

Is life feeling
DIFFICULT
at the
moment?

Brief therapy services

Supports are available to help you manage life challenges that can cause anxiety and depression. Try these FREE services that are available face-to-face, via phone or video call in the Brisbane North region. No doctor's referral or mental health care plan needed.

Richmond Fellowship Queensland—NewAccess

Tackle day-to-day pressures

- For people who need help to tackle everyday life pressures.
- Developed by Beyond Blue—six sessions with a NewAccess coach via phone, face-to-face or video chat.

☎ 1300 159 795 ✉ newaccess@rfq.com.au 🌐 www.rfq.com.au/newaccess

Neami National—Optimal Health Program (OHP) and Wise Choices

Self-development

- OHP—for people who are interested in developing strategies that explore their optimal health and wellbeing. Eight week group sessions.
- Wise Choices—for people who want to develop skills to manage difficult thoughts and feelings and improve relationships. Ten week group program.

☎ 07 3493 6780 ✉ lowintensity@neaminational.org.au 🌐 www.neaminational.org.au

Peach Tree Perinatal Wellness—Sunshine Parenting Program

Perinatal groups for mothers

- For mothers (with infants aged between 0–12 months) experiencing mild postnatal depression and/or anxiety challenges.
- Peer-led, six week face-to-face group workshops.

☎ 07 3706 3010 ✉ sunshine@peachtree.org.au 🌐 www.peachtree.org.au/sunshine-parenting-program

World Wellness Group—Problem Management Plus (PM+)

Culturally & linguistically diverse

- For people who identify as culturally and linguistically diverse and who are experiencing anxiety and stress.
- Individual face-to-face, group and telephone sessions supported by multicultural peer support workers who can speak client languages.

☎ 07 3333 2100 ✉ mentalhealth@worldwellnessgroup.org.au 🌐 www.worldwellnessgroup.org.au

Testimonials



"I would recommend the OHP program as it provides insight into your physiological and emotional responses to difficult situations and provides strategies on how to manage and navigate them, and increased awareness of self. It has helped me a lot in lots of different areas of my life."



"Meeting other mothers without feeling judged. Learning that self-care is important and that I should make time for it. Acknowledging the changes in my relationships with others and realising this is not uncommon or bad."



"The New Access program helped me immensely. I was absolutely terrified of being judged harshly over my circumstances, but your service and compassion have helped me move from the depths of despair to a place where I have the tools to lead the best life I can."



WORLD WELLNESS GROUP

"As an immigrant with little to nothing in common with Australian culture, it was the most difficult challenge for me yet to overcome. After talking with wonderful people from the PM+ program, my anxiety and worries started decreasing."

Other services

- Head to Health** Support to find free and low-cost, trusted online and telephone-based mental health resources. 🌐 headtohealth.gov.au
- My Mental Health** Links to services and resources available in the Brisbane North region. 🌐 mymentalhealth.org.au
- eMHprac** A practitioner guide to e-mental health resources and services. 🌐 www.emhprac.org.au/services