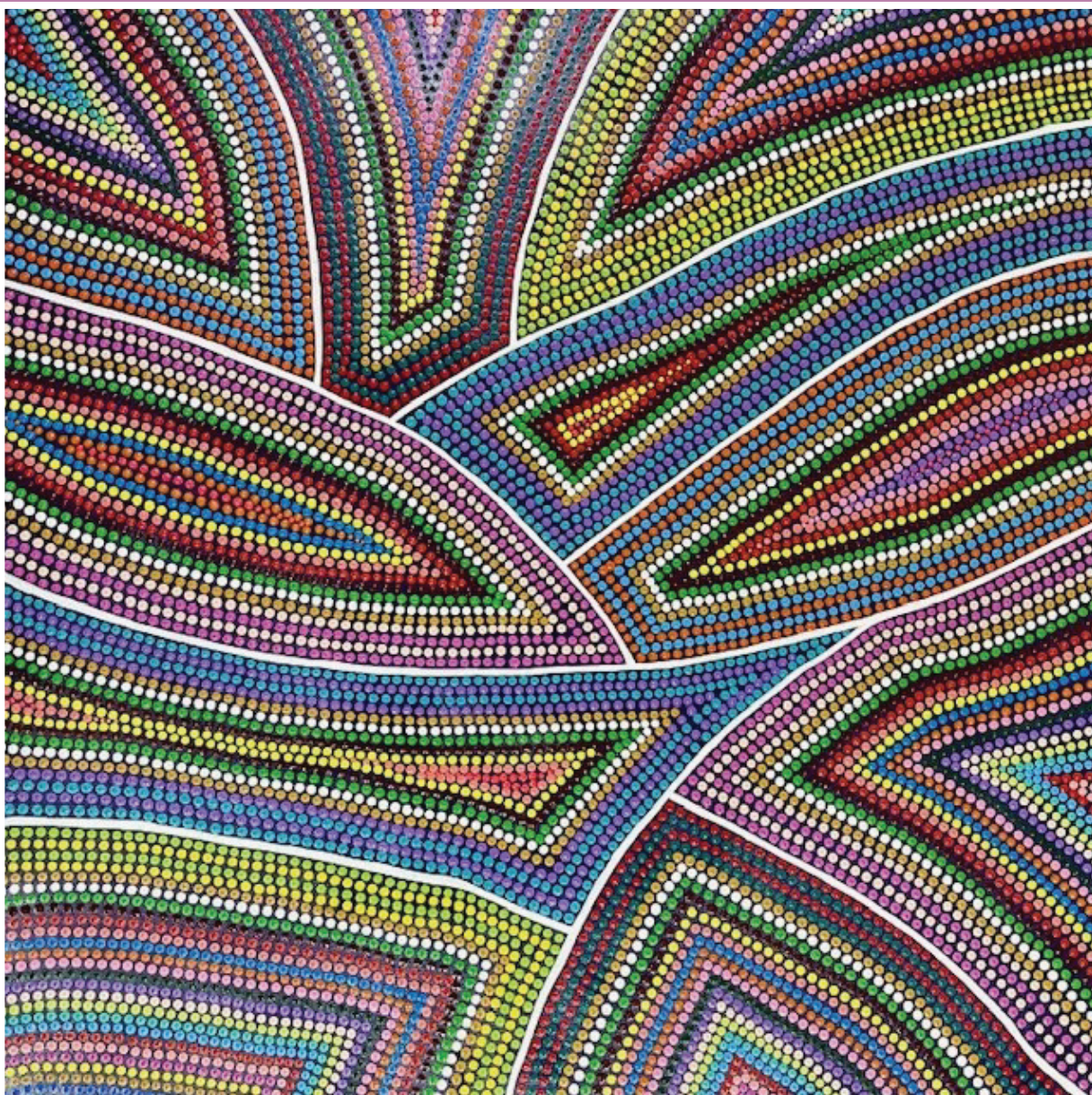




# Metro North Mental Health



## Recovery Support

**Courses and Resources Prospectus**

**January - June 2025**



# Welcome to the Recovery Support Courses and Resources Prospectus: January to June 2025

This booklet contains a wide range of recovery focused courses and programs aimed at supporting people to manage mental health challenges and to achieve the things they want out of life. A personally meaningful and satisfying life is possible despite mental health challenges.



This information is also available on the app and the following website

[www.mymentalhealth.org.au](http://www.mymentalhealth.org.au)

*This website contains information about other mental health services, as well as community services and resources.*

## How do you register for a course?

Phone or email the contact of the organisation for the course. **(Please note some courses have limitations on eligibility due to catchment areas or other specific requirements)**

Many people are nervous about joining a program for the first time. Some people may find it difficult talking in a group or just being in group, due to factors like loss of confidence or anxiety.

Some people find it difficult to concentrate or are worried that they won't be able to follow the entire program. Its quite normal to be nervous or worried about attending a course.

All program facilitators understand these concerns and are there to support you.

If you would like extra support or to discuss your concerns, please contact the Program Coordinators on the numbers provided.



## Acknowledgement of Traditional Owners

Metro North Health respectfully acknowledges the traditional owners of the land on which our services and events are located. We pay our respects to all Elders past, present and future and acknowledge Aboriginal and Torres Strait Islander people across the State.

The front cover artwork was created by, “Graeme is a talented artist who has been involved with a range of art projects in the community as well as developing his own personal style of dot artwork. For more examples of his work check out the Facebook site Graeme Yuke Aboriginal Art.”

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## For more information, contact:

Metro North Mental Health Resource Team  
490 Hamilton Rd, Chermside, Qld, 4032.

Email: [Peta.Mitchell@health.qld.gov.au](mailto:Peta.Mitchell@health.qld.gov.au) or

[Recovery\\_Support\\_Services@health.qld.gov.au](mailto:Recovery_Support_Services@health.qld.gov.au)

Phone: 3139 4101

*\*Please be advised that although care is taken to ensure the accuracy of all information included, this publication is compiled via an expression of interest process. The Resource Team does not take responsibility for any incorrect information provided by organisations listed within.*

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## SECTION 1: REBUILDING YOUR LIFE – SUPPORTS, SERVICES, & PROGRAMS FOR RECOVERY

### Aboriginal and Torres Strait Islander Communities



**13YARN** is the first national service of its kind for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarning opportunity and support with a trained Lifeline Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We will work with you to explore options for on-going support. You know you will be connected to another Aboriginal and Torres Strait Islander person who will understand where you are coming from and value knowing HOW to listen, without judgement or shame.

Call 13YARN (13 92 76) For all general enquiries, please email [enquiries@13yarn.org.au](mailto:enquiries@13yarn.org.au)

#### Institute for Urban Indigenous Health (IUIH)

#### Indigenous Health

IUIH is a Community Controlled Health Service (CCHS) that leads the planning, development and delivery of health, family wellbeing and social support services to the Aboriginal and Torres Strait Islander population of SE Queensland. IUIH is working with our Member CCHSs to improve the health, wellbeing, and economic independence of Aboriginal and Torres Strait Islander people in SE Queensland, the largest and fastest growing Indigenous population in Australia.

**To Register:** General enquiries Ph: 3828 3600 or email: [reception@iuih.org.au](mailto:reception@iuih.org.au)

#### Koobara

#### Play Group – for Parents, Carers and Bubs

We primarily offer a service to the Aboriginal and Torres Strait Islander families and children of the north-side region. Children of other cultures are most welcome, and every effort is made to incorporate aspects of all children's backgrounds into our educational program. Every Tuesday from 10 – 12 no cost just turn up.

Please do not hesitate to contact us with any questions. Venue 421 Beams Rd, Taigum

**To Register:** Ph: 3265 7171 Or check out <https://www.koobara.com.au/services/playgroup/>

#### Kurbingui Youth and Family Development

- **Regional Suicide Prevention - Social Emotional Wellbeing Program**
- **The Strong Deadly Spirits Youth Cultural Engagement Program**
- **Youth Development**

This program aims to identify the best approach to suicide prevention education, support and follow up amongst all ages of Aboriginal and Torres Strait Islander people who are experiencing a suicide crisis, recent attempt or those who are bereaved by suicide in the Brisbane North side and Moreton Bay regions. The SEWB team will work with clients in accessing professional services such as Counselling, Psychologist, Psychiatrist ECT, and link up to cultural activities such as men's groups, yarning circles. There is a criteria clients need to meet to access supports from our SEWB team which are –

- Aboriginal and/or Torres Strait Islander person who has attempted to end their life through suicide.
- Aboriginal and/or Torres Strait Islander person experiencing a suicidal crisis.
- Aboriginal and/or Torres Strait Islander person who have been bereaved by suicide.

**Kurbingui also runs a youth group** "The Strong Deadly Spirits Youth Cultural Engagement Program" aged between 11-17 during the school term every Monday afternoon. This will be up and running again the start of 1<sup>st</sup> school term in January 2024.

**Youth Development** - Culturally appropriate support for families impacted by domestic and family violence.

Date	Time	Venue
Monday to Friday	8:30pm – 5pm	Kurbingui Youth & Family Development 425 Zillmere Road, Zillmere
Name	Phone	Email
Penny Tattam - SEWB Practitioner	0421 907 151	<a href="mailto:SEWB@kurbingui.org.au">SEWB@kurbingui.org.au</a>

**To Register:** Please head to [www.kurbingui.org.au](http://www.kurbingui.org.au) for the Social & Emotional Wellbeing referral form and return to [sewb@kurbingui.org.au](mailto:sewb@kurbingui.org.au) or you can phone Kurbingui on 3156 4800

#### WellMob

#### Resources

The WellMob website is a digital library linking to online mental health, wellbeing and psycho-social resources made by and for Aboriginal and Torres Strait Islander people. WellMob is based on the holistic model of social and emotional wellbeing and the website structured to allow quick and easy access under its 6 main topic tiles: mind, body, our mob (parents, women, men, young people etc), keeping safe, healing and culture. Wellbeing resources include websites, apps, podcasts, videos, helplines, social media, and online programs that provide tools for health and wellbeing workforce working with Aboriginal clients or in health promotion programs. WellMob is suitable for all frontline health and wellbeing workers, both Indigenous and non-Indigenous, and is also designed to provide easy access for our end users, our diverse communities.

Name	Email
David Edwards - WellMob Director	<a href="mailto:d.edwards@sydney.edu.au">d.edwards@sydney.edu.au</a>

**To Register:** This resource is free to use, and no registration is required. Find us at: [www.wellmob.org.au](http://www.wellmob.org.au)

#### Mob Link

#### Health and Social Services

Mob Link is an initiative of the Institute for Urban Indigenous Health to support Aboriginal and Torres Strait Islander people living in SEQ by linking with health and social services. Open 365 days a year, from 7am to 7pm, Mob Link can provide access to same day care or support to connect to a variety of health and social services.

The Improving Indigenous Access to Mainstream Primary Care (IIAMPC) Teamwork across the Brisbane North and South Regions to assist:

- Aboriginal and/or Torres Strait Islander Community Members who utilise mainstream GP Services to access their healthcare.
- Mainstream GP Clinics and Allied Health Practices to provide culturally safe services to their Aboriginal and/or Torres Strait Islander Clients

The IIAMPC Team provides:

- Information and support to connect to services available within the IUIH Network for Aboriginal and/or Torres Strait Islander people.
- Information on support on various Close the Gap initiatives such as CTG prescriptions and the Practice Incentives Programs' Indigenous Health Incentive
- Transport for Aboriginal and/or Torres Strait Islander Clients to access services.
- Delivery of our Turning Good Intentions in Culturally Safe Practice workshop for practice staff.

If you are unable to get an appointment with your regular GP, Mob Link can provide services and care online or over the phone. Through Mob Link, we can provide:

- Prescriptions for regular medications you might take.
  - Health advice for all sorts of conditions like coughs, colds or COVID
  - Medical certificates
  - Early pregnancy support
  - Mental Health Support and Advice
- The Virtual Care Team cannot prescribe strong pain killers and drugs of addiction.

**To Register:** Call 1800 254 354 or email [moblink@iuih.org.au](mailto:moblink@iuih.org.au)



## Addictions - Substances and Gambling



CommuniQd		Springboard AOD Day Program	
A free 18-week community-based day treatment program for people experiencing co-occurring alcohol and other drug and mental health difficulties. The program comprises a six-week intensive group (three days-per-week), followed by twelve weeks of individual support and access to ongoing aftercare peer groups. Our holistic approach to recovery incorporates psychoeducation, gym exercise, yoga, mindfulness, and dietitian sessions.			
Dates		Time	Venue
A new group commences approx. every 8 weeks.		Day Program: 9am-3pm Tues, Wed, Thurs	Spring Hill
Name	Phone	Email	
Daniel Baddiley	3308 4513	<a href="mailto:springboard@commuinfy.org.au">springboard@commuinfy.org.au</a>	
<b>To Register:</b> Open referral pathway: For information on eligibility and to obtain our referral form, please visit our webpage: <a href="https://communiq.org.au/springboard-alcohol-and-other-drugs-program/">https://communiq.org.au/springboard-alcohol-and-other-drugs-program/</a> or contact as above.			

Lives Lived Well (LLW)	Alcohol and Drug services for individuals and families requiring support	
Providing various individual, group and family residential supports		
(LLW) Detox and Withdrawal Support Program		
Provided to assist people wishing to cease problematic Alcohol, Cannabis or Meth (ice) use via an outpatient detox, along with providing psychosocial support to withdraw from other substances. Treatment is prescribed by a GP and under the supervision of a Registered Nurse. Clients remain living in the community during the detox period and attend our office daily for review with the Nurse and weekly support with the AOD Counsellors. Post Detox, Individual support is available on completion of detox by our AOD Counsellors for up to 10 weeks, Referrals will also be made to other services including the Lives Lived Well, Day Rehab program, Residential Rehab, or individual counselling.		
Name	Phone	Email
Hannah	0419 392 848	<a href="mailto:CWSS@llw.org.au">CWSS@llw.org.au</a>
(LLW) Breakthrough for Families Program		
(BFF) is free providing direct support to individuals and/or families (ages 12 and older) concerned about a loved ones' alcohol or substance use. We support our clients through Community Information Sessions (delivered in-person in the community or via webinar) and one-on-one brief counselling support. These brief support sessions are tailored to the individual's circumstances, providing education around alcohol and/or substances and the impact on physical and mental health, strategies to support and connection to other services if required. Support sessions can be conducted in person, telephone, or Teams at a Lives Lived Well office or an outreach setting by appointment.		
Name	Phone	Email
Yanina	0427 301 542	<a href="mailto:breakthroughforfamilies@liveslivedwell.org.au">breakthroughforfamilies@liveslivedwell.org.au</a>
(LLW) Day Rehabilitation - Group Program		
3-week group program for people experiencing problems with Alcohol or Other Drugs. Group runs 4 days per week and clients are supported with counselling/case management. Clients commit for the 3-week period. Focuses on: Relapse prevention, Emotional regulation and self-care strategies, Communication and boundary setting, Healthy lifestyle changes, Maintaining routines, Goal setting. Suitable for people aged 18 and over. <b>Venue:</b> Level 1, Central Lakes Shopping Centre 18- 21 Pettigrew St Caboolture.		
New Groups commence every 3 weeks, <b>in person</b> Monday/Tuesday/Thursday/Friday 9 to 11am or <b>Online</b> Monday/Tuesday/Thursday/Friday 12.30 to 3pm		
Name	Phone	Email
Hannah	0419 392 848	<a href="mailto:CDRP@llw.org.au">CDRP@llw.org.au</a>

(LLW) AOD Counselling & Case Management		
Brisbane North (Moreton Bay) Provides AOD Counselling & Case Management Support for clients with a primary AOD issue. Counselling is offered face to face in Morayfield & North Lakes. Phone counselling is also provided. Hours 8am – 5pm, Monday to Friday at Morayfield & North Lakes.		
Name	Phone	Email
Steve	0407 261 997	<a href="mailto:Stephen.sinclair@llw.org.au">Stephen.sinclair@llw.org.au</a>
(LLW)Wunya Residential Rehab		
Wunya is a twenty-bed live-in rehabilitation centre, offering a six-week intensive program, for individuals who are suffering alcohol and/or drug dependence, and who require the space to step back, reset, regain some control, allow their bodies and minds to replenish, explore the “why” behind the behaviour, learn some new skills and tools to better manage their lives, and begin the healing journey. <b>Dates:</b> Rolling program Monday to Thursday Admissions between 9am-1pm at Wunya Residential Rehab 55 Lower King St, Caboolture.		
Name	Phone	Email
Amanda	0429 412 291	<a href="mailto:Amanda.ledingham@llw.org.au">Amanda.ledingham@llw.org.au</a>
<b>To Register:</b> Referrals are made via Lives Lived Well Website or calling <b>1300 727 957</b> <a href="https://www.liveslivedwell.org.au/personal-referral/">https://www.liveslivedwell.org.au/personal-referral/</a> for self-referrals or <a href="https://www.liveslivedwell.org.au/service-provider-referral/">https://www.liveslivedwell.org.au/service-provider-referral/</a> service provider referrals.		

MNMHS	Kick Butts - smoking and vaping cessation group		
6 x 2hr sessions smoking cessation program for people with a mental health issue. Learn from experienced mental health clinicians and each other about smoking cessation methods so you can develop your personal quit plan. Free nicotine replacement products are provided.			
Dates		Time	Venue
Please contact your local Dual Diagnosis Coordinator (details below) to see when the next group is being offered. OR if your team or service have 4 or more consumers that want to quit call us about setting up a group.			
Name	Position	Phone	Email
Anne Kimmerling	DDC - TPCH	0407 695 952	<a href="mailto:anne.kimmerling@health.qld.gov.au">anne.kimmerling@health.qld.gov.au</a>
Freya Loweke	DDC - RBWH	0448 188 679	<a href="mailto:freya.loweke@health.qld.gov.au">freya.loweke@health.qld.gov.au</a>
Michelle Carter	DDC – RED/CAB	0402790 916	<a href="mailto:michelle.carter4@health.qld.gov.au">michelle.carter4@health.qld.gov.au</a>
To Register: Call your local DDC for details of upcoming groups and to register your interest.			

The Salvation Army – Moonyah	Foundations Program (Connect, Grow, Live) (Brisbane Recovery Services) – Alcohol & Drug treatment		
Treatment for alcohol and/or drug dependence, we offer: Residential Rehab (12 weeks), Withdrawal Management (detox), Day Program (6 weeks). We utilise the <i>Foundations Program</i> , a phased treatment program that is person-centered, strength – based and caters to each participant's individual recovery goals. Foundations works alongside your case management, counselling, medical supports, and community connections. We're here to empower you and support you to reach your full potential and sustain long-term change. Venue: (BRS) Moonyah, Red Hill.			
Name		Phone	Email
Moonyah		3369 0922	<a href="mailto:brs.inquiries@salvationarmy.org.au">brs.inquiries@salvationarmy.org.au</a>
To Register: Please call <b>3369-0922</b> between the hours of 8am and 4pm			

QuiHN	Open Groups		
We run 4 open groups a week. Mud Maps, Mindfulness, Nuts and Bolts and Wiser Minds. These groups run every week and clients don't need to book, just turn up at 10:30am at 1 Hamilton Place Bowen Hills.			
Mud Maps	<b>Monday:</b> A free and confidential group for people seeking support around substance use. This is a psychosocial educational group which covers a range of topics such as Values, Managing Triggers and Cravings.		
Wiser Minds	<b>Tuesday:</b> The Wiser Minds program has a focus on emotional regulation and distress tolerance using evidence-based interventions from DBT and imparts skills around emotional regulation, distress tolerance and interpersonal skills.		
Nuts and Bolts	<b>Thursday:</b> Nuts and Bolts introduces our services and rotate the topics of Goal Setting, Relapse Prevention, Harm Reduction and Mental and Physical Health. Once you have completed all 4 topics you will get a certificate of completion.		
Mindfulness Group	<b>Friday:</b> This mindfulness group is an opportunity to practice and learn about mindfulness in a safe environment. Each week a new mindfulness practice is explored.		
Name		Phone	Email
Paula Nicholson Team Leader, Therapeutic Services		3620 8111	<a href="mailto:pnicholson@quihn.org">pnicholson@quihn.org</a>
<b>To Register:</b> These are open groups – Just come along, all welcome.			

