@atpsych.com.au

Young Minds

t 07 3857 0074

e enquiries@youngmindsnetwork.com.au

All About Kids

t 07 3262 6009

e info@allaboutkids.com.au





Axis Clinic

Trauma or Abuse

Introduction to the service provider

Axis Clinic is a multi-disciplinary mental health clinic located in New Farm with psychologists (including general, clinical and neuropsychologist), mental health accredited social workers, dietitian, paediatrician and consultant psychiatrists.

Axis Clinic strives to provide a collaborative 'one stop shop' for mental health needs to prevent delays and confusion that can exist with accessing diagnosis and treatment.

Axis Clinic offers support for all areas of mental health difficulties including individual therapy for children and adults, group therapy, couple therapy, regional care, workplace assessments and medico-legal services.

With backgrounds that span child and youth mental health, early psychosis teams, public acute and community mental health teams, juvenile justice, drug and alcohol services and inpatient hospital settings, our clinicians bring a wealth of experience to working with people who have experienced trauma and abuse.



CONTACT INFORMATION

Axis Clinic

t 07 3254 0333

e admin@axisclinic.com.au

Queensland Council for LGBTI Health

LGBTIQ+

Introduction to the service provider

Queensland Council for LGBTI Health is based at Teneriffe and, in collaboration with the LGBTIQ+ Communities Mental Health Hub, will provide services across the region. The collaboration works with lesbian, gay, bisexual, transgender, intersex people, SisterGirl and Brotherboy (LGBTISGBB) people to achieve the best possible health and wellbeing and participate fully in the life of communities, free from stigma and discrimination.

The collaborating organisations are: Androgen Insensitivity Syndrome (AIS) Support Group Australia, Diverse Voices, gar'ban'djee'lum Network, IndigiLez Womens Leadership and Support Group, Open Doors Youth Service, Rainbow Families QLD, and Wendybird. These services bring together a large network of volunteers and communities that extend the service reach through both clinical and psychosocial supports and through referral pathways to generalist services that are determined to be operating with a best practice approach to LGBTISGBB populations.



CONTACT INFORMATION

Queensland Council for LGBTI Health

t 07 3017 1777

e info@qc.org.au



World Wellness Group

Culturally and Linguistically Diverse Populations

Introduction to the service provider

World Wellness Group (WWG) is a not for profit social enterprise working to achieve health equity for people from culturally and linguistically diverse backgrounds.

WWG delivers the Brisbane MIND's short term psychological therapies to people from culturally and linguistically diverse communities with moderate mental illness.

WWG is based in Stones Corner, with outreach service hubs established in the Brisbane North region offering psychological therapies to culturally and linguistically diverse communities across the North Brisbane and Moreton Bay regions.



WORLD WELLNESS GROUP

CONTACT INFORMATION

World Wellness Group

t 07 3333 2100

e mentalhealth@worldwellnessgroup.org.au

www.worldwellnessgroup.org.au

A T Psychology

Brisbane MIND Regional

Introduction to the service provider

A T Psychology are a team of psychologists, social workers and mental health nurses who provide evidence based psychological support services. A T Psychology deliver the Brisbane MIND program to those living in geographically isolated areas; including residents of Bribie Island, and Kilcoy and surrounds. Clients can access support from their Caboolture, Bribie Island, Ningi and Banksia Beach locations, or through telehealth (telephone or video) appointments.



a | t | psychology

CONTACT INFORMATION

A T Psychology

t 07 5432 4118

e admin@atpsych.com.au

Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Brisbane MIND4KiDS

Stride and yourtown

Introduction to the service provider – Stride Hub

Stride is Australia’s longest serving mental health services organisation. Stride provides a full range of services designed to support those experiencing mental health concerns or that have intellectual disabilities, so that they can go on to lead fulfilling, independent lives.

Introduction to the service provider – yourtown

yourtown is a charity which provides services to young people. yourtown’s mission is to enable young people, especially those who are marginalised and without voice, to improve their quality of life. yourtown’s services include Kids Helpline, training and employment services for young people, parent education and specialist accommodation for families.

