

Alternative Support Options

As the NewAccess program is no longer accepting new referrals in the Brisbane North region, the following services are recommended for individuals aged 12 years and older seeking support with everyday life stressors such as work, study, relationships, health, or loneliness.

Brisbane North PHN Commissioned Services

Medicare Mental Health Phone Service

A free phone service for anyone needing advice or service navigation support. Visit the website [Home | Medicare Mental Health](#) or call 1800 595 212.

Medicare Mental Health Centres

MMHCs provide immediate short-medium term support to people experiencing a crisis or poor mental health.

Medicare Mental Health Centre locations are included below and can be found on the website [Medicare Mental Health Centres | Medicare Mental Health](#)

1. Caboolture
2. Strathpine
3. Redcliffe
4. Lutwyche

World Wellness Group – Problem Management Plus program

A 7-week structured, low intensity, brief therapeutic intervention delivered in person for adults from culturally and linguistically diverse backgrounds.

t 07 3333 2100 e mentalhealth@worldwellnessgroup.org.au, www.worldwellnessgroup.org.au

Peach Tree Perinatal Wellness – Sunshine Parenting program

A 6-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. t 0468 449 430 e

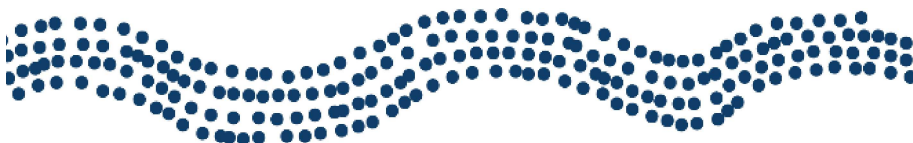
northbrisbane@peachtree.org.au or moretonbay@peachtree.org.au

Headspace

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.

Centre locations and contact details are provided below:

5. Caboolture t 07 5428 1599 Suite 38, The Lakes Centre, 8-24 King Street, Caboolture Qld 4510
6. Nundah t 07 3370 3900 1264 Sandgate Road, Nundah Qld 4012



7. Redcliffe t 07 3897 1897 457 Oxley Avenue, Redcliffe Qld 4020
8. Strathpine t 07 3465 3000 441 Gympie Road, Strathpine Qld 4500
9. Indooroopilly t 07 3157 1555 17 Station Road, Indooroopilly Qld 4068

Support Services

- call [Lifeline](#) on [13 11 14](#), available 24 hours a day
 1. visit the [Beyond Blue](#) website
 2. visit the [Black Dog Institute](#)

Digital Services

- [NextStep](#) by ReachOut
- [myCompass](#) and [other tools](#) by Black Dog Institute
- [The BRAVE Program](#) — an interactive, online program for treating and preventing anxiety in children and teenagers
- [e-couch](#)
- [MindSpot Clinic](#)
- [Moodgym](#)