<b>Gamblers Anonymous</b>	<b>Gamblers Anonymous meetings</b>	
Phone	Email	
0460 852 099	<a href="mailto:gapublicinformation@gmail.com">gapublicinformation@gmail.com</a>	
Do you or someone you care about have a gambling problem? Is gambling costing more than money? - affecting relationships, family, work, physical or mental health? Gamblers Anonymous can help. Our primary purpose is to stop gambling and help others with a gambling problem do the same.		
Meetings are open to anyone with a gambling problem who wants to stop. Meetings daily across Brisbane.		
For more information including lists of meetings throughout Brisbane, please visit <a href="https://gaaustralia.org.au/">https://gaaustralia.org.au/</a> or call <b>0467 655 799</b>		

Relationships Australia Queensland (RAQ)	Gambling Help Service	
<p>Gambling Help Service is a FREE confidential service providing information, support and counselling to individuals and families affected by gambling. Gambling can easily get out of control. The gambling Help Service can help you to regain control of your gambling.</p> <p>RAQ provides the following services for FREE: Confidential face-to-face, telephone, teams or zoom counselling sessions, Education and prevention activities, Resourcing for other community agencies to better meet the needs of those affected by problem gambling, Liaison with the Gambling Industry, Information for students and the public about problem gambling.</p>		
In person program and virtual	Date/Time	Venue
	By appointment	Morayfield Health Hub and will advise platform for virtual.
Gambling Helpline		1800 858 858

## Caboolture Neighbourhood Centre



<b>Caboolture Neighbourhood Centre</b>	<b>Neighbourhood Centre Initiative (NCI)</b>
This program is a volunteer-based information and referral service that seeks to build community capacity through the provision of services, groups and courses, NCI offers: Community garden; Community kitchen; Events (Open day, Family fun day, Wellbeing expo); Form filling assistance service; Immigration and visa advice service; General counselling; General budgeting service; Basic computer courses; Computers literacy for seniors; Nutritional budget cooking; Community self-defence; Tax help; and Anger management; Room hire to community organisations and agencies; Grandparents chat group; Grandparents raising grandchildren playgroup and free meal Monday.	
<b>Other Support Services and Activities:</b> Community Resilience Program – advice, information and referral for individuals and families impacted by the February/March flooding events. Financial Resilience Program – community members experiencing financial vulnerability, access to NIL's loans; SPER Hardship Partner – Work and Development Orders and access to GIVIT –corporate and community donations of goods and services	
Date	Venue
Monday to Thursday 8am to 4pm or Friday 8am to 3pm Phone for appointment	Caboolture Neighbourhood Centre, 9 George St, Caboolture
Phone	Email
Mal Thomson 5428 1404	<a href="mailto:md@caboolturenhc.com.au">md@caboolturenhc.com.au</a>
<b>To Register:</b> Call or email for more information	







Communify Qld		Community Participation and Recovery Discovery Centre	
Communify Queensland is a multi-service organisation that provides a range of programs and activities for families and individuals in the community to enhance their quality of life. Our primary concern is the welfare and wellbeing of socially, physically, intellectually, and emotionally disadvantaged and vulnerable people in our community. We currently provide Aged and Disability Services, Day Respite, Childcare, Community Development, Community Education, Emergency Relief, Family, and Individual Support, Home Assist Secure, Homelessness Intervention, Mental Health Services, NDIS, Neighbourhood Centres, Social & Multicultural Support and Venue Hire.			
Community Participation		Eligibility	
Provides a range of group programs throughout January to June including but not limited to: Aqua Yoga – Pool Yoga Compass Crew – Walking Group Weaving Womxn Art Space Trauma Sensitive Yoga Acupuncture Clinic For the most up to date information about groups that are currently on offer, please email <a href="mailto:participate@communify.org.au">participate@communify.org.au</a>		Please note that to be eligible for Community Participation group programs participants must be eligible for one of the following streams of support: <ul style="list-style-type: none"><li>• QCSS (Queensland Community Support Scheme)</li><li>• NDIS</li><li>• My Aged Care</li></ul> For referrers, please email <a href="mailto:participate@communify.org.au">participate@communify.org.au</a> with interested groups and indicate which stream of support would best suit.	
Bus trips (Aged Care Only) Clinical Strength and Movement (Aged Care Only)		For self-referrals, please email <a href="mailto:participate@communify.org.au">participate@communify.org.au</a> or call <b>3510 2700</b> to talk about your eligibility and the programs available.	
Recovery Discovery Centre			
Communify's Recovery and Discovery Centre is a Mental Health Hub that is designed to provide integrated, multi-disciplinary supports for people who live with severe and complex mental health concerns that are having a significant impact on daily life and wellbeing. The Recovery and Discovery Centre is funded through the Brisbane North PHN and delivers support across three key funding streams: Individual and Group Psychosocial Support (including peer support and brief intervention), Clinical Care Navigation, and Individual and Group Psychological Therapies. With a framework based on the Recovery Model, the support that is provided is strengths-based, client-centred and trauma-informed.			
Eligibility: Please note that to be eligible for the Recovery and Discovery Centre participants must:			
Recovery and Discovery Centre provides a range of group programs including but not limited to: Introduction to DBT Skills Young Adult DBT Skills – Headspace Indooroopilly Aqua Yoga – Pool Yoga Compass Crew – Walking Group Weaving Womxn Trauma-Sensitive Yoga Shark Cage For the most up to date information about the services offered January - June 2025 through the Recovery and Discovery Centre please email <a href="mailto:recovery@communify.org.au">recovery@communify.org.au</a>		Be 18 years and over Reside in the RBWH Catchment Area Have a diagnosable severe and or complex mental illness (episodic or persistent) Be experiencing significant disruption to daily life, wellbeing, and functioning Not receiving supports through the NDIS Not receiving Case Management Support through Qld Health Participants attending Recovery and Discovery Centre groups must complete an intake with the team, if self-referring please contact the Centre to discuss your eligibility and arrange an intake. For referrers, please contact the Recovery and Discovery Centre for a copy of the referral Pathways Form.	
Recovery and Discovery Centre		3510 2777	<a href="mailto:recovery@communify.org.au">recovery@communify.org.au</a>

Footprints Community		Chill, Chat & Create	
<p>A weekly meet up for those who would like a chat, and the choice of participating in creative activities. Run by Lived Experience facilitators with a lived experience of their own mental illness and journey of recovery.</p> <p>Chat about how you have been going, the wins and challenges of your week, you can choose to keep the conversation light or just focus on your art works - paint, create and we also open this space up for you to bring your own creative hobbies in to work on, e.g. crocheting, knitting, scrap booking and anything else you can think of!</p> <p>We may be able to offer new skills and advice – if not we can support you on where to find educational tools to teach yourself, e.g. YouTube, or just a supported environment to practice your art. Chill, Chat and Create provides a place where you can explore your hobbies and creativity safely within a supportive environment.</p>			
Date		Time	Venue
Every Wednesday		10am – 12pm	Footprints Light Street Office
Phone			Email
3252 3488			<a href="mailto:PBGS@footprintscommunity.org.au">PBGS@footprintscommunity.org.au</a>
<b>To Register:</b> Be referred to Footprints Recovery Wellness Program or RFQ's Hospital to Home Program.			

Upbeat Arts Ltd	Absolutely Everybody Choirs – North and South Brisbane	
Singing with an <b>Absolutely Everybody Choir</b> is the perfect opportunity to sing with like-minded people in a safe and fun environment. You'll connect with the community and meet new people. It's an opportunity to break the cycle of social exclusion and a pathway to regaining independence. Upbeat Arts receive regular requests for the choir to perform, often at high-profile events and venues. Performing is always optional.		
Date	Time	Venue
Wednesday – weekly during public school terms	10am – 12:30pm	Wavell Heights (confirmed on registration)
Friday – weekly during public school terms	10am – 12:30pm	South Brisbane (confirmed on registration)
Name	Phone	Email
Susan Gilmartin - Operations Manager	3073 2919	<a href="mailto:Info@upbeatarts.org.au">Info@upbeatarts.org.au</a>
<b>To Register:</b> Our programs are free to access and are delivered for the benefit of adults with a mental illness, or anyone disadvantaged or marginalised. Members will need to provide contact details from the service they are working with or as a minimum an emergency contact. Example: Queensland Health, non-government mental health service or another mental health, disability or drugs and alcohol support service, and/or medical professional or GP. Complete an online application at <a href="http://www.upbeatarts.org.au">www.upbeatarts.org.au</a>		

Upbeat Arts Ltd	Creative Writing Workshops	
A celebration of your words, voice, and the stories you desire to tell. Work with a professional writer to help you get your ideas on the page. A creative space for anyone curious about writing, whether you've never done it before, or do it all the time, everyone is welcome.		
Date	Time	Venue confirmed on registration
Monday – weekly during public school terms	2 – 3:30pm	Online (via Zoom)
Tuesday – weekly during public school terms	1 – 2:30pm	South Brisbane or Online
Name	Phone	Email
Susan Gilmartin - Operations Manager	3073 2919	<a href="mailto:info@upbeatarts.org.au">info@upbeatarts.org.au</a>
<b>To Register:</b> Check details above to register and then complete an online application at <a href="http://www.upbeatarts.org.au">www.upbeatarts.org.au</a>		



## Culturally and Linguistically Diverse Program

Wesley Mission Queensland WESLEY ARTS		
Wesley Arts provides a combination of weekly group and one to one art and music facilitated workshops in 4 locations and online. We offer creative and social support in workshops exploring painting, watercolour, printmaking, digital art, animation/ graphic novels, crafting, puppetry, and ceramics as well as various performing and literary art workshops: singing, drumming, drama, photography, film, and T.V production. We offer exhibition and performance opportunities, creative career pathway, mentorships, and a retail outlet for our participants (both online and retail store). Our facilitators are all experienced, professional music and arts workers.		
Dates and Times		Venue
Monday through to Friday weekly program Sessions - am and pm		136 Brunswick Street, Fortitude Valley 6 Pegg Rd, Rocklea 652 Albany Creek Rd, Albany Creek 481 Broadwater Rd, Mansfield
Name	Phone	Email
Martine Cotton – Wesley Arts Coordinator	0497 923 867	<a href="mailto:Mccotton@wmq.org.au">Mccotton@wmq.org.au</a>
Annie Peterson - Wesley Arts Manager	0417 700 357	<a href="mailto:apeterson@wmq.org.au">apeterson@wmq.org.au</a>
Art From the Margins Art Gallery and Studio	3151 6655	<a href="mailto:wesleyarts@wmq.org.au">wesleyarts@wmq.org.au</a>
<b>To Register:</b> Please call to book a FREE Trial – You can use your NDIS payment or connect with us to discuss scaled costing contribution. Check the web <a href="http://www.wmq.org.au/wesleyarts">www.wmq.org.au/wesleyarts</a>		

A4AS.Strathpine/Neami Pine Rivers Art 4 Arts Sake (A4AS) morning and afternoon group		
Weekly creative arts program providing an opportunity for people to experience art making and a creative outlet to allow expression, as well as social interaction and inclusion. The sessions are perfect for those wanting to try art materials in a safe environment and can assist participants to develop basic skills in a variety of media. Participants can also source and develop connections to other community-based art groups and programs that may assist them in further achieving their goals in art. <b>Gold coin donation.</b>		
Date	Time	Venue
Friday am/pm - weekly	10am to 12.15pm / 12.45pm to 3pm	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols	3493 6780	<a href="mailto:livingandlearning@neaminational.org.au">livingandlearning@neaminational.org.au</a>
<b>To Register:</b> To book in please contact the Neami Living and Learning Centre above or for more information call Vicci on <b>0468 638 715</b>		

Self-Care means giving  
the world the best of  
you instead of what is  
left of you.

Caboolture Neighbourhood Centre	Community Action for a Multicultural Society (CAMS)
The CAMS initiative enables community organisations to employ multicultural community workers to undertake systemic and group advocacy and community capacity building activities for the benefit of Queenslanders from culturally and linguistically diverse backgrounds and to strengthen multiculturalism. The overall aim of the program is to ensure that regardless of a person's cultural, linguistic, and religious background they have equitable access to services and programs that respond to their needs. Can fully participate in and benefit from all aspects of life in Queensland with a greater emphasis on employment and employment sustainability building a sense of belonging in a cohesive and harmonious community. The CAMS Program delivers events to celebrate: International Women's Day; Harmony Day; Refuge Day; and Multicultural Day. CAMS activities include English language classes (in-house, one-to-one and outreach); Social gatherings and outings; Basic car maintenance; Basic typing and computer literacy; and Water safety.	
Date	Venue
Monday to Thursday 8am to 4pm Friday 8am to 3pm	Caboolture Neighbourhood Centre, 9 George St, Caboolture, and various other locations TBA
Phone	Email
Luisa Miller 5432 4220	<a href="mailto:cams@caboolturenhc.com.au">cams@caboolturenhc.com.au</a>
<b>To Register:</b> Call or email for more information and phone for appointment.	

Queensland Program of Assistance to Survivors of Torture and Trauma	QPASTT Training Calendar
QPASTT runs Professional Development Workshops for those in the sector who would like to learn more about working with people from refugee and asylum seeker backgrounds. <b>Topics include</b> - Supporting trauma recovery in young people from refugee and asylum seeker backgrounds, Working with families from refugee backgrounds, Working cross-culturally in the trauma and settlement context, Vicarious trauma, burnout & self-Care. Workshops run at various times throughout the year.	
<b>To Register:</b> Please go to our website: <a href="https://qpastt.org.au/training-calendar/">https://qpastt.org.au/training-calendar/</a>	

World Wellness Group	Brisbane Mind: Culturally and linguistically diverse groups-Psychosocial Support	
The Psychosocial Support Program is funded by Brisbane North PHN to support multicultural consumers experiencing severe mental illness and associated reduced psychosocial functioning to live independently, safely, and productively in their community, form meaningful connections in a supportive environment, and reduce the need for acute care. This program includes both individual and group support. Please reach out to find out more about what is available. This is a free program. Email: <a href="mailto:mentalhealth@worldwellnessgroup.org.au">mentalhealth@worldwellnessgroup.org.au</a>		
Date	Time	Venue
Mondays & Fridays	9am – 5pm	Flexible – outreach and location-based groups
Contact Details	Program Manager: Annette Ruzicka – 3333 2100	
To Register: For the referral <a href="https://worldwellnessgroup.org.au/referral-forms/">https://worldwellnessgroup.org.au/referral-forms/</a>		



World Wellness Group	Culture Care	
Culture Care provides emotional and psychosocial support to carers from multicultural backgrounds who have a role in caring for someone with poor mental health. Our team is available to listen to the carer and help with managing stress, finding services or information so carers can feel supported in their role. Support is provided: Over the phone (Queensland-wide) via Multicultural Connect Line (1300 079 020).		
The program also facilitates groups for social connection and education. Our team works with multicultural peer support workers and interpreters to provide language, cultural support and lived experience expertise. We can provide support to anyone, above 18 years old, with a multicultural background caring for someone with poor mental health, regardless of the carer's relationship to the person requiring care, and regardless of their visa/immigration status. Eligibility is also extended to community and faith leaders as they are key people who community individuals turn to for support. This is funded by Queensland Health and is a partnership between World Wellness Group and Arafmi and is a free service.		
Contact Details	Viviana Jimenez Cuellar - Ph: 1300 079 020 or culturecare@worldwellnessgroup.org	
To Register: To find out more visit <a href="https://worldwellnessgroup.org.au/">https://worldwellnessgroup.org.au/</a>		
World Wellness Group	Culture In Mind (CiM)	
A culturally responsive mental health recovery service for adults from multicultural backgrounds experiencing complex mental health issues. Psychosocial recovery support is provided by Wellbeing Support Coordinators and Multicultural Peer Support Workers. Psychosocial needs are identified, and specific goals are set including improved daily functioning, social inclusion, addressing practical needs, and future aspirations. CiM is funded by Queensland Health. This is a free program.		
Date	Time	Venue
Mondays - Fridays	9am – 5pm	Flexible
Contact Details	Program Manager: Drew Cummins – Ph 3333 2100 or 0490 800 561	
To Register: For the referral: <a href="https://worldwellnessgroup.org.au/referral-forms/">https://worldwellnessgroup.org.au/referral-forms/</a>		
World Wellness Group	Multicultural Connect Line (MCL) 1300 079 020	
MCL is a free Queensland-wide culturally responsive psychosocial service for people from multicultural backgrounds to help with managing stress, navigate services and link to local supports. This support is also available to people who work with clients from multicultural backgrounds providing navigation and brief support over the phone. People who speak a language other than English will be linked to an interpreter for support; however, the MCL staff are multilingual; so sometimes an interpreter may not be required. This is a free service.		
Date	Time	Venue
Mondays - Fridays	9am – 4.30pm	Via Phone: 1300 079 020
Contact Details	Email: <a href="mailto:mcl@worldwellnessgroup.org.au">mcl@worldwellnessgroup.org.au</a> Website: <a href="#">Multicultural Connect Line (MCL) – World Wellness Group</a>	
To Register: Call 1300 079 020		
World Wellness Group	Multicultural Psychological Therapies (Mild – Moderate)	
This program delivers talk-based psychological therapies for adults and children from multicultural backgrounds experiencing mild to moderate mental health challenges, with a focus on depression and anxiety. People who experience difficulties accessing psychological therapies via Medicare including cultural, language, and socio-economic barriers are best suited to the support provided by this program. Brisbane South and Brisbane North Primary Health Network areas. This is a free program.		
Date	Time	Venue
Mondays - Fridays	9am – 5pm	Woolloongabba and other venues in North and South Brisbane.
Contact Details	Program Manager: Annette Ruzicka - Ph 3333 2100	
To Register: For the referral: <a href="https://worldwellnessgroup.org.au/referral-forms/">https://worldwellnessgroup.org.au/referral-forms/</a>		

<b>World Wellness Group</b>	<b>Problem Management Plus (PM+) - Brief Therapy (Low intensity)</b>	
This mental health support service is for adults from multicultural backgrounds who experience psychological stress due to situations of adversity. The program builds coping strategies for managing stress and strengthening supports. Brisbane South and Brisbane North Primary Health Network areas. This is a free program		
Date	Time	Venue
Mondays - Fridays	9am – 5pm	Flexible
Contact Details	Program Manager: Annette Ruzicka – 3333 2100	
<b>To Register:</b> Referral form: <a href="https://worldwellnessgroup.org.au/referral-forms/">https://worldwellnessgroup.org.au/referral-forms/</a>		
<b>World Wellness Group</b>	<b>Multicultural Advocacy and Legal Service (MALS)</b>	
MALS is a partnership with Caxton Legal Centre and World Wellness Group. We assist individuals from multicultural backgrounds whose mental health is affected by their legal issues. We cover the Greater Brisbane Region.		
<b>The areas of law we assist with include:</b> Domestic violence & elder abuse, Workplace issues, Family & divorce, Human rights & discrimination, Credit, debt & money issues.		
<b>We provide or help with:</b> Legal advice about legal rights and options, Communication with relevant services or people, Information, and referrals if we cannot help in a specific area, An interpreter or cultural support.		
<b>We cannot:</b> Represent in court unless we agree to; Provide legal advice about personal injury, Immigration matters		
Date	Time	Venue
Mondays - Fridays	9am – 5pm	Flexible
Contact Details	Lawyer and Advocate Ph 1800 861 977 or email <a href="mailto:malsteam@caxton.org.au">malsteam@caxton.org.au</a>	
<b>To Register:</b> More information and referral form for service providers available on <a href="https://caxton.org.au/how-we-can-help/multicultural-advocacy-and-legal-service-mals/">https://caxton.org.au/how-we-can-help/multicultural-advocacy-and-legal-service-mals/</a>		