Introduction to the service

Brisbane MIND4KiDS provides short-term psychological therapy for children (up to 11 years of age) and their families. Brisbane MIND4KiDS is designed to support families and children who are experiencing financial hardship and hold a current healthcare card or pension card. The service will be delivered within a stepped care approach and will work in an integrated and collaborative manner with wraparound supports. Support will be provided on site and via outreach.

Delivery mode

Face-to-face.

Eligibility criteria

- a child aged 0 – 11 years, who has, or is at risk of developing an emotional, behavioural or mental health condition and would benefit from short-term psychological services. (Child does NOT need to have a diagnosis to access this service)
- a parent/guardian must hold a healthcare card or pension card
- a child/parent/guardian lives in the Brisbane Inner City, Brisbane West, Brisbane North, Pine Rivers region
- a child has a child treatment plan (or mental health treatment plan) completed by their referring GP.

CONTACT INFORMATION

Stride Hub

t 07 3447 6500

e kids@stride.com.au

yourtown

t 07 3888 0758

e deceptionbay@yourtown.com.au



Exclusion criteria

- developmental and learning disorders (including ASD conditions)
- please note: Brisbane MIND4KiDS cannot provide formal diagnostic assessment services. Children with developmental disorders, learning disorders, or disability are not eligible for referral for the treatment of these conditions.

Referral information

GP, psychiatrist, paediatrician or approved provisional referrer.

Service access

Brisbane MIND4KiDS is commissioned by the Brisbane North PHN and there is no cost to the client.

Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Psychology in Aged Care Wellbeing program

Change Futures

Introduction to the service provider

Change Futures works with people of all ages to help find positive solutions to their emotional and psychological issues. Staffed by psychologists and counsellors, Change Futures works across the life span and cross culturally including with Aboriginal and Torres Strait Islander children and adults.

Introduction to the service

The Psychology in Aged Care (PAC) wellbeing program examines the impacts of grievances and other life events on quality of life and reframes these experiences to improve functioning and wellbeing for people living in aged care. Supportive counselling or structured intervention is delivered by psychologists and focuses on resolving the past and improving quality of life.

Delivery mode

Group, face-to-face individual sessions.

Eligibility criteria

This service supports residents of aged care facilities across the Brisbane North PHN region.

Referral information

Self-referral or professional referral (GP or other health provider).

Service access

The Psychology in Aged Care (PAC) wellbeing program is commissioned by Brisbane North PHN and there is no cost to the client.

CONTACT INFORMATION

Change Futures

71 Khartoum Street
Gordon Park Qld 4031

t 07 3857 0847

e [racementalhealth@changeutures.org.au](mailto:raceuticalhealth@changeutures.org.au)

www.changeutures.org.au



Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Mental Health Service Hubs

Neami National • Community QLD • Stride

Introduction to the service providers

The mental health service hubs deliver services across the region with their locations aligned to the Metro North Mental Health Service catchment areas. Each hub is operated by a different provider with experience in providing services to people with severe and complex mental illness.

Neami National – The Living and Learning Centre, The Prince Charles Hospital catchment

Community QLD – The Recovery and Discovery Centre, Royal Brisbane Women’s Hospital catchment

Stride Hub Caboolture – Caboolture Redcliffe/ Caboolture hospital catchment

Introduction to the service

The hubs provide integrated clinical and non-clinical services for people with severe mental illness. Services include:

- assessment, triage and intake
- service navigation
- care coordination (including mental health nursing)
- psychological therapy (groups)
- physical health care
- psychosocial support
- assistance to access the NDIS
- a range of in-reach services provided by external providers (e.g. AOD treatment, employment, housing, finance).

Delivery mode

Group, face-to-face individual, phone, video conferencing and internet (email). Services are provided within the hub and via outreach.

CONTACT INFORMATION

Neami National

t 07 3493 6780

e livingandlearning@neaminational.org.au

Community QLD

t 07 3510 2777

e recovery@community.org.au

Stride Hub Caboolture

t 1300 001 907

e StrideHub.Caboolture@stride.com.au

Eligibility criteria

- 18 years and over
- a diagnosable severe or severe and complex mental illness (episodic or persistent)
- experiencing significant disruption to their daily life, wellbeing and functioning.

