

JAN - JUNE 2026

Metro North Mental Health

RECOVERY SUPPORT

RESOURCES *Prospectus*



Metro North  
Health



Queensland  
Government

# Welcome to the Recovery Support Resources Prospectus:

## January to June 2026

This booklet contains a wide range of recovery focused resources 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.

### How do you register?

Phone or email the contact of the organisation. **(Please note some 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.



### 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 Rebecca Hughes sharing an example of one of her many talented sketches. A Brisbane icon the Story Bridge in soft afternoon light. Take some time for yourself to create some art or start a journal and do some creative writing. Give yourself a treat and enjoy a nice tea or coffee or get into nature and nurture a plant to grow healthy and strong.

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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

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.*

**Lauren Wood** a poem that she shared with us on RU OK? Day. Lauren expressed that she was “grateful, along with many other people, to have a day acknowledging that everybody needs to be asked every now and then if they are okay. The most important thing to remember though, is that 'are you okay day' should be implemented in every day of life, not just on this particular day. As humans living this wonderful, wacky and sometimes ultimately confusing experience, we can have days where the weight of the world just gets too much and sometimes all that is needed is a friend or loved one to check if you are doing okay, and maybe to give you a big hug or just a caring ear to listen.”

## Time to Call for a Friend:

Knock knock, hello? I'm trapped inside my head again  
The weight of my thoughts have seeped right in  
From the inhumane world I reside within  
And I don't know how to escape this prison.

Can you hear me? Are you there?  
I need some help getting through this despair  
I don't want to be a bother, but can you lend a hand  
As right now there is too much I cannot comprehend

It's weighing me down and I need a friend  
I really do not want to be a burden  
Or show people I love when I am sad  
But right now I know I really need a hand

The cage of thought is thick that I'm stuck within  
I'm losing my sense of my own freedom  
Just a hug or a smile or an understanding talk  
May help me to take a step out and walk

I feel crippled within my emotion  
Can you understand?  
Can you be there when I need you  
Or am I too much to comprehend?

No! I know that you are there  
When the weight gets too much  
Although it's really hard to see  
When I feel like I'm using a crutch

Do you mind if I lean on you?  
When things get too heavy  
But how to do this in a kind way  
And keep my relationships steady

It's not easy being so sad  
As many of us will know  
But to try and hide it does not help  
If you don't want sadness to show

Cause that sadness seeps further  
And people really do care  
If you take a look around you,  
Your friends are right there.

So hello my friend, I'm sorry to say  
I feel a little glum  
And I battle with the display  
But I know that you're there  
And that you care for me  
Thank you for answering  
Through my uncertainty.

- Lauren Wood

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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)

### Strong Women Talking Healing Journey Program

Strong Women Talking is a First Nations Domestic and Family Violence organisation based in Brisbane. We empower, educate, and support Aboriginal and Torres Strait Islander women who have experienced or witnessed domestic and family violence.

Our Healing Journey Program is an 8-week program held once a week during the school term, focusing on healing, culture, and empowerment. Each week covers topics such as:

- Forms of abuse and the cycle of violence
- Healthy boundaries and relationships
- Self-love and respect
- Visions, hopes, and goals
- Understanding trauma and pathways to healing

Programs are guided by Elders, Aunties, and Sisters in a culturally safe and supportive space.

Locations & Times:

- North Brisbane (Hendra): Wednesdays, 10:00am – 1:00pm

South Brisbane (Southbank): Thursdays, 10:00am – 1:00pm

Name	Phone	Email
Marie Dennis – Program Manager	3292 3500	education@strongwomentalking.org.au

**To Register:** Through our website, under the “Service” tab. [Registration Form - Strong Women Talking](#)

Or call our office on 3292 3500 Or Email [enquiry@strongwomentalking.org.au](mailto:enquiry@strongwomentalking.org.au)

### Relationships Australia Children and Young Peoples DFV Counselling

The thriving Connections Family Violence Service offers support to First Nations children and young people and their families who are or have been impacted by DFV. The program offers counselling to 6 – 18-year-olds and uses creativity and play to help young people express and explore their feelings in safe and supported way. Our service empowers young people to develop their self-esteem, resilience and relationships.

This is a free service available to people who live or work in the Greater Brisbane region. We accept self-referrals and consenting referrals from other organisations or doctors.