Deception Bay Neighbourhood Centre		
Deception Bay Neighbourhood Centre has various programs available to support the community.		
<p>The Deception Bay Neighbourhood Centre is a community hub that offers a range of services, activities, and initiatives aimed at increasing social inclusion, employment, and continually supporting our community. Our programs are no cost and include the Outreach Family Program, Financial Resilience Support, Counselling, Emergency Relief, and Cert III Training. The Centre regularly hosts Free Community Connect Days and various other events. We also support local Community Groups.</p> <ul style="list-style-type: none"> <li>• <b>Financial Resilience Support:</b> If you are experiencing financial hardship. We can work with you to develop your capacity to manage your finances, apply for no interest loans (NILS), and work with creditors to organise payment plans. Watch our Cooking with Barb videos on YouTube and Facebook for Meals on a Budget. Contact Barbara &amp; Linda on 3204 2022 or <a href="mailto:Info@dbnc.org.au">Info@dbnc.org.au</a> By appointment only. Call during office hours, 9.30am to 2.30pm, Mon-Fri, and our staff will book an appointment for you.</li> <li>• <b>Counselling (no cost):</b> We have a variety of fully qualified counsellors available, with years of combined experience. Counselling services are offered for individuals, couples, and families. By appointment only.</li> <li>• <b>Emergency Relief:</b> If you are experiencing financial stress, we offer emergency relief supplies including milk, bread, food bank, as well as nappies and sanitary products. Additional support can be provided on a case-by-case basis.</li> <li>• <b>Orbital Training Program (no cost):</b> Regular courses: Certificate III in Individual Support (Age &amp; Disability) and Certificate III in Early Childhood Education &amp; Care. Other courses depending on funding: Certificate III in Food Processing, Forklift &amp; Warehouse and Certificate III in Hospitality. These programs are proudly funded and supported by the Queensland Government. Contact Beverley, Jodie, Annette &amp; Helen to Register as certain conditions apply. Call during office hours, 9.30am to 2.30pm, Mon-Fri, and ask for the Orbital Team.</li> </ul>		
Date	Time	Venue
Monday-Friday	9.30am to 2.30pm	Deception Bay Neighbourhood Centre, 24 Endeavour St, Deception Bay.
Name	Phone	Email
Deception Bay Neighbourhood Centre	3204 2022	<a href="mailto:Info@dbnc.org.au">Info@dbnc.org.au</a>
<b>To Register:</b> Call or drop into the centre and speak to our friendly and helpful staff. Connect with us on Facebook and Instagram @DBNC4508, or visit our website <a href="https://dbnc.org.au/">https://dbnc.org.au/</a>		

“You are not alone in your journey towards better mental health.”

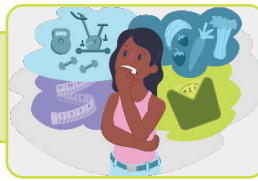
Footprints Community		
Full DBT		
Footprints' DBT skills groups caters to individuals who have experienced or continue to experience distress, interpersonal challenges, or emotional dysregulation. Groups are peer-led and inclusive, catering to a wide range of experiences and challenges. Originally developed for those diagnosed with Borderline Personality Disorder, DBT skills groups cater for individuals who experience a wide range of emotional needs. Over three 10-week modules, individuals will explore the bio-social theory, mindfulness skills, interpersonal effectiveness skills, distress tolerance skills and emotional regulation skills. DBT is suitable for anyone who would benefit from learning and developing skills in any of these areas.		
Date	Time/Venue	
Starts 23 <sup>rd</sup> July	Various locations Albion/Caboolture/Nundah & Redcliffe	
Name	Phone	Email
Katie Nutting – Team Leader	0481 601 888	<a href="mailto:katien@footprintscommunity.org.au">katien@footprintscommunity.org.au</a>
<b>To Register:</b> Be referred to Footprints Recovery Wellness Program or RFQ's Hospital to Home Program.		

Footprints Community		
Skills Building		
A very light introduction to DBT for participants who want to get a feel for DBT Skills group without the complete structure and discipline. In the “Skills Building” Group you will learn a new skill every week and enjoy a relaxed session with an informal discussion around the weekly skill whilst keeping your hands busy with light creative activities too.		
Date/Venue		
7 <sup>th</sup> June 24 at Albion Peace Centre 18 <sup>th</sup> July 24 at Caboolture Hub		
Name	Phone	Email
Katie Nutting – Team Leader	0481 601 888	<a href="mailto:katien@footprintscommunity.org.au">katien@footprintscommunity.org.au</a>
<b>To Register:</b> Be referred to Footprints Recovery Wellness Program or RFQ's Hospital to Home Program.		

MNMH-RBWH		
Dialectical Behaviour Therapy (DBT)		
The (DBT) program is an evidenced based program which has been developed to assist people with Borderline Personality Disorder (BPD), who struggle with self-harm and/or suicidal behaviours. People who experience BPD may also have difficulty managing impulsive behaviours, maintaining effective relationships, and regulating their moods and emotions. Consumers attend weekly skills group, individual therapy sessions and have access to phone coaching.		
Date	Time	Venue
Ongoing 12-month commitment of weekly group skills and individual therapy for 3.5 hours	Wednesdays 10am-12:30pm or Thursdays 10am-12:30pm	Spring Hill Community Mental Health Centre 121 Wharf St Spring Hill
Name	Phone	Email
Jo Townley - Team Manager Southern CCT	3834 1665	<a href="mailto:Joanna.Townley@health.qld.gov.au">Joanna.Townley@health.qld.gov.au</a>
<b>To Register:</b> Contact the MH CALL number on <b>1300 622 255</b>		



## Eating Disorder Supports



Eating Disorders Queensland		
EDQ is a state-wide, community-based not-for-profit organisation. We support both individuals who are living with an eating disorder; their carer's, loved ones, and key support people. Support options include therapeutic and psychosocial support for individuals and coaching and community connection for carers. For more information, visit our website <a href="http://www.eatingdisordersqueensland.org.au">www.eatingdisordersqueensland.org.au</a> .		
Venue	Phone	Email
EDQ, 51 Edmondstone Street, South Brisbane	3844 6055	<a href="mailto:admin@edq.org.au">admin@edq.org.au</a>
<b>To Register:</b> Participants are required to attend an intake appointment before attending for the first time. Please be aware that there may be a waiting period to commence some services. Individuals do not need a medical diagnosis of an eating disorder but do require medical clearance. Carers and Individuals must be over the age of 16 and be a QLD resident. All of our support services are fully funded (no cost).		
Carer Connect		
Providing a supportive and collaborative environment for family members, carers, and key support people to come together and is facilitated by a EDQ Carer/Key Support Coach and either a Lived Experience Worker or a Carer/Key Support Lived Experience Worker. The Group runs each month for 2 hours, alternating between being online via Zoom, or in-person at EDQ South Brisbane. Carer Connect focuses on different themes/topics each month, including guest speakers with aims to be informative and to support families and carers to support their loved ones. The evening is an opportunity to connect with others who are going through a similar journey and to hear different experiences and insights. Feedback from people who have attended Carer Connect includes "connection with others who understand", "nice to meet people who have been through the same thing", and "everyone is open, caring, supportive, no judgement."		
Carer Peer Mentor Program (CPMP)		
Carer Peer Mentor Program connects individuals who have cared for a loved one through eating disorder recovery to now be mentors for individuals/mentees currently caring for a loved one during eating disorder recovery. Throughout the three-month program, both mentors and mentees are connected with an EDQ Carer/Key Support Coach for regular supervision and support. All carer mentors are trained prior to commencement to provide non-clinical support, utilising their skills and knowledge of lived experience. EDQ encourages weekly contact between matched mentors and mentees, and throughout the program other program mentors and mentees have an opportunity to meet and speak with one another.		
Carer Re-connect		
Throughout the year the Carer/Key Support Team run events tailored to Families, Carers and Key support people to provide information, support, and connection. Our Re-connect events are themed events that are accessible to past and current Carer clients, or Carers who have not yet linked in with the service.		
Community Table		
This group is designed for those with a variety of eating disorders. As part of each session, the group shares a meal, which is provided by EDQ. The Community Table uses a semi-structured approach, allowing time for pre- and post-meal activities, as well as the flexibility to explore a variety of different topics and skills that may be beneficial to recovery. The Community Table is a closed group of 6-8 individuals, who meet once a week for 5 weeks. The group sessions are three hours in length and currently run over the lunch period. There are many reasons to join The Community Table:		
<ul style="list-style-type: none"> <li>• Receive support and understanding from Eating Disorders Practitioners and your peers;</li> <li>• Work towards personal goals around nutrition;</li> <li>• Rediscover your relationship with food;</li> <li>• Explore different skills to manage intrusive thoughts and feelings that accompany eating;</li> <li>• Try new activities that may be helpful during the challenging pre- and post-mealtimes.</li> </ul>		
Peer Mentoring Program		
The EDQ Peer Mentoring Program supports people who are recovering from eating disorders by partnering mentees with mentors who have recovered from an eating disorder.		

Successful mentoring requires thorough training through our program and a commitment to regular mentoring contact agreed to by the mentor and mentee for a six-month period. The design and structure of the Peer Mentor program is based on best practice national and international standards from other mentoring programs. Data and feedback from the program undergo ongoing evaluation to improve the program and the experiences of participants. The program runs twice per year. Each program includes up to three sessions at EDQ, with weekly contact encouraged between the matched mentors and mentees.	
Peer Support Group	
The Peer Support Group aims to provide those in recovery with an opportunity to connect with other peers who have shared similar experiences. Groups will be facilitated by EDQ staff with lived experience, who will work alongside group participants to find solutions to common problems and help to navigate the pathway to recovery. Participants can choose which sessions to attend, and sessions are open to all stages of recovery, and all types of eating disorders/issues. The group is held weekly, alternating between in-person and online delivery.	
10-WeekTherapeutic Group	
This is a closed group, and participants are expected to commit to attending all 10 sessions. The group is for individuals living with an eating disorder and allows participants to explore shared themes related to eating disorders, reduce isolation and shame and build relationships with peers. The group is facilitated by Eating Disorder Practitioners, either in-person or running online.	
Trauma-Informed Yoga Group	
A six-week yoga group that aims to give people a foundation around Yoga, the important philosophical elements that guide practice and how yoga can support recovery from eating disorders. Recovery from an eating disorder often involves a process of reconnection to the body. A yoga practice can be a way for people to make peace with the body, reclaim the body, and learn that the body can be reliable and safe again. Each week we connect with our body through practices of movement, breathing, meditation, and relaxation. Compassion and kindness for self are key underlying principles for the practice. This is all facilitated through gentleness, with varying options and choice provided that enable people to go at their own pace and comfort level. The practice of Yoga also enhances other recovery tools such as talk therapy and other treatment modalities.	
BITE Program	
bITE is a 15 week community based program that focusses on connection and nourishment. bITE is tailored to individual client needs and preferences across the continuum of care, regardless of eating disorder type, severity or geographical accessibility. bITE is a great introduction into EDQ and eating disorder therapeutic work. There are 3 components of the bITE program; Connect, Nourish & flow into other EDQ services. EDQ clients can choose components that suit their needs and meet them where they are at in their journey. Completion of bITE allows clients to flow into longer term individual therapy, group therapy and peer work. Clients will remain on the waitlist for other EDQ services (such as individual counselling) whilst engaging in bITE, reducing the wait time for supports.	
<b>To Register:</b> Contact details above.	

Queensland Eating Disorder Service (QuEDS)	Schema Therapy for Eating Disorders Group (STE-g)
This is a weekly 90-minute group (25 weeks) for clients with eating disorders and co-occurring mental health disorders. Based on Susan's Simpson's schema therapy for eating disorders model and focuses on addressing underlying core beliefs and coping mechanisms that maintain eating disorder symptomatology and building healthy and flexible responses to life stressors and negative emotions.	
Date	Venue
Weekly for 25 sessions. 1.5 hrs/week Commitment to completion is required.	QuEDS Indooroopilly, 2 Finney Road
(QuEDS) Day Program	
QuEDS Day Program offers intensive support for eating disorder clients who are struggling with their current level of community treatment and provides much needed meal support several days per week, while being in a comfortable residential setting. The Day Program includes therapeutic groups and supported meals facilitated by a specialised multidisciplinary team. Therapeutic groups focus on practical (e.g. food preparation), psychological (e.g. working	

with difficult thoughts and feelings) and nutritional (e.g. improving variety in eating) aspects of recovery. Information and consultation sessions with support persons (i.e. family, friends) are also offered. The Day Program is publicly funded with only minor costs for participants.		
Date	Time	Venue
6 weeks + pre/post appts.	Various hours 0830 - 1600 3+ days/week	QuEDS Indooroopilly, 2 Finney Road
<b>(QuEDS) Individual Therapies for Eating Disorders</b>		
QuEDS offers a range of evidence-based therapies to support adults with diagnosed eating disorders, at no cost. These therapies are provided by QuEDS multidisciplinary clinicians and dietitians with a broad range of experience working with people of backgrounds. QuEDS Individual Therapies are time/session number limited in line with current evidence and primarily conducted at our community facility in Indooroopilly.		
Date	Time	Venue
Monday - Friday	0800 - 1600	QuEDS Indooroopilly, 2 Finney Road
<b>To Register:</b> GP referral required – please contact QuEDS for further information on <b>3114 0809</b> or email <a href="mailto:queds@health.qld.gov.au">queds@health.qld.gov.au</a>		

## Education and Forums



Clemente ACU	Grow Your Knowledge	
Clemente is free university program offered to people who've experienced hardship and would like to improve their skills in a supportive and gentle learning community. Students will study a Certificate of Liberal Arts to help build communication skills including writing, speaking, and presenting, planning, critical thinking, and self-organisation. Learning partners will be provided to support and guide you. Our upcoming program offers two options soon to be announced on Wednesdays at Common Ground South Brisbane and on Thursdays at ACU campus Banyo.		
Date	Time	
2025	4 hour lecture each week for 13 weeks	
Name	Phone	Email
Alicia Bettles	0419 502 531	<a href="mailto:education@svdpqld.org.au">education@svdpqld.org.au</a>
Janine Quine	0432 607 751	<a href="mailto:Janine.Quine@acu.edu.au">Janine.Quine@acu.edu.au</a>
To Register: Call or email contact details above.		

<b>MNMH</b>	<b>Forum: Managing Anxiety</b>
<b>12:30 – 1:15 What is Anxiety?</b> This session will help you to better understand anxiety symptoms, their purpose, their causes, and a brief look at potential treatment options. This will include information on medications for anxiety.	
<b>1:15 – 2:00 Sensory approaches for managing anxiety.</b>	

This session will introduce you to an evidence-based intervention in mental health - Sensory Approaches. Sensory Approaches can assist people to regulate their feelings and ability to cope in challenging situations by providing alternatives for reducing distress that focus on the senses. <b>2:00 – 2:30 Anxiety - A Lived Experience.</b> <b>2:30 – 3:00 Tea and coffee break</b> <b>3:00 – 3:45 Thinking together about thinking: understanding and working with your worries.</b> This session will aim to help you understand more about the ways in which we think about ourselves, others and the wider world, and how it has the potential to either help or hinder your wellbeing. <b>3:45 – 4:30 Practical strategies for coping with anxiety.</b> This session covers some evidence-based practical strategies that we can use to cope when anxiety strikes. June with dates, times and venue to be confirmed. Contact Imani Gunasekara on 3114 0801 or email <a href="mailto:imani.gunasekara@health.qld.gov.au">imani.gunasekara@health.qld.gov.au</a>
<b>To Register:</b> Phone or email, Imani Gunasekara - Senior Peer Coordinator

## Employment Support



MNMH	Integrated Employment Program (IEP)	
The Integrated Employment Program follows the principles of supported employment and is focussed on rapid job search in the areas of the consumer's interest. Employment service consultants provide intensive support and work closely with a Mental Health Clinician to achieve the best outcomes for participating consumers. This service is available to consumers of community mental health teams and extended care Metro North Mental Health Services.		
Name	Phone	Email
Beth Williamson - Occupational Therapist	3146 2310	<a href="mailto:Beth.Williamson@health.qld.gov.au">Beth.Williamson@health.qld.gov.au</a>
To Register: Please discuss referral to the IEP with your Mental Health Clinician.		

## Flood Disaster Recovery



MNMH	Disaster Recovery Team (DRT)	
<p>Disaster Recovery Team (DRT) offers mental health support to those who have been impacted by the 2021-22 floods and are experiencing ongoing psychological concerns. We hope to engage and work collaboratively with service providers to build resilience in disaster preparedness in the wider community.</p> <p>We can offer individual and group brief intervention, as well as assistance to connect with other appropriate care providers for ongoing support.</p> <p>To find out more about our referral option or our group programs, please contact us.</p> <p>Our service is not a crisis service. It is a support service only, for all urgent referrals we reinforce either calling <b>000</b>, (immediate risk) or MH CALL (<b>1300 642 255</b>) for crisis.</p>		
Phone	Email	
3139 4101	<a href="mailto:MNMHS-disaster.recoveryteam@health.qld.gov.au">MNMHS-disaster.recoveryteam@health.qld.gov.au</a>	
To Register: Contact details above.		





