

Brisbane North PHN Mental Health Services Map

REFERRALS

Urgent Support

For acute or hospital presentations please call **1300 MH CALL** on **1300 64 22 55**. In an emergency present to your nearest emergency department or call **000**.

Medicare Mental Health

Medicare Mental Health can connect people with mental health services in the Brisbane North and Moreton Bay region and is the preferred gateway for accessing Brisbane North PHN-commissioned mental health services.

Medicare Mental Health phone line 1800 595 212 can be accessed by consumers, their families, carers, as well as GPs, service providers and other health professionals.

The Medicare Mental Health phone line will operate 8:30 am - 5:00 pm, Monday to Friday (excluding public holidays). Services incur no out-of-pocket cost.

To make a referral to Medicare Mental Health for service navigation support, you can:

- call 1800 595 212
- submit a secure eReferral using the HealthLink SmartForm, embedded in GP practice software, or via the Health Professional portal form.referral.intake.org.au/?phn_code=PHN301

IAR-DST

The Initial Assessment and Decision Support Tool (IAR-DST) provides a standardised, evidence-based and objective approach to support clinical decision making. The IAR-DST is built into the My Mental Health Services eReferral or can be accessed at: iar-dst.online/#/

- **LEVEL 1: SELF MANAGEMENT**
- **LEVEL 2: LOW INTENSITY**
- **LEVEL 3: MODERATE INTENSITY**
- **LEVEL 4: HIGH INTENSITY**
- **LEVEL 5: SPECIALIST AND ACUTE**

PSYCHOLOGICAL THERAPIES

Sunshine Parenting Program

Peach Tree Perinatal Wellness
sunshine@peachtree.org.au

Support for mothers of infants aged 0-12 months experiencing mild postnatal depression and/or anxiety symptoms through a 6-week group program.

18 years and older

Self or health professional referral

IAR LEVEL 2 ●

Shark Cage

Peach Tree Perinatal Wellness
programs@peachtree.org.au

A 7-week group program which helps women to increase their knowledge around healthy and unhealthy relationships.

18 years and older

Internal referral only

IAR LEVEL 2 ●

Peer 2 Peer Meets

Peach Tree Perinatal Wellness
programs@peachtree.org.au

A peer-led 6-week group designed to help birthing parents make sense of and understand their birth experience.

18 years and older

Internal referral only

IAR LEVEL 2 ●

Problem Management Plus

World Wellness Group
07 3333 2100

Group face-to-face support for people who identify as culturally and linguistically diverse to help manage stress and adverse situations over the course of 7-sessions.

18 years and older

Self or health professional referral

IAR LEVEL 2 ●

Brisbane MIND

Contact Medicare Mental Health to find a provider
1800 595 212

Short-term psychological therapy for Healthcare or Pension card holders. Eligible clients must identify in one of the following under serviced groups:

- culturally and linguistically diverse communities
- LGBTQ+ communities
- people who have experienced trauma or abuse
- people at risk of suicide
- residents of Brisbane Island and Kilcoy.

12 years and older

Health professional referral

IAR LEVEL 3 ●

Psychology in Aged Care (PAC) Wellbeing

Change Futures
07 3857 0847

Respectful, trauma-aware support for older adults living in residential aged care provided through individual counselling and support groups.

65 years and older

Referral can be made directly with Change Futures

IAR LEVEL 3 ●

Norfolk Island Mental Health and Wellbeing

Norfolk Island Health
0011 6723 22687

NIHARCS Health and Wellbeing steering committee work collaboratively with the Norfolk Island community to develop, implement and evaluate a health promotion plan based on best practice health promotion values and principles and The Ottawa Charter for Health Promotion as defined by the World Health Organisation.

Contact the service directly

IAR LEVEL 3 ●

Medicare Mental Health Centres

1800 595 212

Inner North Brisbane - Lutwyche (Community)

Caboolture (STRIDE)

Redcliffe (Community)

Strathpine (Neami National)

Free, walk-in mental health support, assessment and care for adults in distress or with ongoing mental health care needs through immediate, short and medium-term care. Low intensity to severe and complex psychosocial support. No Medicare card, appointment or GP referral is required.

18 years and older

Self or health professional referral

Safe Spaces

Bardon (Community): 07 3004 0101

Caboolture (STRIDE): 07 5232 1590

Redcliffe (Redcliffe Youth Space): 0435 827 817

Strathpine (Neami National): 07 3493 6710

Free, safe and welcoming after-hours, peer-led alternative to Emergency Departments (EDs) for people in emotional distress or suicidal crisis. Calling ahead is encouraged as sites can reach maximum capacity at times.