**To Register:** For more info contact 3328 5500 or email [springhilladmin@raq.org.au](mailto:springhilladmin@raq.org.au)

# Addictions - Substances and Gambling



<b>Community Qld</b>	<b>Springboard AOD Day Program</b>	
<p>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.</p> <p>A new group commences approx. every 8 weeks at Spring Hill. Day Program: 9am-3pm Tues, Wed, Thurs</p>		
<b>Name</b>	<b>Phone</b>	<b>Email</b>
Daniel Baddiley	3308 4513	<a href="mailto:springboard@commuinfy.org.au">springboard@commuinfy.org.au</a>
<p><b>To Register:</b> Open referral pathway: For information on eligibility and to obtain our referral form, please visit our webpage: <a href="https://community.org.au/springboard-alcohol-and-other-drugs-program/">https://community.org.au/springboard-alcohol-and-other-drugs-program/</a> or contact as above.</p>		

<b>Lives Lived Well (LLW)</b>	<b>Alcohol and Drug services for individuals and families requiring support</b>	
<p>Individuals and service providers can refer via the website, call 1300 727 957 or walk into our Caboolture location at Level 1, Central Lakes Shopping Centre 18- 21 Pettigrew St, Caboolture. <a href="http://www.liveslivedwell.org.au">www.liveslivedwell.org.au</a></p>		
<b>(LLW) Detox and Withdrawal Support Program</b>		
<p>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.</p> <p><b>Contact Steve on 0407 261 997 or email <a href="mailto:Stephen.sinclair@llw.org.au">Stephen.sinclair@llw.org.au</a></b></p>		
<b>(LLW) Breakthrough for Families Program</b>		
<p>(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 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, phone, or Teams at a Lives Lived Well office or an outreach setting by appointment.</p> <p><b>Contact Yanina Mollenhauer on 0427 301 542 or <a href="mailto:breakthroughforfamilies@liveslivedwell.org.au">breakthroughforfamilies@liveslivedwell.org.au</a></b></p>		
<b>(LLW) Day Rehabilitation - Group Program</b>		
<p>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.</p> <p>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.</p> <p><b>Contact Steve on 0407 261 997 or email <a href="mailto:Stephen.sinclair@llw.org.au">Stephen.sinclair@llw.org.au</a></b></p>		
<b>(LLW) AOD Counselling &amp; Case Management</b>		
<p>Support for clients with a primary AOD issue. Counselling is offered face to face in Caboolture &amp; North Lakes. Phone counselling is also provided. Hours 8am – 5pm, Monday to Friday.</p> <p><b>Contact Steve on 0407 261 997 or email <a href="mailto:Stephen.sinclair@llw.org.au">Stephen.sinclair@llw.org.au</a></b></p>		
<b>(LLW) Wunya Residential Rehab</b>		
<p>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.</p> <p><b>Dates:</b> Rolling program Monday to Thursday Admissions between 9am-1pm at 55 Lower King St, Caboolture.</p> <p><b>Contact Amanda on 0429 412 291 or email <a href="mailto:Amanda.ledingham@llw.org.au">Amanda.ledingham@llw.org.au</a></b></p>		

<b>MNMH</b>	<b>Kick Butts - smoking and vaping cessation group</b>		
<p>6 x 2-hour sessions smoking cessation program for consumers of MNMH. Learn from experienced mental health clinicians and each other about smoking cessation methods so you can develop your personal quit plan.</p> <p>Free nicotine replacement products are provided.</p> <p>Please contact your local Dual Diagnosis Coordinator (details below) to see when the next group is being offered.</p> <p>OR if your team or service have 4 or more consumers that want to quit call us about setting up a group.</p> <p>Available across Metro North, RBWH, TPCH and Red Cab.</p>			
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>
<b>To Register:</b> Call your local DDC for details of upcoming groups and to register your interest.			

<b>The Salvation Army – Moonyah</b>	<b>Foundations Program (Connect, Grow, Live) (Brisbane Recovery Services) – Alcohol &amp; Drug treatment</b>		
<p>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. Ph 3369 0922 or email <a href="mailto:brs.inquiries@salvationarmy.org.au">brs.inquiries@salvationarmy.org.au</a></p>			
<b>To Register:</b> Please call <b>3369-0922</b> between the hours of 8am and 4pm.			

<b>QuiHN</b>	<b>Open Groups</b>		
<p>We run 3 groups a week. Mud Maps, Wiser Minds and Nuts and Bolts no need to book, just turn up at 10:30am at 1 Hamilton Place in Bowen Hills. <b>Contact Paula Nicholson Team Leader, Therapeutic Services on 3620 8111 or <a href="mailto:pnicholson@quihn.org">pnicholson@quihn.org</a></b></p>			
<b>Mud Maps</b>	<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.		
<b>Wiser Minds</b>	<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.		
<b>Nuts and Bolts</b>	<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.		
<b>To Register:</b> Just come along, all welcome.			