Centacare Family & Relationship Services	Brisbane Family Relationship Centre
<p>Everyone can benefit from some extra support at different times in their lives. Whether you're going through a difficult time, facing a big life change, or want to build stronger relationships with those you care about, we can help. Our highly skilled practitioners offer a safe and welcoming space and will support you to explore your options and find the services you need to move confidently toward your best future.</p> <p>The Brisbane Family Relationship Centre offers:</p> <ul style="list-style-type: none"> <li>- Family Dispute Resolution (<a href="https://centacare.com/family-and-relationship-care/family-dispute-resolution/">https://centacare.com/family-and-relationship-care/family-dispute-resolution/</a>)</li> <li>- Family and Child Counselling (<a href="https://centacare.com/family-and-relationship-care/family-and-individual-counselling/">https://centacare.com/family-and-relationship-care/family-and-individual-counselling/</a>)</li> <li>- Domestic Family Violence Counselling for women, post violence (<a href="https://centacare.com/family-and-relationship-care/domestic-and-family-violence-counselling/women/domestic-and-family-violence-counselling-women-fortitude-valley/">https://centacare.com/family-and-relationship-care/domestic-and-family-violence-counselling/women/domestic-and-family-violence-counselling-women-fortitude-valley/</a>)</li> <li>- Marriage and Relationships Education for adults (<a href="https://centacare.com/family-and-relationship-care/marriage-and-relationships-education/">https://centacare.com/family-and-relationship-care/marriage-and-relationships-education/</a>)</li> <li>- Parenting Groups such as 123 Magic &amp; Emotion Coaching, Engaging Adolescents, Separating Parents Are Raising Kids (SPARK). Please reach out to email for information when the next round is starting.</li> </ul> <p>We can provide services using a few different options (in person, telephone, Zoom, group programs). All our programs require Registration and an Intake telephone session to assess if the program is suitable for both client and service. Please contact Reception or Intake and Referral Practitioner to determine if your client is eligible for our programs.</p>	
Phone	Email
3251 5000 or 3624 0100	<a href="mailto:cfrs.clientintake@bne.centacare.net.au">cfrs.clientintake@bne.centacare.net.au</a> <a href="mailto:ReceptionFortitudeValley@bne.centacare.net.au">ReceptionFortitudeValley@bne.centacare.net.au</a>
<p><b>To Register:</b> Please contact for referrals and more on services and fees. Exemptions and subsidies due to financial hardship are available on application.</p>	

Fishability Qld Inc	Mainstream Support Services
<p>Fishability is a not-for-profit organisation committed to breaking the impact of social isolation and loneliness by offering a broad range of fishing related activities for participants to enjoy. We are peer driven, which means we support you to host your own fishing/boating experiences to build confidence and skills. Boat licencing opportunities available upon request. We aim to develop lasting friendships and broader social groups and have fun. Rods, bait and fishing equipment, facilitation/workshops provided. Must bring own chair.</p> <p>Check out <a href="https://fishability.com.au/">https://fishability.com.au/</a> and <a href="https://www.facebook.com/fishability.com.au?mibextid=LQQJ4d">www.facebook.com/fishability.com.au?mibextid=LQQJ4d</a></p>	
<p><b>To Register:</b> Phone Emma <b>0435 778 510</b> or email <a href="mailto:info@fishabilityqld.org.au">info@fishabilityqld.org.au</a></p>	

Footprints Community	Service Details
<p>Footprints Community is a well-regarded not-for-profit provider of community-based services, working in the community for over 30 years. Footprints adopts a non-discriminatory practice and working alongside people with respect and dignity, to enhance their capacity to live independently in the community, is integral to our service. Our professionally qualified and highly skilled workforce operate within a client centred practice framework ensuring principles of strengths-based practice are implemented into service delivery. We believe in independence, strength and choice. We work with people and their representatives, at their own pace, to empower and support people to reach their goals.</p>	
Ph: 3252 3488	Email: <a href="mailto:PBGS@footprintscommunity.org.au">PBGS@footprintscommunity.org.au</a>
<p><b>To Register:</b> Footprints Recovery Wellness Program or RFQ's Hospital to Home Program contact details above.</p>	

Meet the team/ Online Topic Discussion Groups	
<p>Come and meet the team and other participants whilst learning something new. A different topic every week, if there is something you want to discuss put it forward and we can schedule it in for a future discussion group. Great way to get familiar with PBGS/ our team and other participants, all from your own home.</p> <p>Every Wednesday starting 5<sup>th</sup> June 2024 – ongoing</p>	
Holistic Pain Management (HPM)	
<p>A 6-week group which explores the Mind-Body connection and chronic pain. The solutions-focused group aims to help participants find alternatives to dealing with chronic pain flare ups that don't rely on medication or hospitalisation and finding effective ways to cope with distress due to the pain. Participants can expect to update their facts about chronic pain and the pain-avoidance cycle, learn how to respond more effectively to pain, and engage in reflective journaling and mindfulness practices.</p> <p>6 weeks starting Redcliffe Encircle 09/07/24 &amp; Albion Peace Centre 21/10/24 from 9:30 -11am</p>	
Self-Care Superheroes	
<p>This 8-week group is designed for anyone who is establishing or maintaining their wellbeing. It combines education, group discussion and hands-on activities to explore strategies and skills that support recovery. Participants will create a self-care journal which aims to complement their recovery journey and consolidate their learnings from the course. The workshop explores increasing gratitude and self-awareness, identifying emotions and values, recognising unhelpful thought patterns, and responding effectively to triggers.</p> <p>Caboolture Hub 17/06/24 - Redcliffe Encircle 19/08/24 &amp; Albion Peace Centre 21/10/24 from 12:30 till 2:30pm</p>	
Social Health Connect	
<p>Social Health Connect supports people aged 18+ in the Caboolture/Kilcoy Hospital catchment who are experiencing social isolation and loneliness. Supports people with practical guidance for an engaging and meaningful life.</p> <p>The program will help you address barriers that may impact on your ability to improve your social health, community participation and connection. More information about the Social Health Connect program, including the referral form, can be found on the Footprints Community webpage: <a href="https://www.footprintscommunity.org.au/">https://www.footprintscommunity.org.au/</a></p>	
<p>1800 FOOTPRINTS (1800 366 877) Ph: <b>3252 3488</b> or Fax: 3252 3688 Caboolture and Kilcoy region</p>	
<p><b>To Register:</b> Open referrals for people aged 18+ in the Kilcoy and Caboolture regions.</p>	

Richmond Fellowship Queensland RFQ	NewAccess
<p><b>NewAccess</b> is a free and confidential support service for people who may be feeling down or overwhelmed and are seeking support to manage the stressors of daily life. The service is delivered by specially trained and supervised Coaches via an evidence-based, 'guided self-help' model. The model is a short-term therapy program underpinned by Low Intensity Cognitive Behavioral Therapy. The program is conducted over six sessions and two follow up appointments. Appointments are offered via face to face, telephone or video delivery depending on the individual needs / preferences of the client and the region in which they live. Please note that NewAccess is not a crisis service. It is suitable for individuals seeking low-intensity, short-term practical support.</p>	
<p><b>To Register:</b> Contact our team by phone on <b>1300 159 795</b>, email at <a href="mailto:NewAccess@rfq.com.au">NewAccess@rfq.com.au</a>, or visit the Beyond Blue webpage to complete an enquiry form at <a href="https://www.beyondblue.org.au/get-support/newaccess">https://www.beyondblue.org.au/get-support/newaccess</a></p>	

Salvation Army	Caboolture Salvos Programs
<p><b>Salvos Connect Drop-In Space</b> Is simply a space for people to come and share in conversation, play a board game, enjoy a toastie etc. Very much about building healthy connection.</p> <p><b>Men's Connect</b> Is a fellowship/friendship group for men. Pool tables, pin ball machines etc. Also, an opportunity to assist with our community garden.</p> <p><b>Craft Group - \$10 Cost</b> (to cover the cost of craft materials) Open to all. Different craft each week.</p> <p><b>Venue:</b> Cnr Lower King &amp; Dux St, Caboolture</p>	
<p><b>To Register:</b> Please phone our office for the latest updates <b>0413 094 636</b></p>	

Stepping Stone North Clubhouse		
<p>Stepping Stone is a member-based community organisation that successfully addresses the serious impact of mental illness. We are a community of people dedicated to one another's recovery.</p> <p>Focusing on strengths rather than illness, our members are given the opportunities to rejoin the worlds of friendships, family, important work, employment, education, safe and affordable housing, social recreation, and access to the services and supports they may individually need. Membership is for anyone 18 years and older who has experienced mental health concerns.</p> <p>The daily activity of Clubhouse is organised around a structured system known as the work-ordered day. The work-ordered day is an eight-hour period, typically Monday through Friday, which parallels the typical business hours of the working community. Members and staff work side by side, as colleagues to perform the work that is important to their community. All of the work in the Clubhouse is for the Clubhouse and not for any outside agency or business. There are no clinical therapies or treatment-oriented programs in the Clubhouse. Members voluntarily participate as they feel ready and according to their individual interests. We are open Monday to Friday 8:30am – 4:30pm and most public holidays.</p>		
Phone	Email	Venue
3121 8555	<a href="mailto:hello@steppingstonenorth.org.au">hello@steppingstonenorth.org.au</a>	88 Delaware St, Chermside
<b>To Register:</b> Please contact us to arrange a tour of Stepping Stone North where you can learn about our clubhouse and decide if you would like to join via our orientation process.		

## Neighbourhood and Community Centres are places of connection, belonging, participation and inclusion.

They're independent community based non-profit organisations that leverage local resources to make local communities better for everyone. They provide tangible support and assistance to local communities, particularly people and groups who face hardship and vulnerability.

### Programs, Projects & Activities

*Each Centre offers a diverse range of programs and activities:*

- Programs & Activities led by First Nations People such as Yarning circles and community art projects.
- Opportunities for Culturally & Linguistically Diverse - Celebrations, programs & activities led by or relevant to CALD people.
- Opportunities & Safe Spaces for LGBTQIA+ led and/or relevant programs, support groups and projects.
- Digital Literacy and Inclusion - Computer literacy programs and support to get online.
- Community Education - Certificate-level courses, tutoring, self-improvement activities and life skills.
- Disaster Resilience & Emergency Preparedness - Community preparedness planning and emergency response
- Community Connection Activities & Events - Community markets, fundraising activities, music events, art groups, pop-up cinemas, BBQs
- Family Support & Fun -Parenting courses, childcare, playgroups, homework clubs & holiday activities
- Community Gardens & Groups - courses, garden clubs and play equipment.

Where's your local centre? Use our interactive map to find Neighbourhood & Community Centres across Queensland Neighbourhood Centres  
<https://ncq.org.au/neighbourhood-centres/>

## LGBTIQA+ Friendly Programs



Roses in the Ocean LGBTQIA+ Survivor Attempt Action Group	
We invite LGBTQIA+ people to engage with us and help to inform our work, including advising on workshop content, development programs and supporting people in the community.	
Website	
<a href="http://www.rosesintheocean.com.au/lgbtqi/">www.rosesintheocean.com.au/lgbtqi/</a>	
Open Doors Youth Service Individual and group support programs	
We support young people who identify as Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual, Pansexual, Sistergirl or Brotherboy (LGBTIQAP+ Sistergirl & Brotherboy) aged 12-24.	
Website	
<a href="http://www.opendoors.net.au/about-open-doors-youth-service/">www.opendoors.net.au/about-open-doors-youth-service/</a>	
QLD Council for LGBTQIA+ Support and training	
Queensland Council for LGBTI Health enable lesbian, gay, bisexual, transgender and intersex people to increase control over and improve their health, as a resource for social, economic, and personal development.	
Website	
Queensland Council for LGBTI Health (formerly QuAC) at LGBTQIA+ Health Australia <a href="http://www.lgbtiqhealth.org.au/69">www.lgbtiqhealth.org.au/69</a>	
LGBTIQA+ Legal Service Legal Advice Consultations	
The LGBTI Legal Service offers <b>free</b> and <b>confidential</b> legal advice to Queensland residents who identify as members of the diverse <b>lesbian, gay, bisexual, trans</b> and <b>intersex</b> community.	
Website	
Free Lawyers in Brisbane and Queensland - LGBTI Legal Service <a href="https://lgbtilegalservice.org.au/">https://lgbtilegalservice.org.au/</a>	
ReachOuts Online Community	
Free, anonymous, and available 24/7 for people aged 14 – 25 years in Australia. A safe space to share your experience, learn from people like you and support each other. The ReachOut Online Community is moderated from 9am - 11pmAEST all year round, by staff and peer volunteers who ensure the community is safe space for everyone.	
Website	
<a href="https://au.reachout.com/online-community">https://au.reachout.com/online-community</a>	
MindOut Support	
Support LGBTQIA+ people and communities to be able to identify and respond to their own mental health needs, along with supporting others in the LGBTQIA+ community. MindOut develops and delivers national suicide prevention initiatives for the mental health and suicide prevention sectors to help them meet the needs of LGBTQIA+ populations. In doing so, the program aims to improve the mental health outcomes and reduce suicide and suicidal behaviour amongst LGBTQIA+ people and communities.	
Website	
Mental Health & Suicide Prevention - LGBTQIA+ Health Australia <a href="http://www.lgbtiqhealth.org.au/mindout">www.lgbtiqhealth.org.au/mindout</a>	



Men's Information and Support Association (MISA)	Counselling and support services
<p>MISA is a not-for-profit counselling service supporting men and their families through things like relationship breakdowns, situational distress, grief and loss, anger management emotion regulation, domestic violence, and trauma. We work with individuals (14 and older), couples or family groups to improve relationships.</p> <p>Counselling sessions are 1 hour. The fees are \$60 - individual counselling sessions or \$80 relationship, families, or couples counselling. Please note we can provide discounts for people in financial hardship situations, or some free sessions with our student counsellors (subject to availability). MISA is located in Strathpine at 4B, 481 Gympie Road.</p>	
<p><b>To Register:</b> Call <b>3889 7312</b> to book an appointment. Our office is not always staffed so please leave a message and we can get back to you. Email - <a href="mailto:info@misa.org.au">info@misa.org.au</a></p>	

Men's Information and Support Association (MISA)		Transformation 24/7 Workshop
<p>MISA Counselling Services' Transformation 24/7 Workshop is a personal development workshop with a focus on assisting Men to understand and improve their emotion regulation.</p> <p>It runs for 12 weeks, and participants must complete an intake appointment before the workshop begins. 100% attendance is required to receive a certificate at the end. There is a \$460 fee to attend.</p>		
Dates	Time	Venue
3 times a year TBC	Evening from 6:00pm	Strathpine (TBC)
Phone		Email
3889 7312		<a href="mailto:info@misa.org.au">info@misa.org.au</a>
<b>To Register:</b> Call the office to see if the course if appropriate for your circumstances and book in for an Intake session (\$60) (aim for 2-4 weeks prior to start date) Payment of the course cost is required before starting.		

The Man Walk Moreton Bay		Walk Talk Support
The Man Walk provides an environment that is positive, supportive, and inclusive, where there is no pressure and no barriers to entry. Just an opportunity to walk, talk and support! We want to make it ok to talk, and we want to make it ok for men to ask for help if they need it. We have a private Facebook Page which gentleman can join by applying to the Manbassador Group - The Man Walk Redcliffe, or just turn up to the walks.		
Venue	Times and Days	
Redcliffe - Redcliffe Jetty	6.30 am    Tuesday, Thursday & Saturday	
Beachmere - Silver Spoon	6.30 am    Wednesdays	
Caboolture - The Coffee Club	6.30 am    Monday and Fridays	
Newport - Newport Marketplace	6.00 pm    Wednesdays	
	7.30 am    Sunday	
Narangba	6.30 am    Sunday	
Name	Phone	Email
Denis Brennan	0458 886 088	<a href="mailto:sportzns@bigpond.net.au">sportzns@bigpond.net.au</a>
To Register: Just turn up.		

*Men's Shed's, Shed Happens, and Dad's Community are also supportive groups for men.*

*They have groups that meet in various locations. They're also on Facebook, see what you can find.*

Neami National – Living & Learning Centre, Strathpine		
<p>The Living and Learning Centre offers coaching and wellbeing support for people living in the North Brisbane and Pine Rivers area experiencing emerging, moderate, or severe mental health concerns.</p> <p>Through one-on-one and group sessions we integrate mental health and wellbeing coaching with access to psychosocial and clinical support.</p>		
<p><b>The right service for you</b></p> <p>The Living and Learning Centre provides mental health support services for people:</p> <ul style="list-style-type: none"> <li>• 18 years and over</li> <li>• Residing in the North Brisbane or Pine Rivers areas</li> <li>• Who have mental health concerns.</li> <li>• Do not have a NDIS or Aged Care package.</li> </ul>		
<p><b>Mental health recovery</b></p> <p>We believe that recovery is an individual process, and with the right kind of support, each person can move towards a life that matches their values and goals for the future.</p> <p>By identifying your strengths and what you would like to achieve, we support you to develop strategies and build skills that help to:</p> <ul style="list-style-type: none"> <li>• Reduce distress and manage symptoms</li> <li>• Improve your confidence and build independence</li> <li>• Connect with family, friends and others</li> <li>• Improve your physical health</li> <li>• Participate in your community</li> <li>• Enjoy a full and vibrant quality of life.</li> </ul>		
Venue/Mail	Phone	Email
Living and Learning Centre, Unit 7, 327 Gympie Rd PO Box 24, Strathpine QLD 4500	3493 6780	<a href="mailto:livingandlearning@neaminational.org.au">livingandlearning@neaminational.org.au</a>
<p><b>To Register:</b> Anyone can make a referral to the Living and learning Centre, including yourself, your doctor or GP, a family member or friend or other mental health or health services.</p>		
Program Details		
<p><b>Shark Cage</b></p> <p><b>8 weeks</b></p>	<p>This program is a supportive and informative group for women who have experienced sexual assault or family violence. It focuses on improving women's connection to self and self-worth, improve capacity to set boundaries and communicate assertively for building positive relationships.</p>	
<p><b>Wise Choices</b></p> <p><b>10 weeks</b></p>	<p>This program is an Acceptance and Commitment Therapy (ACT) based program that will give you the skills to lead a healthy, meaningful life and improve relationships with yourself and others. Participants will learn new skills to help with difficult thoughts and feelings, develop a healthier way to relate to our thoughts and discover more about yourself and what is important to you.</p>	
<p><b>Health Matters</b></p> <p><b>7 weeks</b></p>	<p>Explore and enhance both your physical and emotional wellbeing. Focusing on assisting you to understand your health and enabling you to make informed choices to improve your overall wellbeing. Through connecting and learning from others, the program aims to build confidence, promote a meaningful life and foster hope and optimism about the future.</p>	
<p><b>DBT Skills – Distress Tolerance – 7 weeks</b></p>	<p>Dialectical Behavioural Therapy (DBT) is an evidence-based psychotherapy being used to treat a variety of mental health concerns. Its core skill components include:</p> <ul style="list-style-type: none"> <li>• ***Mindfulness,</li> <li>• Distress Tolerance,</li> <li>• Emotion Regulation and</li> <li>• Interpersonal Effectiveness.</li> </ul>	

<b>DBT Skills – Emotion Regulation – 9 weeks</b>	By completing all four modules' individuals will have developed skills and strategies to manage emotions, work through crises and maintain effective relationships.  ***The Mindfulness component of DBT is incorporated into each of the other 3 modules.
<b>DBT Skills – Interpersonal Effectiveness – 8 weeks</b>	
<b>Sound Bath Meditation</b> <b>1<sup>st</sup> Thursday of the month from 1.30pm to 2.30pm</b>	Discovery of sounds using instruments including singing bowls, drums, rain sticks, flutes, didgeridoo, vocal toning & more. Sounds baths can offer a different and unique experience for everyone with the potential to reduce stress and anxiety, provide relaxation, improve sleep, improve focus and energy levels and offer rejuvenation.
<b>Rhythm 2 Recovery – R2R</b> <b>Date: 2<sup>nd</sup> Thursday of each month from 2pm to 3pm</b>	R2R is an evidence-based program that can lead to positive social and emotional outcomes. Evidence shows that engaging with music can increase social and emotional awareness, improve wellbeing, and reduce social anxiety and isolation. It can also be a lot of fun! There will be opportunities to explore the link between musical exercises and real-life challenges in a fun and safe learning environment. We supply Djembe drums for each participant or if you have your own, feel free to bring it along.
<b>To Register:</b> Participants need to be eligible for service with the Living and Learning Centre and complete an assessment before commencing the program. For more information, please contact the team on Phone <b>3493 6780</b> Fax 3103 4032 or email: <a href="mailto:livingandlearning@neaminational.org.au">livingandlearning@neaminational.org.au</a> Please be aware there will be a waiting period before service commences.	