7 days a week, from 5pm - 9pm (times may vary on weekends and public holidays).

All ages

No appointment or referral needed

CHILDREN AND YOUTH

HeadSpace

Richmond Fellowship Queensland
National Youth Mental Health Foundation

Caboolture: 07 5428 1599

Indooroopilly: 07 3157 1555

Nundah: 07 3370 3900

Redcliffe: 07 3897 1897

Strathpine: 07 3465 3000

Brisbane Island: 07 5428 1599

Early intervention support services including one-to-one counselling, supportive family psycho-education and support groups for young people.

12-25 years

Self, parent or professional referral in centre or online

IAR LEVEL 2-3 ●

Brisbane MIND4Kids

STRIDEKids (Bardon): 07 3447 6500

yourtown (Deception Bay): 07 3888 0758

Short-term psychological therapy for children of families covered under a HealthCare or Pension card who have, or are at risk of developing an emotional, behavioural or mental health condition.

Not for formal diagnostic or assessment purposes, or for treatment of disability, developmental or learning disorders.

11 years and under

Health professional referral

IAR LEVEL 2-3 ●

Norfolk Island Psychology Services

Norfolk Island Health
0011 6723 22687

Short-term psychological therapies for children, young people (0-25 years) and their families living on Norfolk Island.

25 years and under

Self, parent or health professional referral

IAR LEVEL 2-3 ●

Specialist Youth Mental Health Services

Brisbane Youth Service
07 3620 2400

Led by a child and adolescent psychiatrist and psychologist, the service provides comprehensive mental health assessments, therapeutic interventions, and connections to additional support services to ensure that young people (aged 12-25 years) receive specialised, coordinated care that is tailored to their needs.

12-25 years

Self or health professional referral

IAR LEVEL 3-4 ●

ASHA

Redcliffe Area Youth Space
07 3283 8769

Mobile outreach support to vulnerable young people (12-25 years) in the Moreton Bay North region who are experiencing or at risk of developing severe and complex mental health concerns and multiple and complex associated psychosocial concerns.

12-25 years

Internal referral only

IAR LEVEL 4 ●

Project Yarn Circle

Youth 2 Knowledge
charles@y2k.com.au

Six, weekly sessions to Aboriginal and Torres Strait Islander school students that focus on the promotion of mental health resilience and cultural connection with the aim to reduce suicidality.

12-17 years

Contact the organisation for referral information

Yarns Heal

Queensland Council for LGBTI Health
07 3017 1777

A culturally responsive community-based suicide prevention program designed for Aboriginal and Torres Strait Islander peoples from the Lesbian, Gay, Bisexual, Transgender, Intersex, Queer + (LGBTIQ+) communities designed to improve emergency and follow up care for suicidal crisis, and to provide evidence-based treatment for suicidality.

18 years and older

No referral needed

IUIH Social Health Services**ATSICHS**

Mob Link: 1800 254 354
Northgate clinic: 07 3240 8900

Trauma-informed, healing aware, and culturally safe multidisciplinary team of psychologists, counsellors, care coordinators and case managers providing evidence-based social and emotional wellbeing services for Aboriginal and Torres Strait Islander people living in the Brisbane north region.

8 years and over

ATSICHS GP referral required

MATSICHS

Mob Link: 1800 254 354
Caboolture clinic: 07 5428 5855
Deception Bay clinic: 07 3884 1999
Margate clinic: 07 3480 8100
Strathpine clinic: 07 3897 0500

A specialised service for Aboriginal and Torres Strait Islander people delivered within a broader comprehensive primary healthcare model including primary mental health services, alcohol and other drug treatment services and suicide prevention services.

All ages

Self or health professional referral

IUIH First Nations The Way Back Support Service

Institute for Urban Indigenous Health
07 3832 3600

A voluntary, free program designed to support First Nations clients for up to six (6) months, following a suicide attempt or suicidal crisis. The service aims to enhance social connectedness, improve access to clinical and community support, and empower individuals to self-manage and boost mental wellbeing.

15 years and over

Referral only from TPCH, RBWH, Redcliffe and Caboolture Hospital following a suicide attempt or crisis

IAR LEVEL 3-4

Life Back Program

Lives Lived Well
1300 727 957

A client-focused, community-based nonresidential day treatment program for people who are wanting to address their substance use concerns. Services are delivered during business hours from service hubs in Caboolture, Morayfield, Redcliffe and Strathpine.

