

ACCESS TO PHN MENTAL HEALTH COMMISSIONED SERVICES 2022/23

To support continuity of access to mental health, suicide prevention and alcohol and other drug treatment services, Brisbane North PHN has compiled service information for PHN-commissioned services during the holiday period.

ORGANISATION	HOLIDAY HOURS	CONTACT/LINK TO SITE
Brisbane North PHN My Mental Health Service Navigators	Head to Health Service Navigators. Service will operate as normal 8:30am – 5.00pm, Monday to Friday, closed public holidays.	1800 595 212 headtohealth@brisbanenorthphn.org.au www.mymentalhealth.org.au
MENTAL HEALTH HUBS		
Recovery and Discovery Centre	Telehealth only over Christmas period. Reopen 3 January 2023.	07 3510 2777 communify.org.au/recovery-and-discovery-centre
Living and Learning Centre	Closed public holidays only.	07 3493 6780 neaminational.org.au/find-services
Stride Hub Caboolture	Closed 24 December until 2 January 2023.	07 4593 0500 stride.com.au
BRISBANE MIND		
Health4Minds – AT Psychology (Trauma and Abuse, Suicide Prevention)	Closed 24 December until 2 January 2023.	07 5432 4118
Health4Minds – Young Minds (Trauma and Abuse, Suicide Prevention)	Closed 24 December until 3 January 2023.	07 3857 0074
Health4Minds – All About Kids (Adult Services) (Trauma and Abuse, Suicide Prevention)	Closed 22 December until 4 January 2023.	07 3262 6009
Axis Clinic (Trauma or Abuse)	Closed 24 December until 8 January 2023.	07 3254 0333
QC for LGBTI Health (LGBTIQ)	Closed 24 December until 3 January 2023.	07 3017 1777
World Wellness Group (Culturally and Linguistically Diverse)	Closed 26 December until 2 January 2023.	07 3333 2100 mentalhealth@worldwellnessgroup.org.au worldwellnessgroup.org.au
Brisbane MIND4KiDS – yourtown	Closed 23 December until 3 January 2023.	07 3888 0758
Brisbane MIND4KiDS – Stride	Closed 24 December until 3 January 2023.	07 3447 6500
SUICIDE PREVENTION SERVICES		
The Way Back Service - Communify (Royal Brisbane and Women's Hospital)	All services will operate as normal except for public holidays (closed on public holidays).	07 3510 2727
The Way Back Service - RFQ (Redcliffe/Caboolture Hospital)	All services will operate as normal except for public holidays (closed on public holidays).	1300 180 608
QC for LGBTI Health	Closed 24 December until 3 January 2023.	07 3017 1777

ORGANISATION	HOLIDAY HOURS	CONTACT/LINK TO SITE
SUICIDE PREVENTION SERVICES CONTINUED		
Open Doors Youth Service	Closed 19 December until 3 January 2023.	07 3257 7660
Centre for Human Potential	Closed 25-27 December 2022. Open 28-30 December, closed 31 December to 2 January. Reopen 3 January 2023.	07 3211 1117
Kurbingui Youth Development	Closed 25 December until 3 January 2023.	07 3156 4800
BRIEF THERAPIES		
RFQ - New Access	Closed public holidays only.	1300 159 795
World Wellness Group - Problem Management Plus	Closed 26 December until 2 January 2023.	07 3333 2100 mentalhealth@worldwellnessgroup.org.au auworldwellnessgroup.org.au
Peach Tree Perinatal Wellness - Sunshine Parenting Program	Please contact 1800 Peachy (1800 732 249) to confirm operating hours for each centre.	0468 449 430
YOUTH MENTAL HEALTH		
headspace Caboolture	Closed 23 December until 2 January 2023.	07 5428 1599
headspace Strathpine	Closed 26 December until 2 January 2023.	07 3465 3000
headspace Indooroopilly	Closed 26 December until 2 January 2023.	07 3157 1555
headspace Nundah	Closed 26 December until 2 January 2023.	07 3897 1897
ASHA	Closed 23 December until 9 January 2023.	07 3283 8769
ALCOHOL AND OTHER DRUGS		
Lives Lived Well	Opening hours vary by location. Please contact Lives Lived Well directly for further information.	1300 727 957
Brisbane Youth Service	Closed 23 December until 3 January 2023.	07 3620 2400
Queensland Aboriginal and Islander Corporation Alcohol and Drug Dependence Service	Open.	07 3358 5111
QulHN - Queensland Injectors Health Network	Closed 23 December until 2 January 2023.	1800 172 076 / 07 3620 8111
SAFE SPACES		
Redcliffe Safe Space	3.00-7:30 pm weekdays, weekends 3.00-7.00 pm (open public holidays).	0435 827 817
Bardon Safe Space	Open as per normal.	07 3004 0101
Strathpine Safe Space	Open everyday (24-27 December 2.00-7.00 pm).	07 3493 6710
Caboolture Safe Space	Open as per normal.	07 5232 1590
INSTITUTE FOR URBAN INDIGENOUS HEALTH		
IHIU Social and Emotional Wellbeing	Closed public holidays only.	1800 254 234