## Older Persons



UnitingCare's Seniors Enquiry Line (SEL)
<p>Seniors Enquiry Line operates a free, state-wide, telephone helpline that provides information and referral support. Our service was created to be a 'one-stop-shop' for seniors to easily find information. When you call, a person answers, there's no 'dial one for...' prompts and calls are not recorded so you can remain completely anonymous. If our phones are busy, you will be directed to the voicemail instead of being on hold until someone is able to answer.</p> <p>Queensland seniors, their friends, family members, carers, neighbours, and service providers can contact us when you have a concern, a question or you need some support. You can ask us about anything and everything. We will help you by providing the information you need and link you in with the appropriate support services.</p> <p><b>Community Education:</b> SEL provides free information sessions to retirement villages, seniors social groups and community members throughout South-East Queensland. Topics include - scams awareness, social media &amp; online safety, digital legacy, and concessions and supports available for seniors. For information about community education, visit <a href="http://seniorsenquiryline.com.au/community-education">seniorsenquiryline.com.au/community-education</a> or email Emily directly at <a href="mailto:emily.gould@uccommunity.org.au">emily.gould@uccommunity.org.au</a></p> <p><b>Snippets newsletter:</b> The SEL has a free, quarterly newsletter which aims to inform seniors to services and supports available. Current and previous editions of Snippets can be found on the website at <a href="http://seniorsenquiryline.com.au/news-and-events/newsletters">seniorsenquiryline.com.au/news-and-events/newsletters</a>.</p> <p>Contact us at <a href="mailto:sel@uccommunity.org.au">sel@uccommunity.org.au</a> to sign up to receive via post or email.</p>

<b>InfoChat:</b> Infochat aims to contact seniors directly to provide information and updates on supports available to them. By subscribing for this service, you will receive a call monthly from one of our friendly helpline staff to check in and have a discussion around the topic of the month. These calls are a great way to remain up to date on issues which impact seniors. More information can be found on our website at <a href="http://www.seniorsenquiryline.com.au">www.seniorsenquiryline.com.au</a> The Seniors Enquiry Line's helpline operates 9am-5pm Monday to Friday ( <i>excluding public holidays</i> ).		
Name	Phone	Email
Emily Gould - Community Resource Officer	1300 135 500	<a href="mailto:emily.gould@uccommunity.org.au">emily.gould@uccommunity.org.au</a>
<b>To Register:</b> No need to register, no age eligibility. Anyone in Queensland can call the helpline. Community education requires booking. For more information, visit: <a href="http://seniorsenquiryline.com.au/community-education">seniorsenquiryline.com.au/community-education</a>		
UnitingCare's Time for Grandparents		
Time for Grandparents provides information and referral support to Queensland Grandparents who are the primary carers of their grandchildren. Time for Grandparents provides: <ul style="list-style-type: none"> <li>financial support for grandchildren to participate in extracurricular activities and respite opportunities for grandparents</li> <li>Grandfamily camps over school holidays</li> <li>telephone-based information, support, and referrals to relevant services</li> <li>virtual and in-person peer support groups</li> </ul> Time for Grandparents can be contacted via the Seniors Enquiry Line, between 9am-5pm Monday to Friday ( <i>excluding public holidays</i> ).		
Phone	Website	Email
1300 135 500	<a href="http://www.grandparentsqld.com.au">www.grandparentsqld.com.au</a>	<a href="mailto:grandparentsinfo@uccommunity.org.au">grandparentsinfo@uccommunity.org.au</a>
<b>To Register:</b> Call the Seniors Enquiry Line to be transferred through to a Time for Grandparents team member or to organise a call back. Time for Grandparents does require a telephone intake assessment in order to be able to provide financial assistance. Telephone helpline information and referral support does not require registration. (C)		

Relationships Australia Queensland		Senior Relationship Mediation Service
<p>SRMS is a free service for older people who maybe experiencing family conflict or are uncertain how to have an important conversation with a family member or carer. People over 65 years (or at least 50 years for First Nations or Torres Strait Islander persons) may be eligible for SRMS.</p> <p>SRMS practitioners can help older people and their families to explore issues which may be causing tension in their relationships, by providing short term counselling, referrals to relevant services, family meetings/mediation and relationship strengthening strategies. SRMS seeks to raise community awareness of elder abuse and build relationships with the community to improve older persons' access to services.</p>		
In person program and virtual	Date/Time	Venue
	By appointment	Morayfield Health Hub and will advise platform for virtual.
Contact		Email
Central Intake 1300 063 232		<a href="mailto:morayfieldadmin@raq.org.au">morayfieldadmin@raq.org.au</a>
<b>To Register:</b> Please contact our service by phone or email to schedule an appointment.		

World Wellness Group	Social Wellbeing (Healthy Ageing) Program – Multicultural Seniors' Social Group
The Social Wellbeing Program runs a monthly Multicultural Seniors' Social Group. The program support seniors to make new social connections and friendships while learning about healthy ageing and staying independent. Seniors who speak a language other than English are encouraged to join – we provide language and cultural support. Morning tea and lunch will also be provided.	



Eligibility: People from multicultural backgrounds; Aged 60 years or older; Interested to make new social connections and friendships; Able to manage own personal care – carers are welcome to join; Able to participate and engage in a group context. This is a free program.		
Date	Time	Venue
Every 2nd Wednesday of the month	10:00 am – 1:00 pm	Various North Brisbane-based locations
Contact: Ketaki Alate Ph: 0492 814 739 or 3333 2100 or email <a href="mailto:carefinder@worldwellnessgroup.org.au">carefinder@worldwellnessgroup.org.au</a>		
<b>To Register:</b> Referral form available at: <a href="https://worldwellnessgroup.org.au/referral-forms/">https://worldwellnessgroup.org.au/referral-forms/</a>		
Or call Multicultural Connect Line for more information: <b>1300 079 020</b>		

World Wellness Group	Care Finder Program	
A free aged care navigation service for multicultural seniors aged 65 and above living in the Brisbane North PHN region (includes Brisbane City, Chermside, North Lakes, Redcliffe, Caboolture, and Kilcoy). Care Finder educates seniors and the broader multicultural community about the Australian aged care system, helps to register, and access My Aged Care, and connect seniors to other services and supports. This is a free service.		
Date	Time	Venue
Mondays – Fridays	8am to 4pm	Flexible - outreach
Contact Details	Danne Bathen Ph: 0490 814 480 or email: <a href="mailto:carefinder@worldwellnessgroup.org.au">carefinder@worldwellnessgroup.org.au</a>	
Call <b>0490 814 480</b> or email <a href="mailto:carefinder@worldwellnessgroup.org.au">carefinder@worldwellnessgroup.org.au</a> or by referral form found on website: <a href="https://worldwellnessgroup.org.au/care-finder/">https://worldwellnessgroup.org.au/care-finder/</a>		

*U3A or Universities of the third age have very low-cost groups and activities for over 50's covering an extensive range of interests from learning music, art, travel, languages, crafts, etc. They are generally under \$5 to attend. They're located in Caboolture, Redcliffe, Bribie Island, Kallangur, and Brisbane.*

**“Learning is the only thing that the mind never exhausts, never fears and never regrets.” – Leonardo Da Vinci**

## Parenting, Youth and Family Supports



Australian Kookaburra Kids Foundation (AKKF)		
AKKF provides free overnight camps, activity days and online connect sessions for young people aged 8-18 who have a parent/guardian, sibling, or close family member with a mental health challenge. All programs are a mix of fun, recreation, and mental health education.		
Name	Phone	Email
Cameron Hope	0429 884 767	<a href="mailto:Cameron.hope@kookaburrakids.org.au">Cameron.hope@kookaburrakids.org.au</a>
<b>To Register:</b> Contact details above.		

Brisbane Youth Service (BYS)	Recovery and Discovery Centre (RADC)	
We support young people aged 18-25 who live with mild to severe mental health impacts, who are not receiving NDIS support, and who reside in the Brisbane North/ RBWH catchment. RADC offers psychosocial support including group programs that encourage social engagement and building a community. Our activities include drop-in art group at the BYS HUB, and Trauma Informed Yoga with supports around journalling, reflection, and mindfulness.		
You can drop in without an appointment from 1-4 pm Monday to Friday at 518 Brunswick St Fortitude Valley.		
Name	Phone	Email
Kirra Glanville - Psychosocial Program Coordinator	3620 2400	<a href="mailto:admin@brisyouth.org">admin@brisyouth.org</a>
To Register: Phone or email for more information or check <a href="https://brisyouth.org/">https://brisyouth.org/</a>		

Caboolture Neighbourhood Centre	Caboolture Family Support Service (CFSS)
A program to reduce harm or risk of harm to children and young people, prevent crisis or problems within families from arising or escalating and stabilise or maintain family wellbeing.	
<b>Secondary Family Support - counselling</b> CFSS Programs and Courses; Bursting Angry Bubbles (anger management for children from 6 to 12 years); Bubbles Kids Cooking (cooking with children who have been exposed to domestic violence and bullying); PSC (parenting skills); Bubbles in-school (anger management for children); Dads on a Journey (the aim of this program is to challenge fathers to assume personal responsibility for their behaviour and develop beliefs and skills that provide a safe and respectful alternative to domestic violence); BOWS (building on women's strengths, self-esteem); Emerging from the Storm (anger management for adults)	
<b>Secondary Family Support – budgeting</b> Provides families who are experiencing financial and household related difficulties with skills and practical support to; Maintain tenancies, Enhance the stability of the family unit, Develop life skills, Develop home management skills, Develop budget management skills.	
Date	Venue
Monday to Thursday 8am to 4pm Friday 8am to 3pm phone for appointment	Caboolture Neighbourhood Centre, 9 George St
<b>To Register:</b> Call <b>5495 3818</b> or email <a href="mailto:reception@caboolturenhc.com.au">reception@caboolturenhc.com.au</a> for more information	

CHQ-CYMHS (Child and Youth Mental Health Service)	COPMI (Children of Parents with a Mental Illness) KIDZ CLUB Group
The COPMI Kidz Club Group is a free two day supportive and educational group for primary school aged children who have a parent or relative living with a mental illness. Children learn age-appropriately about symptoms of and treatment options for mental illness and ways of coping with stress and peer relationship difficulties. There is a parent group component which assists in reducing feelings of stigma and isolation as well as learning ways of communicating	

positively with their children. Facilitated by experienced mental health clinicians who can refer onwards to additional support services if considered necessary. Food is provided on both days. Parents are required to transport children. Venue: Day Program North, Jacaranda Place, 78 Farnell Street, Chermside			
Name	Position	Phone	Email
Fleur Kenny Ashleigh Tricarico	COPMI Program Co-ordinators	3310 9444 0427 318 634	<a href="mailto:CHQ-CYMHS-COPMI@health.qld.gov.au">CHQ-CYMHS-COPMI@health.qld.gov.au</a>
<b>To Register:</b> Please contact COPMI Coordinators above by email or phone for additional information.			

Peach Tree	
Peach Tree is a community based mental health organisation, which provides services for parents, partners, and families who are impacted by emotional and mental health challenges in the period of pregnancy and early parenthood. For more details check the website <a href="http://www.peachtree.org.au">www.peachtree.org.au</a>	
Phone	Email
0468 449 430	<a href="mailto:northbrisbane@peachtree.org.au">northbrisbane@peachtree.org.au</a> <a href="mailto:moretonbay@peachtree.org.au">moretonbay@peachtree.org.au</a>
<b>To Register:</b> To join one of our weekly groups or activities simply make a booking online via the website <a href="https://peachtree.org.au/book/">https://peachtree.org.au/book/</a> If you are interested in our parenting programs, please send an email to <a href="mailto:sunshine@peachtree.org.au">sunshine@peachtree.org.au</a> or complete a self-referral form on the website <a href="http://www.peachtree.org.au">www.peachtree.org.au</a>	

Peach Tree	Sunshine Parenting Program	
<p>A Peer-led 6-week group workshop aimed at bringing parents together in a friendly and understanding environment to share and discuss issues impacting their early parenting experience.</p> <p>For mothers (aged 18+) currently in the postnatal period (baby under 12 months), who may be experiencing some challenges with their mental wellbeing. Embraces those experiences of emotional wellbeing hardship often associated with parenting using a parent-centered approach.</p> <p>Is founded on a strengths-based and re(dis)covery-oriented model of care to establish parenting confidence and self-esteem. Participants can self-refer or be referred by a health professional.</p> <p><b>Contact:</b> Caroline Asler -Program Coordinator on <b>0468 449 430</b> or <b><u><a href="mailto:sunshine@peachtree.org.au">sunshine@peachtree.org.au</a></u></b></p>		
Date	Time	Venue
January, March, May, July, September, November	9:30am to 11:30am or 12noon to 2pm	Nundah Morayfield

Peach Tree	Circle of Security Parenting™		
<p>The Circle of Security Parenting™ Program is a parent reflection program, based on decades of research, designed to enhance attachment security between caregivers and children. This reflection focused program is intended to help caregivers increase their awareness of their children’s needs and whether their own responses meet those needs. Each program is facilitated by a Circle of Security International (COSI) Registered Parent Educator and guided by DVD content, making for a relaxed, interactive workshop session for everyone. All of our facilitators are passionate about parent-infant attachment and the Circle of Security® framework, providing a safe and sensitive environment for parents and caregivers to comfortably explore their parenting experiences.</p> <p><b>Contact:</b> Caroline Asler -Program Coordinator on <b>0468 449 430</b> or <a href="mailto:cosp@peachtree.org.au">cosp@peachtree.org.au</a></p>			
Date	Time	Venue	
January, March, May, July, September, November	Day/evening	Nundah Morayfield and Online	

Peach Tree	Connecting Parents to Pathways (CPTP)	
<p>An 8-week, Parent-led, one-on-one program facilitated by a Peach Tree PMH Peer Worker, focusing on a selection of well-being topics using a trauma-informed, strengths-based approach.</p> <p><b>Aim:</b> Provide an alternative for overwhelmed clinical care services, walking “with” distressed parents along the Continuum of Care toward personal recovery goals while identifying and navigating relevant and appropriate PIMH support services.</p> <p><b>Goal:</b> Maintain and keep within Peach Tree’s PMH Peer Work “scope of practice” by working collaboratively with PIMH health professionals and organisations to provide distressed parents the best possible care.<b>Contact:</b> Caroline Asler -Program Coordinator on <b>0468 449 430</b> or <a href="mailto:connecting@peachtree.org.au">connecting@peachtree.org.au</a></p>		
Date	Venue	
Offered on an individual basis. Participants choose their preferred time.	Nundah Morayfield and Online	
Peach Tree	Peer to Peer Meets Program with The Australian Birth Trauma Association (ABTA)	
<p>Peach Tree Perinatal Wellness and the Australasian Birth Trauma Association (ABTA) are working in partnership to deliver their Peer 2 Peer Meets program. The ABTA Peer 2 Peer Meets program is a peer-led 6-week group designed to help birthing parents make sense of and understand their birth experience and is facilitated by perinatal peer workers who have a lived experience of birth related trauma themselves.</p> <p>The Peer 2 Peer Meets program is aimed at bringing parents together in a friendly and compassionate environment to provide education, understanding and a safe space to explore birth related trauma and to develop a plan moving forward. This program is for birthing parents aged 18+, where at least 3 months has passed since the birth related trauma.</p> <p>Birthing parents will be guided with engaged, open conversations and storytelling so they can see that recovery and acceptance is possible.</p> <p>A program workbook is provided which will direct the weekly content.</p> <p>Participants can self-refer or be referred by a health professional.</p> <p><b>Contact:</b> Caroline Asler -Program Coordinator on <b>0468 449 430</b> or <a href="mailto:programs@peachtree.org.au">programs@peachtree.org.au</a></p>		
Date	Time	Venue
Offered quarterly	TBC	Nundah & Morayfield
Peach Tree	Shark Cage™	
<p>The Shark Cage® program is a seven-week group program which helps women to increase their knowledge around healthy and unhealthy relationships. The program addresses how to recognise when someone is using abusive behaviours and is relevant for women who have experienced some form of abuse in their lives. It also provides participants with the skills and knowledge to be able to model healthy boundary setting for their children.</p> <p>This program is suitable for women who would like to:</p> <ul style="list-style-type: none"><li>– Increase their capacity to set boundaries</li><li>– Improve their assertive communication skills</li><li>– Increase the awareness of the impacts of abuse</li><li>– Decrease any feelings of self-blame or victim blaming</li><li>– Increase their capacity for self-care &amp; kindness to themselves</li><li>– Increase connection to their feelings</li><li>– Increase their sense of self worth</li><li>– Increase connection to their body</li><li>– Increase belief in their entitlement to basic human rights</li><li>– Increase their ability to recognise a potentially abusive or exploitative person</li></ul>		



Participants can self-refer or be referred by a health professional. <b>Contact:</b> Caroline Asler -Program Coordinator on <b>0468 449 430</b> or <b><u><a href="mailto:programs@peachtree.org.au">programs@peachtree.org.au</a></u></b>		
Date	Time	Venue
Offered quarterly	TBC	Nundah & Morayfield
<b>Peach Tree Perinatal Wellness Inc. “Peach Tree”</b>	<b>Peer-led Support</b>	
<p>Peer-led support groups and programs for expecting parents and parents/caregivers of children aged 0-5 years who are experiencing health and wellbeing challenges related to pregnancy, birth and parenting young children. These may include mental health concerns such as depression, anxiety, post-traumatic stress, complex trauma, eating disorders, suicidality and who are seeking connection and support for their parenting journey.</p> <p>Peach Tree offers specialised peer-led support groups such as Sunshine Parenting Program, Connecting Parents to Pathways Program, workshops, Circle of Security parenting programs, Parenting After Loss, Just Peachy support groups, social groups and community activities, Dads Branch and helping to navigate referral pathways to additional services related to pregnancy, parenting, mental health, and social wellbeing.</p> <p><b>Contact:</b> Viv Kissane on <b><u><a href="mailto:peachtree@peachtree.org.au">peachtree@peachtree.org.au</a></u></b></p>		
<b>To Register:</b> <b><u><a href="http://www.peachtree.org.au">www.peachtree.org.au</a></u></b>		

<b>Play Matters</b>	<b>Programs</b>
<b>Redcliffe Play Stars Playgroup</b>	
Welcoming all parents and carers with children 0-1 years to play, read, sing with a range of activities that will support you and your baby's physical, cognitive, emotional and social skills. Connect with other parents/carers, share experiences, and our facilitators will support you to connect with health and community service organisations. 10am – 11.30am at Redcliffe Library, 476 Oxley Avenue Redcliffe. Contact 1800 007 529 or <a href="mailto:njordan@playmatters.org.au">njordan@playmatters.org.au</a>	
<b>To Register:</b> <a href="http://www.playmatters.org.au/playgroups/6274843649">www.playmatters.org.au/playgroups/6274843649</a>	
<b>Sing&amp;Grow by Play Connect + Stafford Heights ECDP</b>	
PlayConnect+ playgroups welcome all children with a disability and/or developmental concerns aged 0-8years, their families, carers and siblings. (A diagnosis or assessment is not necessary) Face-to-Face supported playgroup facilitated by a qualified Music Therapist. You will receive holistic family support including information and advice about other disability support services. School term every second Friday from 9.30am – 10.30am at Stafford Heights State School ECDP, 95 Redwood St. Contact Lorna Berry on 1800 007 529 or <a href="mailto:inclusionsupport@playmatters.org.au">inclusionsupport@playmatters.org.au</a>	
<b>To Register:</b> <a href="http://www.playmatters.org.au/playconnect">www.playmatters.org.au/playconnect</a>	
<b>Playgroups – Community, Supported and Inclusion Support</b>	
Play Matters Australia supports many playgroups some of which are facilitated by volunteers, others by organisations. We have specific 'baby playgroups' aimed at babies from 0-12 months and many other playgroups are for children from 0-5 years. All playgroups aim to support parents and children. Parents are critical to child development and parents are their child's 'first teacher'. Play Matters Australia playgroup walk alongside parents on their parenting journey, nurturing the parent-child bond and increase parental capacity and confidence. Strengthen community connection with peers and local support networks, and a wide variety of play-based learning experiences aimed at fostering children's social, emotional, physical, and cognitive development.	
<b>To Register:</b> Held all year at various times and locations, contact <b>1800 007 529</b> or email <a href="mailto:info@playmatters.org.au">info@playmatters.org.au</a> or check <a href="http://www.playmatters.org.au">www.playmatters.org.au</a> for more information.	
<b>My Time Online Sessions</b>	
MyTime groups are for parents and carers of children aged under 18 years who need a higher level of care than other children. This may be because of disability, developmental delay, or chronic medical conditions. MyTime is a place you can connect with others who are raising children with additional needs. It can be a great opportunity to find	

out about new services and supports and talk to other parents about their experiences with services, therapies, and medications. Online on Mondays at 7.30pm
<b>To Register:</b> <a href="http://www.playmatters.org.au/mytime">www.playmatters.org.au/mytime</a> Play Matters membership is FREE and include the benefits for parents/carers.