Referral information

Anyone can refer to the mental health hubs with the consent of the person being referred.

Service access

The hubs are commissioned by Brisbane North PHN and there is no cost to the client.



Neami National

The Living and Learning Centre

Service access

- The Prince Charles Hospital catchment
- The centre operates Monday to Friday 8.30 am to 5.00 pm.

Neami National is a community mental health service supporting people living with mental health issues to improve their health, live independently and pursue a life based on their own strengths, values and goals.

Community QLD

The Recovery and Discovery Centre

Service access

- Royal Brisbane Women's Hospital catchment
- The centre operates Monday to Friday 9.00 am to 5.00 pm.

Based in Brisbane's inner west, Community Qld is an independent community organisation. Community provides services and activities that support people's quality of life. They work with local people to promote a socially just and diverse community, and to build community capacity.

Stride

Stride Hub Caboolture

Service access

- Redcliffe/Caboolture hospital catchment
- The centre operates Monday to Friday 9.00 am to 5.00 pm.

Stride is a national organisation that aims to enhance the social and emotional wellbeing of people experiencing mental illness and with intellectual disability through a commitment to collaborative learning and recovery.



Moreton Bay
NorthRedcliffe/
North LakesBrisbane
North

Pine Rivers

Brisbane
Inner CityBrisbane
West

Safe Space Services

Introduction to the service

Brisbane North Safe Spaces provides people experiencing emotional distress, friendly and welcoming support, in a safe environment, as an alternative to emergency departments.

Safe Spaces open from 5pm –9pm on weekdays and participate in a coordinated calendar of opening hours amongst the 4 spaces, over the weekends.

Peer workers greet guests and any carer or support persons, inquire about what their needs are, offer refreshments, a place to sit and a range of supports and spaces available. A peer worker is someone who has their own experience of emotional distress and understands. Peer workers can offer guests support with:

- problem solving
- safety planning
- connecting with other services that may be able to help
- guided sensory and calming activities to help self-manage emotionality
- accessing phone and online supports

The Safe Spaces aim for guests to leave with a sense of hope and positivity, feeling they have been heard and supported. When it is time to leave, peer workers can provide support with transport, referrals, phone numbers and resources.

Delivery mode

Face-to-face individual or virtual/phone where preferred.

Eligibility criteria

Anyone experiencing emotional distress or suicidality who wants support.

All ages welcome.

Carers and family members welcome to accompany the guest.

Referral information

No referral needed.

CONTACT INFORMATION

Bardon Safe Space (Communityfy)

t 07 3004 0101

e safespace@communityfy.org.au

Caboolture Safe Space (STRIDE)

t 07 5232 1590

e SafeSpace.Caboolture@stride.com.au

Redcliffe Safe Space (Redcliffe Youth Space)

t 0435 827 817

e SafeSpace@redcliffeyouthspace.org

Strathpine Safe Space (Neami)

t 07 3493 6710

e safespace@neaminational.org.au

Service access

Phone ahead where you can, so we can be sure to see you without delay.

If you need help to get there please call to discuss options.

When you arrive there will be a secure entry.

Support with transport to and from the space is available, where needed.

Safe Space Network

Each Safe Space is part of a broader Safe Spaces Network coordinated by Wesley Mission Qld. The Brisbane North Safe Space Network has been established to create a community-based movement to embed more options for safety and enhanced wellbeing across the region.

The network will connect community spaces and places where people who are experiencing distress can access support away from hospital emergency departments.

For further information contact Nat Scott, Safe Space Network Coordinator, email: nscott@wmq.org.au.



Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

The Way Back Support Service

Richmond Fellowship Queensland • Communify QLD

Introduction to the service providers

The Way Back Support Service delivers services in both the Redcliffe/Caboolture region and the inner city region with their locations aligned to the Metro North Mental Health Service catchment areas.

Redcliffe/Caboolture region - Richmond Fellowship Queensland (RFQ) is a community owned organisation that supports people facing mental health challenges and social disadvantage. RFQ's people and programs encourage self-belief and discovery, personal growth and the achievement of life goals.

