



Bardon Safe Space

Communityfy

180 Jubilee Tce, Bardon

Phone: 0420 698 783

Strathpine Safe Space

Neami National

Unit 6/327 Gympie Rd, Strathpine

Phone: 07 3493 6710



Caboolture Safe Space

STRIDE Caboolture

24 George St, Caboolture

Phone: 07 5232 1590

Redcliffe Safe Space

Redcliffe Youth Space

440 Oxley Avenue, Redcliffe

Phone: 0435 827 817



Safe Spaces were established in 2022 following Commonwealth Government funding and an extensive co-design process involving people with lived and living experience. What began as an innovative pilot through the joint funding of State and Commonwealth governments has grown into a trusted network of peer-led, community-based services, providing an after-hours alternative to emergency departments for people experiencing distress across the North Brisbane and Moreton Bay region.

Brisbane North PHN is proud to support this compassionate model of care, delivered by the community, for the community.



A place to talk, connect and find your next step.

Safe Space is an anonymous, free, peer led alternative for people in distress.



What makes Safe Spaces different:

- free, accessible support is provided by peer workers with lived experience
- guests do not need a referral, diagnosis or appointment
- guests do not need to be in crisis to visit
- visits to the space can be anonymous
- guests can choose how to engage with the service
- support is available when other pathways are closed.

Before your visit

No appointment needed but, if possible, please phone ahead to ensure we can see you without delay. If you need help to get to one of the spaces, please call your local Safe Space to discuss options.

“Safe Space feels like a home... warm and dim, and it just feels like a home where I can just be.”

Safe Space Guest – June 2026

“Gives me a safe place to be able to feel my emotions... rather than suppressing them and ending up in crisis.”

Safe Space Guest – June 2026

On arrival

When you arrive, there will be a secure entry and you will be greeted by a peer worker. A peer worker is someone who has their own experience of emotional and/or mental distress and has an understanding of your experience and needs.

Safe Spaces are designed to feel homely and safe where you, your carer, family and friends are welcome to accompany you during your visit.

After you leave

When it is time to leave, staff can provide support with referrals, helpful contacts and resources. If you choose, we can contact you after your visit to check in. You are welcome back anytime. There is no expectation that your visit is a one-off. Many people return whenever they need support, connection or time in a safe environment.

Support services

Adult

- **Lifeline** ▶ 13 11 14 ▶ Text 0477 13 11 14 (24/7) ▶ lifeline.org.au
- **13 YARN** ▶ 13 92 76 ▶ 13yarn.org.au (Aboriginal and Torres Strait Islander service available 24/7)
- **Suicide Call Back Service** ▶ 1300 659 467 ▶ suicidecallbackservice.org.au
- **Beyond Blue** ▶ 1300 224 636 ▶ beyondblue.org.au/forums
- **StandBy Support After Suicide** ▶ 1300 727 247
- **QLife** ▶ 1800 184 527 ▶ qlife.org.au (LGBTIQ+ service available 3pm - midnight)
- **MensLine** ▶ 1300 78 99 78 ▶ mensline.org.au

Youth

- **Kids Helpline** ▶ 1800 551 800 ▶ kidshelpline.com.au
- **headspace** ▶ 1800 650 890 ▶ headspace.org.au
- **ReachOut** ▶ reachout.com.au

Other resources

- **Medicare Mental Health** ▶ 1800 595 212 ▶ medicarementalhealth.gov.au
- **SANE online forums** ▶ 1800 187 263 (10am-10pm) ▶ saneforums.org
- **Embrace Multicultural Mental Health** ▶ embracementalhealth.org.au
- **National Alcohol and other Drug Hotline** ▶ 1800 250 185
- **National Gambling Helpline** ▶ 1800 858 858 ▶ gamblinghelponline.org.au