<b>Gamblers Anonymous</b>	<b>Gamblers Anonymous meetings</b>		
<p>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.</p> <p>Meetings are open to anyone with a gambling problem who wants to stop. Meetings daily across Brisbane. Ph 0460 852 099 or 0467 655 799 or email <a href="mailto:gapublicinformation@gmail.com">gapublicinformation@gmail.com</a></p>			
For more information including lists of meetings throughout Brisbane, please visit <a href="https://gaaaustralia.org.au/">https://gaaaustralia.org.au/</a> or call			

<b>Relationships Australia Queensland (RAQ)</b>	<b>Gambling Help Service</b>		
<p>The Gambling Help Service offers free, by appointment confidential counselling, support and information to individuals, families and gaming venue staff affected by gambling. Counsellors support individuals to manage the</p>			

impacts of gambling and make positive changes to their lives. Services include: free confidential face-to-face, telephone or virtual counselling by appointment Monday to Friday, and free education and resources to the gaming industry, allied health providers, students, community organisations and the public to support safer gambling practices. Email: [MorayfieldAdmin@raq.org.au](mailto:MorayfieldAdmin@raq.org.au) or [generalenquiries@raq.org.au](mailto:generalenquiries@raq.org.au)

**Gambling Helpline 24/7**

**1800 858 858**

My **QuitBuddy** is an app that helps you get, and stay, smoke-free and vape-free. It provides helpful tips to overcome cravings and tracking systems to chart your progress. My QuitBuddy gives you the facts you need to understand the impacts smoking and vaping have on your health. [www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app](http://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app).

## Caboolture Neighbourhood Centre



### Caboolture Neighbourhood Centre

#### Neighbourhood Centre Initiative (NCI)

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.

#### Other Support Services and Activities:

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. Open Monday to Thursday 8am to 4pm or Friday 8am to 3pm.

Phone for appointment 5495 3818 or email [ceo@caboolturenhc.com.au](mailto:ceo@caboolturenhc.com.au) Venue: 9 George St, Caboolture

**To Register:** Call or email for more information

**Dear Mind** is a Queensland Government initiative aiming to improve the mental wellbeing of Queenslanders.

On this page you can find ideas for mental wellbeing activities and other mental health resources.

[www.mentalwellbeing.initiatives.qld.gov.au](http://www.mentalwellbeing.initiatives.qld.gov.au)

Communify Qld	Community Participation
<p>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.</p> <p>Our primary concern is the welfare and wellbeing of socially, physically, intellectually, and emotionally disadvantaged and vulnerable people in our community.</p> <p>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 &amp; Multicultural Support and Venue Hire.</p>	
Community Participation Groups	
<p>Groups include:</p> <p><b>Over 65 (requires a My Aged Care “Group Social Support” (GSS) referral code:</b> Therapeutic Services for Independent Living – Art Therapy, Therapeutic Services for Independent Living – Diversional Therapy Tuesday Bus Trip, Out &amp; About Thursday Bus Trip, Friday Funday Bus Trip, Sip &amp; Paint, Supper Club, Wednesday Social Group</p> <p><b>Over 65 (requires a My Aged Care “Exercise Physiology” referral code, and a GP medical clearance</b> Clinical Strength &amp; Movement</p> <p><b>Under 65</b> Creative Wellbeing Art Therapy, DBT Skills, Feel Good Food, Living Well with Depression, Living Well with Anxiety</p> <p><b>Mixed Groups (can include NDIS, QCSS, Aged Care and other participants in the same group)</b> Aqua Yoga (organised by The Paddington Centre's Community Participation team) Compass Crew (organised by North West Brisbane Community Hub) Weaving Womxn (organised by New Farm Neighbourhood Centre) Acupuncture Clinic (organised by New Farm Neighbourhood Centre) Art Space (organised by North West Brisbane Community Hub)</p> <ul style="list-style-type: none"> <li>• <b>The different eligibility requirements include:</b></li> </ul> <p>A participant who is over 65 years of age, and has a referral code via the My Aged Care portal. <b>(Aged Care).</b> A participant who is under 65 years, and does not have an NDIS package (they will be signed up by our team to the Community Care program, <b>QCSS</b>).</p> <p>A participant who is living with complex mental health and is linked with a mental health service. A participant who holds an <b>NDIS package</b> and wishes to purchase into the programs. They can hold this package with Communify or an external service.</p> <p>Please contact <a href="mailto:participate@communify.org.au">participate@communify.org.au</a>, but if the participant has NDIS funding please reach out to, <a href="mailto:