Inner city region - Communify provides support coordination, psychosocial support and therapeutic programs to people living with severe and persistent mental illness, and provides aftercare for clients who have attempted suicide or are living with chronic suicidality.

Introduction to the service

The Way Back Support Service delivers community based, psychosocial support to people at risk of suicide, following a suicide attempt or during suicide crisis. Clients are able to access up to three months of non-clinical support coordination and care navigation which facilitates their access to community services that meet their needs. Initial contact will be made with the client within 24 hours of referral (including weekends) for the purposes of connection and safety planning. .

Delivery mode

Face-to-face individual or virtual/phone where preferred.

Eligibility criteria and referral information

Redcliffe/Caboolture - People who are 15 years of age or older and are referred by either Redcliffe or Caboolture hospitals.

Inner City - People who are 18 years of age and older and are referred by Royal Brisbane and Women's Hospital.

CONTACT INFORMATION

Redcliffe/Caboolture region

Richmond Fellowship Queensland

t 1300 180 608

e TheWayBack@rfq.com.au

Inner city region

Communify

t 07 3510 2727

e WayBack@communify.org.au

Service access

The Way Back Support Service is commissioned by Brisbane North PHN and there is no cost to the client.



Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Queensland Council for LGBTI Health

Introduction to the service provider

Queensland Council for LGBTI Health's (QC) mission is to enable lesbian, gay, bisexual, transgender intersex, queer, Sistergirl and Brotherboy people and communities in Queensland for over 35 years. QC is a community led and community owned health and wellbeing service, representing the diversity of our communities.

Introduction to the service

Psychologists and Case Managers from QC and our partners work with LGBTIQ+ Sistergirl, Brotherboy people who are facing a suicide crisis or are bereaved community members. QC provides free, culturally inclusive, age appropriate psychological care and case work.

Delivery mode

Group, face-to-face, telephone, online.

Eligibility criteria

Over 16 years, LGBTIQ+ Sistergirl and Brotherboy.

Referral information

Self-referral or professional referral (GP or other health provider).

Service access

QC is commissioned by Brisbane North PHN to deliver suicide prevention services at no cost to the client.

CONTACT INFORMATION

Queensland Council for LGBTI Health

t 07 3017 1777

e info@qc.org.au



Low intensity	Moderate intensity	High intensity	Crisis		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Kurbingui Youth Development

Introduction to the service provider

Kurbingui Youth Development (Kurbingui) is an Aboriginal and Torres Strait Islander not-for-profit community service organisation that supports around 13,600 Aboriginal and Torres Strait Islander people. Kurbingui delivers various community services and support across areas such as employment and training, intensive family support and specialist services, domestic and family violence, alcohol and substance abuse, cultural education and engagement programs, education support, recreation and sports, early years, youth, women’s and men’s programs and cultural group activities, and health and nutrition.

Introduction to the service

Kurbingui delivers social and emotional wellbeing services to people at risk of suicide. The Social and Emotional Wellbeing Practitioners will work with people who are experiencing a suicide crisis, have recently made a suicide attempt or have lost a loved one to suicide. The Practitioner will work to establish appropriate support and access to services and follow up to assist with the client’s journey.

Delivery mode

Face-to-face individual sessions, group.

Eligibility criteria

This is a specialised service for Aboriginal and Torres Strait Islander people of all ages.

Referral information

Self-referral or professional referral (GP or other health provider).

Service access

Kurbingui is commissioned by Brisbane North PHN to deliver suicide prevention services at no cost to the client.

CONTACT INFORMATION

Kurbingui

t 07 3156 4800

e admin@kurbingui.org.au



Early intervention and relapse prevention	Counselling	Pre and post rehab support	Case management and coordination		
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Lives Lived Well

Life Back Program

Introduction to the service provider

Lives Lived Well is a leading Queensland-based, not-for-profit support organisation for people who have problems with alcohol and drugs, and associated mental health issues. Lives Lived Well works with people that are affected directly and those that are touched indirectly—like friends and family.

Introduction to the service

Lives Lived Well delivers alcohol and other drug treatment services via the Life Back group program and counselling services in areas of our region where need is highest. Life Back is a client-focused, community-based non-residential day treatment program for people who are wanting to address their substance use concerns.