The Benevolent Society		
<p>We support families with children and young people aged up to 18 years of age who are experiencing early warning signs of anxiety, depression, or behavioural issues. Our approach relies on these signs being addressed early, before they reach the point of causing a severe and persistent impact on a child or young person’s mental health.</p> <p>Families that are not eligible for this service will always be linked with appropriate supports, including other services offered by The Benevolent Society and our partners. This is a voluntary, inclusive service; therefore, parents and carers need to participate in the plan for their child. We offer outreach services to families in home, school, and the local community. We work with family’s long term, up to a year.</p>		
Name	Phone	Email
Sabrina Pezzuto	3441 3000	<a href="mailto:CFWSlogan@benevolent.org.au">CFWSlogan@benevolent.org.au</a> (for clients living in the Logan catchment) <a href="mailto:C&amp;FW@benevolent.org.au">C&amp;FW@benevolent.org.au</a> (for clients living in the Brisbane North catchment)
<p><b>To Register:</b> Families can self-refer by calling <b>3441 3000</b> or emailing the relevant email listed above, dependent on where you live. You will need to reside in the catchment areas listed on our brochure, please contact us for a brochure.</p>		

<b>The Benevolent Society</b>	
Since 2009 we have provided information and support for people affected by adoption. This includes people who have been adopted, parents, siblings, partners, and children who have been separated from family by adoption. PASQ is funded by the Queensland Government. We offer: Counselling to address issues such as grief, loss, identity, relationships, and the impacts of trauma for individuals, couples, and families. Information on accessing records and family tracing. Intermediary support with a third-party professional to help with search and reunion, including approaching birth relatives on your behalf and support around contact. Therapeutic groups, information sessions and retreats to increase wellbeing and connection to community, and access to information and resources. Information sheets on topics specific to people impacted by adoption, along with our quarterly newsletter, provide up to date post adoption information and resources. Venue: Milton Brisbane, Gold Coast or online (QLD statewide)	
<b>To Register:</b> You can self-refer by calling our intake line <b>3170 4600</b> and our intake worker will complete and intake form. We accept self-referrals from anywhere in QLD. Email <a href="mailto:pasq@benevolent.org.au">pasq@benevolent.org.au</a>	

<b>Youth and Families Association of Pine Rivers (YAFA)</b>	<b>Counselling and Family Support Services</b>		
Support and counselling for; children aged between 4-18 years, individuals, couples, and families dealing with: relationship breakdown; conflict; parenting challenges; past or present abuse; low self-esteem; problems arising from anger; grief and loss; school-based issues, play therapy and mental health concerns.			
Time		Venue	
9am to 4.30pm by appointment Monday to Friday (closed Tuesday)		Suite 4, 1372-4 Anzac Avenue, Kallangur	
Virtual program	Telehealth appointments are available.		
Name	Position	Phone	Email
Sharyn Joyner	Coordinator	3886 2777	<a href="mailto:reception@yafa.com.au">reception@yafa.com.au</a>
<b>To Register:</b> Please phone <b>3886 2777</b> or email <b><a href="mailto:reception@yafa.com.au">reception@yafa.com.au</a></b>			

## Peer Support



GROW Australia		The Grow Program
<p>The Grow Program is a mental health support program based on lived experience and on a 12-step program of personal growth, mutual help, and support. The Grow Program is all-inclusive and draws on many principles for mental, social, and spiritual health. At each meeting, members, known as Growers, share how they came to GROW and how they're exploring self-improvement as they work on their personal recovery.</p> <p>Recovery isn't a straight road and that's where the support of other Growers can help. Everyone in the group has opportunities to share their experiences of coping with mental ill-health. Joining a Grow group is free – you don't need to have a referral or a doctor's diagnosis and groups are confidential. You can even choose to remain anonymous.</p>		
Date	Time	Venue
Chermside	Every Monday, 6:30pm to 8:30pm	Uniting Church Cnr Gympie & Rode Roads, Chermside
Stafford Heights (Christian Group)	Every Wednesday 6.30pm to 8.30pm	Stafford Heights Baptist Church, 272 Appleby Road Stafford Heights
Bridgeman Downs	Every Thursday, 10:00am to 12:00pm	Church of the Resurrection 30 Ridley Road, Bridgeman Downs
<b>Virtual group</b> Wednesday eGrow (participants from any location) Every Wednesday, 6:30pm to 8:30pm		Online groups: You are invited to register via the eGrow section of our website: <a href="https://grow.org.au/egrow/">https://grow.org.au/egrow/</a> to then receive the Zoom link.
<b>Virtual group</b> Regional QLD eGrow Every Tuesday, 12:00pm to 2:00pm		
Phone		Email
1800 558 268		<a href="mailto:qld@grow.org.au">qld@grow.org.au</a>
<b>To Register:</b> Face to face groups: You are invited to simply attend a meeting. If you have any questions or would like any further information, please contact the office on <b>1800 558 268</b>		

GROW Australia		Growing Resilience
<p>Growing Resilience is our free online program for people who are experiencing mental ill-health brought on by life events – in particular natural disasters, the COVID-19 pandemic and the social, emotional, and financial hardships associated with it. The program is run over six one-hour Zoom sessions, facilitated by one of our experienced program workers. Participants are encouraged to share their stories and challenges in a supportive and structured peer-to-peer format that is safe, caring, and confidential.</p> <p>You'll be provided with a workbook which will help guide you through each session.</p>		
Date	Time	Venue
Rolling start date, differing times available, e.g., during business hours and outside of business hours via Zoom		
Name	Phone	Email
General Enquiries	1800 558 268	<a href="mailto:qld@grow.org.au">qld@grow.org.au</a>
<p><b>To Register:</b> You are invited to register via the Growing Resilience section of our website:</p> <p><a href="https://grow.org.au/our-programs/growing-resilience">https://grow.org.au/our-programs/growing-resilience</a></p>		

Metro North Mental Health (MNMH)		Lived Experience (Peer) Workforce Team
<p>MNMH employs people with a lived and living experience of mental ill-health, service use and recovery in consumer or carer identified roles such as - Senior Peer and Carer Peer Coordinators, Advanced Peer Workers, Peer Workers &amp; Peer Assistants. This team provides professional peer support, and promotes consumer, family and carer engagement in the planning, delivery, and evaluation of services. For more information about The Lived Experience (Peer) Workforce Team please contact individual teams on the numbers below. Or email: <a href="mailto:mnmh.consumer.carer.services@health.qld.gov.au">mnmh.consumer.carer.services@health.qld.gov.au</a></p>		
Redcliffe and Caboolture Hospitals		Ph 5433 8775
Royal Brisbane & Women's Hospital		Ph 3646 3886
The Prince Charles Hospital		Ph 3139 4561

SANE	FREE Complex Mental Health Support
<p>SANE's guided service includes free digital and telehealth support services and provides ongoing tailored support for people over 18 years of age with complex mental health needs and their families and carers. We also welcome people with intellectual disability, autism or acquired brain injury who require support with their mental health.</p> <p>On introduction to the service, you will be connected with a dedicated support team who will work with you to create a flexible and personalised support plan that prioritises your wellbeing, assists you in reaching your goals and helps you develop skills to better manage your mental health. We offer counselling, arts and psycho-e-education, tools, and resources and a 24/7 moderated online community.</p>	
SANE Australia	<b>1800 18 7263</b> Info about mental illness, treatments, where to go for support and help.

## Relationships Australia QLD



Relationships Australia Queensland	Relationship Counselling
<p>Relationships impact on our wellbeing and happiness. When our personal relationships are not working well, our ability to cope with other areas of our life is often affected. Many relationships difficulties can be managed and supported with the right kind of help. In person at Morayfield Health Hub and Virtual by Phone or Zoom</p>	
<p><b>To Register:</b> Please call <b>1300 364 277</b> or email <a href="mailto:morayfieldadmin@raq.org.au">morayfieldadmin@raq.org.au</a> to register for an appointment</p>	

## Sandbag Community Centre Services



SANDBAG	Community Centres and Services
<p>We aim to create community connections that strengthen and support individual, families and communities and engage with people experiencing adversity due to poverty, homelessness, mental illness, domestic violence, disability, and discrimination due to age, gender, or sexual orientation. We assist and support individuals to access a safe space to connect and resolve crisis, break social isolation, access health and community services and build community capacity. What we do: Supporting other cultures, domestic &amp; family violence - counselling &amp; support, individual support, training skills &amp; employment, adult &amp; community education, social enterprise, community groups &amp; activities. Our centres are in Sandgate and Bracken Ridge. Ph 3869 3244 or email <a href="mailto:admin@sandbag.org.au">admin@sandbag.org.au</a></p>	
<p><b>To Register:</b> Contact us via phone or email to find out about our latest programs.</p>	



STRIDE HUB Caboolture		
<p><b>Stride Hub Caboolture</b> provides a range of clinical and psychosocial services to adults (18+) who experience severe, complex, and persistent mental health concerns. Stride Hub aims to fill the gap between acute and low intensity services by delivering holistic, community-oriented, and person-centred interventions (including groups) that are designed to empower clients to lead a rich a meaningful life. Our team of Support Workers, Peer Workers, Clinicians, and Nurses work from a recovery-oriented framework to build the capacity and skills that enable individuals, families, and carers to reach their wellbeing goals, both at home and in the community.</p> <p>Stride (formerly Aftercare) was founded in 1907 by Emily Patterson and is Australia’s longest serving mental health provider. We are a not-for-profit that provides a range of mental health services across 5 states, employ over 800 staff, and partner with a number of health networks, government and social services.</p> <p>Our services are funded by the Brisbane North Primary Health Network (PHN) and are provided free-of-charge for all eligible participants.</p> <p>To be eligible for our service, you need to:</p> <ul style="list-style-type: none"><li>• Be experiencing a mental health concern</li><li>• Reside in the Northern Moreton Bay Region – Including Caboolture, Redcliffe, Bribie Island, and Kilcoy</li><li>• Not be supported by a psychosocial NDIS plan or Case Management through QLD Health</li></ul>		
Venue / Mailing Address	Phone	Email
Stride Hub Caboolture Central Lakes Shopping Centre Shop 16/21 Pettigrew Street Caboolture QLD 4510	4593 0500	<a href="mailto:stridehub.caboolture@stride.com.au">stridehub.caboolture@stride.com.au</a>
<b>To Register:</b> Self-referrals and referrals from other health providers are welcome. Please contact our reception for more details.		
Groups Program		
<b>Creative Wellbeing</b> <b>8 Weeks</b> Next Groups: 13th Jan – 10th Mar 31st Mar – 2nd Jun 23rd Jun - 18th Aug 8th Sep – 3 Nov	Art can promote mindfulness, greater self-expression and improve self-esteem. Art cultivates self-discovery, self-regulation, and a sense of connectedness.	
<b>DBT - Lite</b> <b>12 Weeks</b>	Our Dialectical Behaviour Therapy Lite (DBT-Lite) program delivers an evidence-based set of skills that are DBT-informed by drawing upon the ideas of ‘change’ and ‘acceptance’ in order to address a wide range of psychological concerns. Key learning includes improving self-awareness, emotional regulation, and reducing impulsivity. Online & In-Person Options – Accepting New Participants Monthly	
<b>DBT Skills</b> <b>3-Day Workshop</b>	To provide flexibility for participants who may have a busy work schedule or other life commitments, we are offering a 3-day workshop focused on the skills also covered in our DBT-Lite program.	
<b>Family Connections™</b> <b>12 Weeks</b> Next Groups: 12th Feb – 30th Apr 28th May – 20th Aug 17th Sep – 3rd Dec	Family Connections is an evidence-based program for people who are supporting or caring for someone who has Borderline Personality Disorder (BPD) or experiences BPD traits.	

<b>Healthy Boundaries</b> <b>8 Weeks</b> Next Group: 23rd Jul – 17th Sep	Balancing our self-respect within our relationships can be challenging. In this group we discuss simple practices to help with establishing healthy boundaries. Healthy relationships make life a lot less stressful and so much easier to navigate. Having health boundaries can significantly strengthen how we approach and maintain our relationships with family, friends and loved ones.
<b>Mens Wellbeing</b> <b>6 Weeks</b> Next Groups: 2nd May – 13th Jun 3rd Oct – 14th Nov	The Men’s Wellbeing Group aims to enhance the mental health of men facing challenges in the community. The group focuses on psychoeducation, raising awareness of mental health issues and suicidal tendencies among men, and reducing stigma around seeking help.
<b>Road to Resilience</b> <b>8 Weeks</b> Next Groups: 7th Feb – 28th Mar 4th Jul – 22 Aug	We can adapt to challenging situations by practicing self-compassion and strengthening our relationship with ourselves and others. This group aims to build your capacity to be resilient and negotiate the difficult moments in life.
<b>Wise Choices</b> <b>8 Weeks</b> Next Groups: 7th May – 25th Jun 15th Oct – 3rd Dec	Wise Choices is an Acceptance and Commitment Therapy (ACT) group that gives you the skills to form healthy, meaningful relationships with yourself and others, based on the things you value.

**To Register:** Participants need to be eligible for services with Stride Hub and complete an intake assessment before commencing. Contact us on **4593 0500** or email [stridehub.caboolture@stride.com.au](mailto:stridehub.caboolture@stride.com.au) for more details.









Queensland Health	Victim Support Service
<p><b>The Queensland Health Victim Support Service (QHVSS) is a free state-wide service. We provide specialised counselling, support, and information to victims of violent crime when the person charged has been assessed as having a mental illness or intellectual disability and referred to the Mental Health Court or becomes a Classified patient.</b></p>	
<p>Anyone can refer to QHVSS by phoning or emailing us: Free call telephone (business hours): <b>1800 208 005</b> or Email: <a href="mailto:victim.support@health.qld.gov.au">victim.support@health.qld.gov.au</a> <a href="http://www.health.qld.gov.au">www.health.qld.gov.au</a></p>	

Other supports available
<p><b>Charter of Victims' Rights Victims' Commissioner and Sexual Violence Review Board Act 2024</b></p> <p>Victims of violent crime in Queensland have rights. Victims include (a) if you have suffered harm because of a violent crime, including domestic and family violence, (b) if a member of your immediate family or someone you are dependent on has been harmed or killed because of violent crime, or (c) if you were hurt while helping someone else who was being harmed because of a violent crime. All government departments and government-funded agencies that work with victims of crime must uphold these rights. More information about these rights is on the Office of the Victims'</p> <p><b>Commissioner website:</b> <a href="http://www.victimscommissioner.qld.gov.au">www.victimscommissioner.qld.gov.au</a></p>
<p><b>Principles for Victims Mental Health Act 2016</b></p> <p>This Act includes principles for victims of personal violence crime. These include recognition of: the physical, psychological and emotional harm caused to the victim must be recognised with compassion; the benefit of counselling, advice on the nature of proceedings under the Act and other support service to the recovery of the victim from the harm caused by the crime must be recognised; and benefits to the victim of being advised in a timely way of proceedings under the Act against a person in relation to the crime.</p>
<p><b>Victim Assist QLD (VAQ)</b> is an agency of the Queensland Government that provides information, advice and financial assistance for victims of violent crime and domestic violence throughout the state of Queensland.</p> <p><b>Email:</b> <a href="mailto:victimassist@justice.qld.gov.au">victimassist@justice.qld.gov.au</a> <b>Phone.</b> <b>1300 546 587 (9am-4.30pm Monday to Friday).</b></p> <p><b>Website:</b> <a href="http://www.qld.gov.au/law/crime-and-police/victim-assist-queensland">www.qld.gov.au/law/crime-and-police/victim-assist-queensland</a></p>
<p><b>13YARN:</b> is a national crisis support line for mob who are feeling overwhelmed or having difficulty coping. They offer confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal &amp; Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. 13YARN empowers community with the opportunity to yarn without judgement and provide a culturally safe space to speak about their needs, worries or concerns.</p> <p><b>Phone:</b> <b>13 92 76</b> - <b>Website:</b> <a href="http://www.13yarn.org.au">www.13yarn.org.au</a> - <b>Email:</b> <a href="mailto:enquiries@13yarn.org.au">enquiries@13yarn.org.au</a></p>
<p><b>QLD Homicide Victim Support Group (QHVSG)</b> offers 24-hour support, personal advocacy and education for all people affected by homicides in Queensland.</p> <p><b>Phone:</b> <b>1800 774 744</b> - <b>Email:</b> <a href="mailto:admin@qhvsg.org.au">admin@qhvsg.org.au</a> - <b>Website:</b> <a href="http://www.qhvsg.org.au">www.qhvsg.org.au</a></p>
<p><b>Protect All Children Today (PACT)</b> educates, empowers, and supports children and vulnerable victims and witnesses of any age, helping them understand the legal system and being by their side as they give their best evidence.</p> <p><b>Email:</b> <a href="mailto:pact@pact.org.au">pact@pact.org.au</a> - <b>Phone:</b> <b>1800 449 632</b> - <b>Website:</b> <a href="http://www.pact.org.au">www.pact.org.au</a></p>

4 Voices Global Limited	Weekly Frontline Service	
<p>Since March 2020, 4 Voices has provided frontline social, digital, community and employment connection services to vulnerable women. We support people who have difficulty connecting because of fear, shame, embarrassment, poor English, insufficient intellectual capability, no access to technology and/or are not computer literate. We are a Not for Profit Charity providing frontline services at 17 locations in Brisbane, from 4 customised vans equipped with a Smart TV, mobile phones, laptops, printer/scanner/copier, Wi-Fi. We go in community centres, in safe places where our services can be accessed without red tape, bureaucracy and waiting lists.</p> <p>Our services are free and include:</p> <ul style="list-style-type: none"><li>• Access to phones, laptops, and printer/scanner/copier</li><li>• Helping set up personal email/My Gov accounts</li><li>• Helping completing forms/writing letters</li><li>• Helping write resumes/search for jobs</li><li>• Helping people access and claim benefits</li><li>• Sourcing accommodation and navigating government processes</li><li>• Sourcing legal advice/medical/mental health support</li><li>• Helping connect with family and friends and other community services.</li></ul> <p><b>4 Voices delivers these services at multiple outreach locations across Brisbane, Logan, Ipswich, and the Gold Coast every week. Outreach locations, days and times can be found on our website:</b></p> <p>Take the first step — 4 Voices <a href="http://www.4voices.org.au/get-help">www.4voices.org.au/get-help</a></p>		
Contact	Phone	Email
4 Voices Global Limited	0427 244 685	<a href="mailto:admin@4voices.org.au">admin@4voices.org.au</a>

