



Contact Us

How to Get Help

If you need help please call (07) 33332100 and ask for the Mental Health Program Manager.

If we are not available, please leave a message and we will call you back as soon as possible. We can also call you back and speak to you with an interpreter.

You may also email us in your language:

mentalhealth@worldwellnessgroup.org.au



**World
Wellness
Group**

33 Stoneham Street
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ABN 95154368804



**World
Wellness
Clinic**



Mental Health & Wellness.

Services Brochure

 (07) 3333 2100

 worldwellnessgroup.org.au



Quality Certified Service



Services to Support You.

At the World Wellness Clinic we care about your physical and mental health. We also care about your language, culture and spirituality.

We have three programs available that provide social, emotional and mental health support.

We also help to solve practical problems that are impacting on your mental health.

Our services are provided by accredited mental health professionals and are completely confidential. We respect your privacy.



Our Services are Free of Charge.

Our Programs

Culture In Mind

This program is for people with more complex mental health issues who also need practical supports. It provides emotional and social support as well as support with your goals and recovery, social connections and issues that affect your mental health and wellbeing.

Multicultural Psychological Therapies Program

This is a program that connects you with a mental health professional to provide you with psychological treatment. It is for people with mild to moderate mental health problems such as anxiety and depression. With your consent, we can also link you with a peer support worker from your cultural background (if available) to help support you, speak your language and explain the process and treatment to you and help explain your culture to the mental health professional.

PM Plus

This is a practical program designed to help solve problems and increase your coping skills. The structured support program focuses on:

- Managing your stress
- Finding and sustaining your motivation
- Strengthening your social supports
- Staying well



We respect your culture, language and spirituality.

We honour and respect your culture, language and spirituality.

We understand that you may prefer to speak in your language and will organise to speak with you either with an interpreter or one of our Multicultural Peer Support Workers who come from over 50 different cultural backgrounds and speak more than 60 languages.

Many of our accredited mental health practitioners are also from culturally and linguistically diverse backgrounds.

We look forward to connecting with you.