Delivery mode

Group, face-to-face individual, phone, outreach.

Eligibility criteria

People are eligible for this service who:

- are 12 years of age or older
- have co-occurring alcohol and other drug and mental health issues.

Referral information

Self-referral or professional referral (GP or other services).

Service access

The Life Back program is commissioned by Brisbane North PHN and there is no cost to the client. Services are delivered during business hours 8.00 am – 5.00 pm, Monday to Friday from service hubs in Caboolture, Morayfield, Redcliffe and Strathpine. Limited extended after-hours services are available.

CONTACT INFORMATION

Lives Lived Well
 t 1300 727 957
 e info@liveslivedwell.org.au
www.liveslivedwell.org.au



Early intervention and relapse prevention	Counselling intensive non-residential programs	Day stay rehab	Post rehab support	Case management and coordination	
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Queensland Aboriginal and Islander Corp. Alcohol and Drug Dependence Services (QAIAS)

Introduction to the service provider

QAIAS offers alcohol and drug (AOD) prevention, education, rehabilitation and appropriate AOD counselling for up to nine months. The Centre has well-established programs and services that are aimed at promoting individual and community wellbeing and reduced substance use.

QAIAS offers a biopsychosocial model of care; a holistic approach encompassing biological, psychological and social factors of patient/client care. Physical pathology, psychological distress, and environmental factors are all considered as interwoven and precipitating factors that contribute to the onset, facilitation and maintenance of active addiction.

Introduction to the service

QAIAS offers outreach services, including brief interventions for substance use in community counselling, increasing motivation to engage in treatment, outpatient services, telephone information and aftercare support. Life Skills Programs assist service users to learn protective behaviours, handle peer pressure, look after their health and learn budgeting skills.

People with co-existing AOD and mental health issues can access mental health nurses.

Most service users are Aboriginal and/or Torres Strait Islander; however non-indigenous people may also access support.

Delivery mode

Group, face-to-face individual, outreach.

Service access

QAIAS is commissioned by Brisbane North PHN and there is no cost to the client. Access is via self-referral or professional referral (GP or other services).

Services are delivered via outreach or through the Jessie Budby Healing Centre at 27 Llewellyn Street, New Farm Qld 4005.

CONTACT INFORMATION

QAIAS

t 07 3358 5111

e qaias@bigpond.com

Early intervention and relapse prevention		Counselling	Pre and post rehab support	Case management and coordination	
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Queensland Injectors Health Network (QuIHN)

Introduction to the service provider

Queensland Injectors Health Network (QuIHN) is a state-wide not-for profit, non-government health service that provides a variety of health services to illicit drug users throughout Queensland. QuIHN, through its members, board of management, staff and volunteers promotes the health and wellbeing of people who currently use illicit drugs, those who have used illicit drugs in the past, and members of the community touched or affected by illicit drug use.

QuIHN provides medical services, needle syringe programs, counselling, support services, distribution of information, education and training, workforce development initiatives, life skills programs and services that relate to illicit drug use, blood borne viruses, sexual health and other psychological and physical health issues.

Introduction to the service

The primary aim of QuIHN's therapeutic services is to respond to the need for outpatient rehabilitation services for members of the community experiencing co-occurring mental health and substance-related disorders and expand its services where appropriate. QuIHN's treatment model approaches comorbidity from the viewpoint that it is the norm rather than the exception to the rule.

Services provided include:

- initial screening
- brief interventions—generally short-term interventions; some are of longer duration dependent on the nature of the presenting crisis (e.g. severe mental health, suicidal ideation, domestic violence concerns) combined with substance use
- short, medium and long-term counselling packages (based on need)
- group programs:
 - **MudMaps** – an open group, delivered weekly, for individuals who are making or contemplating changes to behaviours relating to their substance use

CONTACT INFORMATION

QuIHN

t 07 3620 8111

e info@quihn.org

www.quihn.org



- **MAISE** – (Mental health and illicit substance education) a support, skill building and education program for anyone experiencing the negative effects of drug use and mental health problems (dual diagnosis)

Delivery mode

Group, face-to-face individual, phone.