Womenspace Sandgate	Cuppa and Chat		
A weekly gathering in safe, supportive space for women of all ages and backgrounds. We share a cuppa and start with one-to-one chats and follow into an informal, whole group exchange of ideas and experiences on a topic chosen by the gathered participants of the morning.			
Date	Time	Venue	
5 February 2025	10.00 - 11.30am	11 Second Avenue, Sandgate	
Name		Phone	Email
Ludmila Doneman		0431 112 721	chair@womenspace.org.au
How to Register	No need to register, just come. \$2 donation		
Womenspace Sandgate	Create and Chat		
A weekly gathering in safe, supportive space for women of all ages and backgrounds. Bring your own project and materials to work on while you share the space, ideas and news with other creative women working on their drawing, modelling, knitting, painting, card making, stitching – whatever you are into. Lear a new craft if you wish.			
Date	Time	Venue	
7 February 2025	Friday 1.00 – 3.00pm	11 Second Avenue, Sandgate	
Name	Phone	Email	
Leanne Rooney	0431 112 721	chair@womenspace.org.au	
How to Register	No need to register, just come. \$2 donation		

## SECTION 2: INFORMATION FOR CARERS AND VOLUNTEERS

### Carer Support Services



Arafmi Ltd	Various Programs
We offer information and support to individuals and groups, via telephone, online and face to face. We have support groups, workshops, information sessions, individual support, carer respite and systems advocacy. If you would like to explore skills, share experiences and alternative ways of coping to help you in your caring role, please contact us.	
<b>To Register:</b> Please contact us via our 24 hr carers line on 1300 554 660 or email: <a href="mailto:carersupport@arafmi.com.au">carersupport@arafmi.com.au</a> You can also explore our services and find details about upcoming events at: <a href="http://www.arafmi.com.au">www.arafmi.com.au</a>	

Carer Gateway Wellways	Support Service	
<p>Carer Gateway is a national support service funded by the Australian Government. It provides free services for anyone caring for a family member or friend who is living with a disability, a long-term medical condition, mental illness, alcohol or drug dependency or someone who is frail due to age.</p> <p>In Queensland these services are delivered by Wellways Australia and include:</p> <ul style="list-style-type: none"><li>• Planning – To get the support and services that you need</li><li>• Counselling – A private space to talk about the joys and challenges you experience</li><li>• Support groups – A place to share stories, knowledge and experiences with other carers</li><li>• Coaching – To help set and achieve positive goals for your future</li><li>• Practical assistance – Access to tools to assist you in your caring role</li><li>• Planned and emergency respite – Help at short notice or space to recharge</li></ul> <p>Through accessing supports and services carers can ensure they are in the best emotional space for their important caring role.</p>		
Name	Phone	Email
Marcela Moreno - Coordinator Community Engagement and Volunteering	0478 409 514	<a href="mailto:mmorenoramirez@wellways.org">mmorenoramirez@wellways.org</a>
<p><b>To Register:</b> For Carer Gateway services call <b>1800 422 737</b> or visit <a href="http://www.carergateway.gov.au">www.carergateway.gov.au</a> for more information.</p>		

### Volunteer Program



MNMH	Mental Health Volunteers
Volunteer workers provide support and assistance at our Mental Health facilities at the Prince Charles Hospital. Our volunteers come from a variety of backgrounds. For example, people with a lived experience, carers, professional students, and people who just want to help. We require volunteers in the Acute Mental Health Unit, at the Secure Mental Health Rehabilitation Unit, and the Pine Rivers Community Care Units. At the Acute Unit the volunteers are supervised and are based in the Wellness Room. The programme runs from 8 am to 430 pm, Monday to Friday.	
Phone: 3114 0812	Email: <a href="mailto:MNMH-volunteers@health.qld.gov.au">MNMH-volunteers@health.qld.gov.au</a>
To become a volunteer, you need to contact the above number, or email requesting an application.	

## SECTION 3: SERVICE HUBS AND SAFE SPACES

### Integrated Mental Health Service Hubs

#### What They Do:

Deliver clinical and non-clinical services for people with mental illness:

- Care coordination (including mental health nursing)
- Psychological group therapy
- One-on-one psychosocial support
- Reduce distress and manage wellness
- Improve your confidence
- Connect with family, friends, and others
- Improve your physical health
- Participate in your community
- Enjoy a full and vibrant quality of life

Service Access	Hub location/contact details
<b>RBWH</b> Royal Brisbane Women's Hospital catchment • The centre operates Monday to Friday 9.00 am to 5.00 pm.	<b>Community QLD - The Recovery and Discovery Centre</b> (in partnership with Toowong Private Hospital, Brisbane Youth Service, Open Minds, and Eating Disorders Queensland) 180 Jubilee Terrace, Bardon Phone: 3510 2777 Email: <a href="mailto:admin@community.org.au">admin@community.org.au</a> <a href="http://www.community.org.au/">www.community.org.au/</a>
<b>TPCH</b> The Prince Charles Hospital catchment • The centre operates Monday to Friday 8.30 am to 5.00 pm	<b>Neami National – The Living and Learning Centre</b> 7/327 Gympie Road, Strathpine Phone: 3493 6780 Email: <a href="mailto:livingandlearning@neaminational.org.au">livingandlearning@neaminational.org.au</a> <a href="http://www.neaminational.org.au/">www.neaminational.org.au/</a>
<b>Red/Cab</b> Redcliffe/Caboolture hospital catchment • The centre operates Monday to Friday 9.00 am to 5.00 pm.	<b>Stride - Stride Hub Caboolture</b> Central Lakes Shopping Village, Level 1/21 Pettigrew St, Caboolture Phone: 4593 0500 Email: <a href="mailto:stridehub.caboolture@stride.com.au">stridehub.caboolture@stride.com.au</a> <a href="http://www.stride.com.au/">www.stride.com.au/</a>

#### Eligibility

- 18 years and over
- Have a diagnosable severe and or complex mental illness (episodic or persistent)
- Be experiencing significant disruption to daily life, wellbeing, and functioning
- Not receiving supports through the NDIS
- Not receiving Case Management Support through Old Health



Community Safe Spaces



**Community Safe Spaces** provide an inclusive, welcoming, and supportive environment that is safe, welcoming, and supportive for people experiencing some level of psychological distress.

When you arrive, you will be welcomed by a peer worker. Your carers, families and friends are welcome to come with you. While you're here a peer worker will ask you about what support you might need, and how we can best support you – but you have full control over how you would like to engage. Call your local Safe Space to find out more.









Hospital Catchment	Community Safe Space Contacts	Hours
	<b>Bardon Safe Space</b> <b>A:</b> 180 Jubilee Terrace, Bardon <b>P:</b> 3004 0101 <b>E:</b> <a href="mailto:SafeSpace@communify.org.au">SafeSpace@communify.org.au</a>	<b>Mon-Fri:</b> 5pm – 9pm <b>Sat:</b> 9am – 1pm <b>Sun:</b> 9am – 1pm
	<b>Strathpine Safe Space</b> <b>A:</b> 6/327 Gympie Road, Strathpine <b>P:</b> 3493 6710 <b>E:</b> <a href="mailto:livingandlearning@neaminational.org.au">livingandlearning@neaminational.org.au</a>	<b>Mon-Fri:</b> 5pm – 9pm <b>Sat:</b> 3pm – 7pm <b>Sun:</b> 3pm – 7pm
	<b>Stride Caboolture Safe Space</b> <b>A:</b> 24 George Street, Caboolture <b>P:</b> 5232 1590 <b>E:</b> <a href="mailto:SafeSpaceCaboolture@stride.com.au">SafeSpaceCaboolture@stride.com.au</a>	<b>Fri-Sat:</b> Closed <b>Sun:</b> 10pm – 2pm <b>Mon-Thu:</b> 5pm – 9pm
	<b>Redcliffe Youth Space</b> <b>A:</b> 440 Oxley Avenue, Redcliffe (on the corner, next to the Skate Park) <b>P:</b> 0435 827 817 <b>E:</b> <a href="mailto:SafeSpace@redcliffeyouthspace.org">SafeSpace@redcliffeyouthspace.org</a>	<b>Mon-Fri:</b> 5pm – 9pm <b>Sat:</b> 3pm – 7pm <b>Sun:</b> 3pm – 7pm

Each Community Safe Space is part of a broader Safe Spaces Network coordinated by Wesley Mission Qld. For further information contact Nat Scott, Safe Space Network Coordinator. Email: [nscott@wmq.org.au](mailto:nscott@wmq.org.au)

SECTION 4: SERVICE DIRECTORY

Name of Organisation	Contact Details	Name of Organisation	Contact Details
	<b>Alcohol and Drug Support</b> <b>P:</b> 1800 177 833 <a href="http://adis.health.qld.gov.au">adis.health.qld.gov.au</a>		<b>Family Drug Support (FSD)</b> <b>P:</b> 1300 368 186 <a href="http://fds.org.au/family-drug-support-australia">fds.org.au/family-drug-support-australia</a>
	<b>Association of Friends and Relatives of the Mentally Ill (ARAFMI)</b> <b>P:</b> 3254 1881 or 1300 554 660 <b>E:</b> <a href="mailto:info@arafmi.com.au">info@arafmi.com.au</a> <a href="http://arafmi.com.au">arafmi.com.au</a>		<b>flourish Australia</b> <b>P:</b> 1300 779 270 <a href="http://flourishaustralia.org.au">flourishaustralia.org.au</a>
	<b>Benevolent Society</b> <b>P:</b> 3441 3000 <a href="http://benevolent.org.au">benevolent.org.au</a>		<b>Footprints Community</b> <b>P:</b> 3252 3488 <b>E:</b> <a href="mailto:admin@footprintscommunity.org.au">admin@footprintscommunity.org.au</a> <a href="http://footprintscommunity.org.au">footprintscommunity.org.au</a>
	<b>Brisbane Youth Service</b> <b>P:</b> 3620 2400 <a href="http://brisyouth.org">brisyouth.org</a>		<b>Fishability</b> <a href="http://fishability.org.au">fishability.org.au</a>
	<b>Caboolture Neighbourhood Centre</b> <b>P:</b> 5495 3818 <b>E:</b> <a href="mailto:reception@caboolturenhc.com.au">reception@caboolturenhc.com.au</a>		<b>Full Circle Projects</b> <b>P:</b> 0411 329 035 <a href="http://fcpinc.org">fcpinc.org</a>
	<b>Carer Gateway</b> <b>P:</b> 1800 422 737 <a href="http://carergateway.gov.au">carergateway.gov.au</a>		<b>Grow</b> <b>P:</b> 1800 558 268 <a href="http://grow.org.au">grow.org.au</a>
	<b>Carers Qld Australia</b> <b>P:</b> 1300 747 636 <a href="http://carersqld.asn.au">carersqld.asn.au</a>		<b>Koobara Kindy</b> <b>P:</b> 3265 7171 <a href="http://koobara.com.au">koobara.com.au</a>
	<b>Centre Against Domestic Abuse</b> <b>P:</b> 5498 9533 <b>E:</b> <a href="mailto:info@cada.org.au">info@cada.org.au</a> <a href="http://cada.org.au">cada.org.au</a>		<b>Kookaburra Kids</b> <b>P:</b> 1300 566 525 <b>E:</b> <a href="mailto:info@kookaburrakids.org.au">info@kookaburrakids.org.au</a> <a href="http://kookaburrakids.org.au">kookaburrakids.org.au</a>
	<b>CentaCare Brisbane</b> <b>P:</b> 3251 5000 <b>E:</b> <a href="mailto:cfrs.clientintake@bne.centacare.net.au">cfrs.clientintake@bne.centacare.net.au</a> <b>A:</b> 58 Morgan Street Fortitude Valley Qld 4006 <a href="http://centacare.com/family-and-relationship-care">centacare.com/family-and-relationship-care</a>		<b>Kurbingui</b> <b>P:</b> 3156 4800 <b>E:</b> <a href="mailto:sewb@kurbingui.org.au">sewb@kurbingui.org.au</a> <a href="http://kurbingui.org.au">kurbingui.org.au</a>
	<b>Communify</b> <b>P:</b> 3510 2700 <a href="http://communify.org.au">communify.org.au</a>		<b>Lives Lived Well</b> <b>P:</b> 1300 727 957 <b>E:</b> <a href="mailto:info@liveslivedwell.org.au">info@liveslivedwell.org.au</a> <a href="http://liveslivedwell.org.au">liveslivedwell.org.au</a>
	<b>Children of Parents with a Mental Illness (COPMI)</b> <b>P:</b> 3310 9444 <b>E:</b> <a href="mailto:chq-cymhs-copmi@health.qld.gov.au">chq-cymhs-copmi@health.qld.gov.au</a> <a href="http://copmi.net.au">copmi.net.au</a>		<b>Men's Information and Support Association Inc.</b> <b>P:</b> 3889 7312 <b>E:</b> <a href="mailto:info@misa.org.au">info@misa.org.au</a> <a href="http://misa.org.au">misa.org.au</a>
	<b>Eating Disorders Queensland</b> <b>P:</b> 3844 6055 <b>E:</b> <a href="mailto:admin@edq.org.au">admin@edq.org.au</a> <a href="http://eatingissuescentre.org.au">eatingissuescentre.org.au</a>		<b>Neami National</b> <b>P:</b> 3493 6780 <a href="http://neaminational.org.au">neaminational.org.au</a>

SECTION 4: SERVICE DIRECTORY

Name of Organisation	Contact Details	Name of Organisation	Contact Details
	<b>Open Minds</b> P: 3896 4222 or 1300 673 664 <a href="http://openminds.org.au">openminds.org.au</a>		<b>Stepping Stone North</b> P: 3847 1058 E: <a href="mailto:hello@steppingstonenorth.org.au">hello@steppingstonenorth.org.au</a> <a href="http://steppingstoneclubhouse.org.au">steppingstoneclubhouse.org.au</a>
	<b>Peach Tree Wellbeing Centre</b> Nundah E: <a href="mailto:northbrisbane@peachtree.org.au">northbrisbane@peachtree.org.au</a> <b>Peach Tree Wellbeing Centre</b> Moreton Bay E: <a href="mailto:moretonbay@peachtree.org.au">moretonbay@peachtree.org.au</a> <a href="http://peachtree.org.au">peachtree.org.au</a>		<b>STRIDE</b> P: 4593 0500 E: <a href="mailto:Stridehub.caboolture@stride.com.au">Stridehub.caboolture@stride.com.au</a> <a href="http://stride.com.au">stride.com.au</a>
	<b>Head to Health</b> P: 1800 595 212 <a href="http://mymentalhealth.org.au">mymentalhealth.org.au</a>		<b>Strong Women Talking – Marigurim Mubi Yangu</b> E: <a href="mailto:strongwomentalking@outlook.com">strongwomentalking@outlook.com</a>
	<b>Qld Program of Assistance to Survivors of Torture &amp; Trauma (QPASST)</b> P: 3391 6677 <a href="http://qpastt.org.au">qpastt.org.au</a>		<b>Transcultural</b> P: : 3317 1234 <a href="http://metrosouth.health.qld.gov.au/qtmhc">metrosouth.health.qld.gov.au/qtmhc</a>
	<b>Queensland Injectors Health Network (QuiHN)</b> P: 1800 172 076 <a href="http://quihn.org">quihn.org</a>		<b>Uniting Care</b> P: 1300 135 500 E: <a href="mailto:sel@ucommunity.org.au">sel@ucommunity.org.au</a>
	<b>Queensland Eating Disorder Service (QuEDS)</b> P: 3114 0809 E: <a href="mailto:QuEDS@health.qld.gov.au">QuEDS@health.qld.gov.au</a>		<b>Up Beat</b> P: 0417 075 053 E: <a href="mailto:info.qld@upbeatarts.org.au">info.qld@upbeatarts.org.au</a>
	<b>Reclink</b> <a href="http://reclink.org">reclink.org</a>		<b>4 Voices</b> P: 0427 244 685 E: <a href="mailto:admin@4voices.org.au">admin@4voices.org.au</a> <a href="http://4Voices.org.au">4Voices.org.au</a>
	<b>Red Cross Hippy</b> <a href="http://hippyaustralia.bsl.org.au">hippyaustralia.bsl.org.au</a>		<b>Well Mob</b> <a href="http://wellmob.org.au">wellmob.org.au</a>
	<b>Richmond Fellowship Queensland</b> P: 3363 2555 <a href="http://rfq.com.au">rfq.com.au</a>		<b>Well Ways</b> P: 1300 111 400 <a href="http://wellways.org">wellways.org</a>
	<b>Richmond Fellowship Queensland</b>		<b>Carer Gateway</b> P: 0478 409 514 <a href="http://carergateway.gov.au">carergateway.gov.au</a>
	<b>Relationships Australia</b> P: 1300 364 277 <a href="http://relationships.org.au">relationships.org.au</a>		<b>Wesley Arts</b> P: 3151 6655 <a href="http://wmq.org.au/wesleyarts">wmq.org.au/wesleyarts</a>
	<b>Sandbag</b> P: 3869 3244 E: <a href="mailto:admin@sandbag.org.au">admin@sandbag.org.au</a>		<b>World Wellness Group</b> P: 3333 2100 E: <a href="mailto:admin@worldwellnessgroup.org.au">admin@worldwellnessgroup.org.au</a> <a href="http://worldwellnessgroup.org.au">worldwellnessgroup.org.au</a>
	<b>Stand By</b> P: 1300 727 247 E: <a href="mailto:standby.bne@ucommunity.org.au">standby.bne@ucommunity.org.au</a> <a href="http://standbysupport.com.au">standbysupport.com.au</a>		<b>Womenspace</b> P: 0431 112 721 E: <a href="mailto:coordinator@womenspace.org.au">coordinator@womenspace.org.au</a> <a href="http://womenspace.org.au">womenspace.org.au</a>
			<b>3YARN</b> (24 hours/7 days) P: 13 92 76 <a href="http://13yarn.org.au">13yarn.org.au</a>

Independent Patient Rights Adviser (IPRA)

**IPRA** assist people receiving treatment and care under the Mental Health Act 2016 to understand their rights. Providing information and support to family members, carers and support persons. They are independent from the clinical treating team and are required to provide impartial advice and consultation on patients’ rights. The Independent Patient Rights service provides support to consumers receiving treatment and care within Brisbane Metro North Hospital and Health Services.

**How can a Rights Adviser assist you?** They can provide advice and assistance with:

- Your rights under the Mental Health Act 2016
- The rights of family members, carers, and support persons under the Mental Health Act 2016
- Communicating your views, wishes and preferences about your treatment and care
- Appointing a Nominated Support Person
- Preparing for a Mental Health Review Tribunal hearing
- Making an Advance Health Directive for mental health treatment and care
- Providing feedback or making a complaint
- A rights adviser is unable to provide medical or legal advice.

**If there are queries a Rights Adviser is unable to assist with, the Rights Advisor can help you discuss these matters with your treating team.**

**MyRights App** - The MyRights App is for people with a lived experience of mental illness, their carers’, families, and other support people.

The free app allows users to access short videos specific to patient rights under the Mental Health Act 2016.

- See details on the next page for how to access this information.



# Know your Mental Health Act 2016 rights

## To exercise your rights, you need to know your rights

The **'MyRights – QLD Health' app** is for people with a lived experience of mental illness, their carers, families, and support people.

The free app allows users to access short videos specific to patient rights under the Mental Health Act 2016 which cover topics such as:

- Your rights as an inpatient in hospital.
- Your rights at the Mental Health Review Tribunal.
- Your right to a second opinion.
- The rights of family members, carers and support persons.
- Accessing support across the mental health service.