12 years and older

Self or health professional referral

Brisbane Youth Service

07 3620 2400

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.

12-25 years

Mental Health providers

Queensland Injectors Health Network (QuiHN)

1800 172 076
07 3620 8111

Initial screening, brief interventions, counselling and group programs aimed at responding to the need for outpatient rehabilitation services for members of the community experiencing co-occurring mental health and substance-related disorders.

15 years and over

Corrective Services for people post release, and mental health professionals

Qld Aboriginal & Islander Corp. AoD Dependence Services (QAIAS)

07 3358 5111

Group, face-to-face individual and outreach services, including brief interventions for substance use in community counselling, increasing motivation to engage in treatment, outpatient services, telephone information and aftercare support. 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.

12-25 years

Corrective Services for people post release, and mental health professionals

ADIS

24/7 Alcohol and drug support
1800 177 833

24/7 support for people with alcohol and other drug concerns, their loved ones and health professionals to talk about their concerns, receive information, counselling and referral.

All ages

Self referral

The Way Back Support Service

Inner City (Community): 07 3510 2727
Redcliffe/ Caboolture (Richmond Fellowship Queensland): 1300 180 608

Community based psychosocial support to people at risk of suicide following a suicide attempt or 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.

15 years and older

Referral only from TPCH, RBWH, Redcliffe and Caboolture Hospital following a suicide attempt or crisis.

Family & Friends Support Program

IUIH: 07 3832 3600
Community: 07 3510 2727
Richmond Fellowship Queensland: 1300 180 608

The Family & Friends Support Program is designed to create a community that supports and values those who are caring for someone experiencing a suicidal crisis or following a suicide attempt.

18 years and older

Health professional, community service or self-referral

Regional Suicide Prevention

Kurbingui Youth Development
07 3156 4800

Social and emotional wellbeing support services for people who are experiencing a suicide crisis, have recently made a suicide attempt or have lost a loved one to suicide provided by social and Emotional Wellbeing Practitioners.

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

All ages

Self or health professional referral

Brisbane MIND Suicide Prevention

Contact Medicare Mental Health to find a provider
1800 595 212

Short-term psychological therapy for Healthcare or Pension card holders who are at non-acute risk of suicide defined by:

- Suicidal behaviours within the past 3 months or
- Suicidal ideation within past 1 month with thoughts of means, some planning but no intent.

Includes recent suicide attempt or self-injury, but does not include superficial injury without intent to end life.

12 years and older

Health professional referral

Aftercare

Queensland Council for LGBTI Health
07 3017 1777

Evidence-based emergency and follow up care for people who belong to the LGBTIQ+ Brotherboy and Sistergirl communities who are:

- currently experiencing suicidal ideation and/ or
- have recently been hospitalised in relation to suicidality and/or
- are impacted by the suicidality or loss by suicide of someone they know.

18 years and older

Self or health professional referral

Transwomen's Youth Wellbeing

Open Doors Youth Service
07 3257 7660

Provides peer led mental health and wellbeing support for young transgender women aged 12 - 24 years. Services include one-on-one case management and counselling, as well as social support groups that foster community and social connection.

12-24 years

Self or professional referral

Open Doors Youth Service

07 3257 7660

Provides a safe space for Sistergirl and Brotherboy young people to connect and thrive through group, face-to-face, outreach and online support.

12 - 24 years

Self or professional referral

Recovery Warriors

Eating Disorders Queensland
07 3844 6055

A monthly group that includes activities and strategies for coping and staying connected. This group is alternates between online and in-person.

Participants are introduced to various therapeutic and support interventions as well as providing ongoing recovery skills and reminders to help their recovery pathway.

16 years and older

Internal referral only

School Readiness Program

Youthrive
North Lakes/ Everton Hills: 07 3850 3232

Children aged 3-5 years identified as experiencing developmental delay receive structured, multidisciplinary interventions facilitated by a Speech Pathologist, Occupational Therapist or Psychologist..

3-5 years

Internal referral only

IAR LEVEL 2-3

School Readiness Program

Institute of Urban Indigenous Health (IUIH)
Koobara Aboriginal and Torres Strait Islander Kindergarten: 07 3265 7171
C&K Caboolture Community Kindergarten and Preschool: 07 5499 1588

In a kindergarten setting (Koobara and C&K Caboolture) allied health professionals, such as Speech Pathologists and Occupational Therapists, work with children aged 3-5 years identified as experiencing developmental delay receive structured, multidisciplinary interventions..

3-5 years

Internal referral only

IAR LEVEL 2-3