Service access

QuIHN is commissioned by Brisbane North PHN and there is no cost to the client. Services are delivered during business hours, with groups offered on specific days, through the QuIHN Bowen Hills location at 1 Hamilton Place Bowen Hills Qld 4006.

Early intervention and relapse prevention		Counselling	Pre and post rehab support	Case management and coordination	
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

Brisbane Youth Service (BYS)

Introduction to the service provider

Brisbane Youth Service (BYS) is a multidisciplinary, medium sized incorporated association providing holistic community services to vulnerable young people aged 12 to 25, and their children in Brisbane. Services include supporting homeless and disadvantaged young people to secure and maintain housing, provision of emergency support and a range of services to assist young people to address physical and mental health issues, establish successful relationships and support networks and access pathways to education and long-term employment.

Each team at BYS uses a relationship, client-focussed and strengths-based approach when working with young people, placing the young person at the centre of the work. Each response is tailored to the young person who directs the pace, scope and extent of their support plan.

Introduction to the service

BYS offers a drug and alcohol program along with a counselling service for young people experiencing concerns with substance use and mental health problems, ensuring the specific needs of youth, women, families with children, and Aboriginal and Torres Strait Islander people are met. These programs include:

- alcohol and other drug treatment aimed at reducing alcohol and other drug related harm for individuals, families and communities
- development and maintenance of alcohol and drug rehabilitation case management plans
- provision of post-clinical rehabilitation support and post-case management exit support to clients
- supporting young people’s access to clinical alcohol and other drug rehabilitation and support.

The on-site counselling program provides a totally free, professional, and confidential counselling service for young people, aged between 12 – 25, who experience a dual diagnosis (mental health and substance misuse). The service provides a flexible

CONTACT INFORMATION

Brisbane Youth Service

t 07 3620 2400

e bys@brisyouth.org

www.brisyouth.org



engagement strategy, offering crisis intervention, short-term counselling support, and long-term counselling support.

Delivery mode

Group, face-to-face individual, outreach.

Service access

The BYS is commissioned by Brisbane North PHN and there is no cost to the client. Young people may self-refer or be referred through a professional (e.g. GP). Services are provided through the BYS Fortitude Valley Service HUB at 42 McLachlan Street, Fortitude Valley Qld 4006.

Client Access Hours are between 9.00 am – 12.00 pm, 1.00 pm – 4.00 pm, Monday, Tuesday, Thursday and Friday; and on Wednesday between 1.00 pm – 4.00 pm.

Low intensity		Moderate intensity		High intensity	Crisis
Moreton Bay North	Redcliffe/ North Lakes	Brisbane North	Pine Rivers	Brisbane Inner City	Brisbane West

IUIH Social and Emotional Wellbeing (IUIH)

Introduction to the service provider

The Institute for Urban Indigenous Health (IUIH) leads the planning, development and delivery of comprehensive primary health care services to the Indigenous population of South East Queensland.

Introduction to the service

IUIH provides an integrated social health model, including primary mental health services, alcohol and other drug treatment services and suicide prevention services. These are delivered within a broader comprehensive primary healthcare model.

Eligibility criteria

This is a specialised service for Aboriginal and Torres Strait Islander people of all ages.

Referral information

Self-referral or professional referral (GP or other health provider).

Service access

IUIH is commissioned by Brisbane North PHN and there is no cost to the client.

CONTACT INFORMATION

IUIH Connect

t 1800 254 354

Caboolture Clinic

t 07 5428 58555

Deception Bay Clinic

t 07 3049 2299

Margate

t 07 3480 8100

Morayfield Clinic

t 07 5429 1000

Northgate Clinic

t 07 3240 8903

Strathpine Clinic

t 07 3897 0500



CONTACT US

t 07 3630 7300

f 07 3630 7333

e info@brisbanenorthphn.org.au

w www.brisbanenorthphn.org.au



An Australian Government Initiative

The North Brisbane and Moreton Bay mental health, suicide prevention and alcohol and other drug services magazine outlines the services commissioned by Brisbane North PHN – visit www.brisbanenorthphn.org.au for the latest information about services.

This activity is supported by funding from the Australian Government under the PHN Program.