## How to Download the App?

Search Google Play or Apple App Store for "MyRights Qld Health"



For more information, speak to a member of your Treating Team or your local Independent Patient Rights Adviser (IPRA). IPRA's are available to advise you (or someone supporting you) about your rights under the Mental Health Act 2016.

Scan here to view the website



## National Help Lines and Websites

<b><u>1800RESPECT</u></b>	Confidential information, counselling, and support service open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.
<b><u>Beyond Blue</u></b>	Website: <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
<b><u>Black Dog Institute</u></b>	Information on symptoms, treatment and prevention of depression and bipolar disorder. <a href="https://www.blackdoginstitute.org.au/">https://www.blackdoginstitute.org.au/</a>
<b><u>Carers Australia</u></b>	<b>1800 242 636</b> - Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.
<b><u>Counselling Online</u></b>	A free and confidential service that provides 24/7 support to people across Australia affected by alcohol or other drug use.
<b><u>Diverse Voices</u></b>	Peer counselling service for gay, lesbian, bisexual and transgender people and their families and friends; Phone <b>1800 184 527</b> (7pm to 10pm)
<b><u>Embrace Multicultural Mental Health</u></b>	A national platform for multicultural communities and Australian mental health services to access resources, services, and information in a culturally accessible format.
<b><u>Gambling Help Online</u></b>	<b>1800 858 858</b> - Gambler's Help Hotline A free and confidential hotline available 24/7 for those experiencing a gambling problem. Support includes counselling, information, referral, and advice.
<b><u>Harmony Place</u></b>	Mental health services for culturally and linguistically diverse people and communities. Ph <b>3848 1600</b>
<b><u>Head to Health</u></b>	An innovative website that can help you find free and low-cost, trusted online and phone mental health resources.
<b><u>Headspace</u></b>	<b>1800 650 890</b> - Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.
<b><u>Kids Helpline</u></b>	<b>1800 55 1800</b> - A free, private, and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.
<b><u>Lifeline</u></b>	<a href="http://www.lifeline.org.au/">http://www.lifeline.org.au/</a> Counselling services for anyone at any time. Ph <b>13 11 14</b>
<b><u>MensLine Australia</u></b>	<b>1300 78 99 78</b> - A telephone and online support, information, and referral service, helping men to deal with relationship problems in a practical and effective way.
<b><u>Mental Health Carers Australia</u></b>	(formerly ARAFMI) – A national advocacy group solely concerned with the well-being and promotion of the needs of families and carers supporting someone with mental ill health. Their mission is to be the national voice for families and carers to enable the best possible life. For more information, Ph <b>1300 554 660</b>
<b><u>MindSpot Clinic</u></b>	<b>1800 61 44 34</b> - An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.
<b><u>Narcotics Anonymous</u></b>	<b>1300 652 820</b> or <b>0488 811 247</b> A non-profit fellowship for men and women for recovering addicts who meet regularly to help each other stay clean.
<b><u>National Aboriginal Community Controlled Health Organisation (NACCHO)</u></b>	Aboriginal Community Controlled Health Services and Aboriginal Medical Services in each state and territory.
<b><u>National Alcohol and Other Drug Hotline</u></b>	<b>1800 250 015</b> - Free and confidential 24/7 hotline for anyone affected by alcohol or other drugs. Support includes counselling, advice, and referral to local services.
<b><u>National Debt Helpline</u></b>	<b>1800 007 007</b> - Free confidential financial counselling is available. Financial counsellors are qualified professionals who provide information, advice, and advocacy.
<b><u>Panda</u></b>	Supports women, men and families across Australia affected by anxiety and depression during pregnancy and in first year of parenthood. Ph <b>1300 726 306</b> (9am – 7.30pm).



<b><u>Parentline</u></b>	Support, counselling, and education for parents. Ph <b>1300 301 300</b>
<b><u>QLife</u></b>	<b>1800 184 527</b> - 3pm-12am QLife is a counselling and referral service for LGBTI people. Providing early intervention, peer supported phone and web-based services to diverse people of all ages.
<b><u>SANE Australia</u></b>	<b>1800 18 7263</b> - Info about mental illness, treatments, where to go for support and help carers.
<b><u>Suicide Call Back Service</u></b>	<b>1300 659 467</b> - The SCBS is a 24-hour, nationwide service that provides telephone counselling to people 18 years and over who are feeling suicidal, caring for someone who is suicidal, or bereaved by suicide.
<b><u>Support after Suicide</u></b>	Information, resources, counselling, and group support to those bereaved by suicide. Education and professional development to health, welfare, and education professionals.
<b><u>The Butterfly Foundation</u></b>	<b>1800 33 4673</b> - 8am-midnight (AEST) Phone, webchat, and email support for those experiencing an eating disorder, friends, family, carers, and professionals.

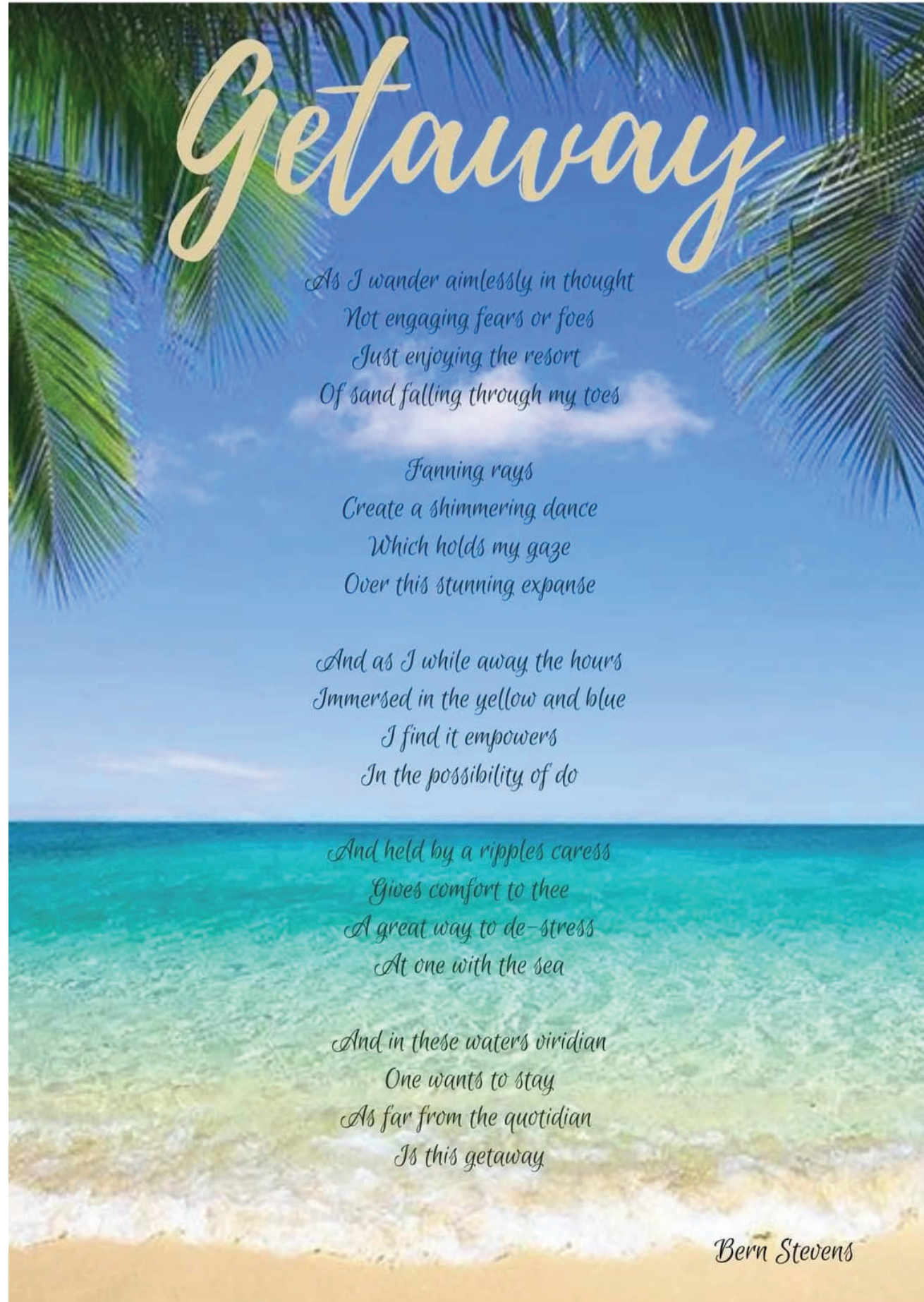
## Emergency Relief Services

Please check with each agency as support information may change.

<b>3<sup>rd</sup> Space.</b> 505 Brunswick Street Fort Valley. Ph <b>3254 1144</b> . Free food and toiletry packs May be able to assist with other forms of (one off) emergency relief (e.g. food vouchers).
<b>All Brisbane Food Trucks and Vans.</b> for an up-to-date list of all Brisbane food trucks and vans, including locations and times, please see: <a href="https://www.mycommunitydiary.com.au/Resources/VAKSBRisbane">https://www.mycommunitydiary.com.au/Resources/VAKSBRisbane</a>
<b>All Saints Anglican Church Chermside - Parish Pantry.</b> Food Parcels 501 Hamilton Road, Chermside Ph <b>3359 2062</b> , or <b>3359 2012</b> Hours: Tues to Friday from 10am to 1pm. Also, a soup kitchen and do free meals every Mon and Wed Night, from 5:30-6:30pm.
<b>All Saints Church.</b> Free meal Tuesday nights from 5:30pm. Spring Hill. Ph <b>3236 3692</b> .
<b>Anglicare.</b> Emergency relief in Brisbane North and Brisbane East (food parcels, food vouchers). Ph <b>1300 114 397</b>
<b>Aspley Care.</b> Emergency relief, food vouchers, food parcels. Ph <b>3862 7145</b> .
<b>Brisbane Street Level Mission.</b> (The Salvation Army). Ph <b>1300 371 288</b> or Ph <b>3075 4120</b> . 97 School Street Spring Hill. May be able to assist with other (one off) forms of emergency relief, after phone assessment.
<b>Community Friends West End.</b> Hot meal/food hampers from 3-5pm every Wed. Cnr Russell and Boundary St, Ph <b>0418 754 900</b> .
<b>Community Plus+ at Yeronga.</b> 26 Devon St, Yeronga. Ph <b>3848 2285</b> . Pre-packed take-away meals, food parcels and hygiene parcels for collection.
<b>Digin.Inc.</b> Saturday meal delivery service for vulnerable community members in the CBD and The Valley. Text <b>0434 295 062</b> with your address/location, between 3-4pm. Meals delivered between 4-6pm to addresses provided. Email: <a href="mailto:delivery@digin.org.au">delivery@digin.org.au</a>
<b>Emma Miller Place (Park).</b> 109 Roma St, Brisbane City. Showers, food, and health checks. Tues, Wed & Thurs night 7-9pm. Hot meals, non-perishable food & sanitary essentials Tues and Friday at 6.30pm; & every Sunday at 5.30pm
<b>Emmanuel City Mission.</b> 19 Merivale St, South Brisbane, Ph <b>0468 393 136</b> . 9am-11am coffee/cereal; 11am -1pm – Hot lunch and other supports. Shower and toilet facility available 9am-3pm. 5pm Wednesday and Sunday – Hot meal by Fishers of Men.
<b>Holy Trinity Pantry</b> 141 Brookes St, The Valley: Midday-3pm on Thursday only at present. Food parcels and limited emergency relief (such as bills, rent and pharmaceutical scripts). Ph <b>3852 1635</b> .
<b>Hope Safari Outreach (a part of “Community of Christ” in Chermside).</b> Every Tuesday, 11:30 am to 12:30 pm. No catchment area, anyone can go. They <i>only</i> meet during school term ( <i>not</i> during school holidays). Optional gold coin donation. Christmas Hampers available at Christmas. Contact Anne Sutton: <b>0410 061 210</b> . Run by the

“Community of Christ”. 21-23 Safari Street, Chermside West. Website: <a href="https://www.cofchrist.com.au/brisbane">https://www.cofchrist.com.au/brisbane</a> . Alternate contact: Rob Thompson, National Companion Minister, Australia, <b>0414 353 523</b> .
<b>Immigrant Women's Support Service (will help everyone, not just immigrant women):</b> emergency relief, food vouchers, assistance with bills etc. Tuesdays and Thursdays between 9:00am and 12:00pm. Emergency Relief Number <b>3846 0316</b> .
<b>Jeays St Park, Bowen Hills.</b> Free pre-cooked meals in takeaway containers, every Monday from 4pm-6.30pm. Free snacks and drinks every Tuesday 4pm - 6.30pm. Free takeaway breakfast, drinks (hot & cold), fruit & veggie parcel, bread and showers every Thursday 9am to 11am.
<b>Kangaroo Point Uniting Church (and Streetz Ministries).</b> Food parcels available on Wednesday and Friday from 3pm - 4pm. Email request prior to collection: KPU Church: <a href="mailto:kpuchurch48@gmail.com">kpuchurch48@gmail.com</a> 40-46 Linton St, Kangaroo Point. Ph <b>3391 1355</b> . Saturday evenings cooked meals at 6.30pm at 40-46 Linton St, Kangaroo Point; and 7pm at Roma St.
<b>Meals Under the Turbot St Bridge (Brisbane City).</b> Free hot meals, every Wednesday and Thursday at 7pm.
<b>Musgrave Park West End.</b> Russell St Entrance <b>Food Van</b> every Friday from 6.30pm-9.30pm. Free hot food served from van. Fruit, drinks & Vegan options. Musgrave Park Russell St Entrance, West End.
<b>MY CHURCH:</b> <a href="http://www.mychurchbrisbane.com/my-charity/">http://www.mychurchbrisbane.com/my-charity/</a> . Ph <b>3355 7444</b> . 36 Baden Powell Street, Everton Park.
<b>Nexus Care.</b> Emergency relief, food vouchers, food parcels. Ph <b>3353 7230</b> . 151 Flockton St, Everton Park
<b>Nundah Neighbourhood Centre:</b> Ph <b>3260 6820</b> . 14 Station St, Nundah. Open Monday-Friday 8am-6pm. Help with food parcels etc. They have a food pantry on Tuesday and Thursday, at 1pm each day. You need to take your own bags. <u>One-off</u> emergency food pantry outside of these times for people in crisis.
<b>Outdoor Breakfast Van (Ecumenical Coffee Brigade).</b> 7 days a week. Stop One: 6:30am Kemp Place, Ivory St, Fort Valley (Opposite Valley Fire Station); Stop Two: 7am Just outside the Holman St Ferry Terminal, Kangaroo Point; Stop Three: 7:30am Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building); Stop Four: 8am West End Boat Ramp Car Park (Upriver from the Go-between Bridge).
<b>Picabeen Community Centre.</b> Emergency relief, food vouchers, food parcels. Ph <b>3354 2555</b> . 22 Hoben St, Mitchelton.
<b>Pindari (Spring Hill).</b> Free hot pies and Coffee every Wednesday at 10am. 28 Quarry St, Spring Hill.
<b>Salvation Army Brisbane City Temple.</b> 167 Ann Street Brisbane. Serving take away meals from 12pm till 1pm, every Wed from the front entrance of Brisbane City Temple.
<b>St Andrews Uniting Church.</b> Free meal Saturdays start from 11.30am (pick up packaged meal with 2 courses). Hot takeaway lunch. Located on the cnr of Ann and Creek Street in the City: 299 Ann St. Ph <b>3221 2400</b> . Food is served from Creek Street.
<b>St Vincent de Paul.</b> Ph <b>1800 846 643</b> . Help for anyone, wherever they live, with things like food, clothing, and food vouchers.
<b>The New Farm Neighbourhood Centre.</b> Assist with Food Parcel, emergency relief, food vouchers, No Interest Loans (NILS) and so forth. 967 Brunswick St, New Farm. Open form 9am-1pm, Mon, Tues, Thurs, and Friday. Ph <b>3358 5600</b> .
<b>The Salvation Army.</b> Ph <b>1300 371 288</b> . Help for anyone, wherever they live, with food and food vouchers.
<b>The Village Church (Kelvin Grove and Spring Hill).</b> Free, packaged meals to take away, at the Exchange in Kelvin Grove, every Wed at 6pm. 81 Musk Ave, Kelvin Grove. They also do grocery boxes and free, packaged, takeaway meals at St Pauls Spring Presbyterian Church, at Spring Hill, every Thurs night. 43 St Pauls Terrace, Spring Hill.
<b>Wesley Mission / Brisbane Relief Hub.</b> 316 St Pauls Tce, Fortitude Valley (close to the train station). Ph <b>3216 1579</b> . Food parcels and Takeaway Meal. Mon, Wed 6.30pm and Sun 1pm. Free BBQ on Tuesday from 10am to 11am - BBQ is “Collect and Go” approach with BBQ packed and provided from garden gate. May possibly be able to assist with other forms of (one off) emergency relief (e.g. food vouchers).
<b>West End Community House.</b> 4 Norfolk Rd, South Brisbane Ph <b>3217 2333</b> . Staff onsite M-F 8am-Midday. Phone ahead to request a food pack & hygiene product available at door.
<b>Wickham Park, Fortitude Valley.</b> Free barbecue meat patties, sausages, salads, bread, hot and cold drinks, fruit, and dessert. Every Friday at Wickham Park, from 5:30pm.





# Beach

Even on grey days  
What comforts my sorrows  
Are the gentle breaking waves  
And the water dancing over my toes

Feeling free  
Underfoot wet sands  
And the marvellous view of a turquoise sea  
With sandals in my hands

Grabbing a sun that teases  
Thee embrace  
Along with soft salty breezes  
Brushing over my face

I seize the day  
When need help  
On this golden pathway  
Spotted with kelp

As this eternal horizon  
This scape of infinity  
Often does enlighten  
Of something greater than me.



# HEAD TO HEALTH

1800 595 212

Help to find mental health  
**services that work for you**

## WHO IS IT FOR?

The Head to Health Service is open to anyone who may be experiencing distress or mental ill health, their families, carers or people supporting them. Anyone, including children, young people and older adults, families and carers can contact Head to Health. Even if you have never sought help before, Head to Health is here for you.

## HOW CAN I ACCESS?

You can call Head to Health on 1800 595 212 (Monday to Friday 8.30 am – 5.00 pm) and we will help you find the support you need. Your GP or another health professional might also suggest you use the Head to Health service.

## HOW DOES IT WORK?

When you call Head to Health on 1800 595 212, an experienced mental health professional will listen and support you to get the help you need. This may be by providing information or resources, recommending online or other phone supports, or connecting you with mental health or community services which meet your needs.

## WHAT HELP WILL I RECEIVE?

Depending on the assistance you need and prefer, we may connect you with online support or an existing mental health service to get you back on track. The Head to Health service can help to process referrals to a range of PHN funded mental health services, which are free to access for eligible people.



## 1300 MH CALL: Mental Health Access Line

1300 MH CALL (1300 64 22 55) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

1300 MH CALL is available 24 hours a day, 7 days a week and will link to the callers nearest Queensland public mental health service.

If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your general practitioner or phone the mental health access line 1300 MH CALL (1300 64 22 55).

## The 1300 MH CALL service:

- is the main point of access into public mental health services
- can provide support, information, advice and referral
- can provide advice and information in a mental health emergency or crisis
- is staffed by trained and experienced professional mental health clinicians
- will provide a mental health triage and refer to acute care teams where appropriate.

**In an emergency always dial Triple Zero (000)**

## Recognition of Lived Experience

Metro North Mental Health recognises the lived experience of people living with mental illness, problematic alcohol, and other drug use, as well as those impacted by suicide and trauma, their families, carers, and support people. We respect and value their opinions and their input into service delivery and change.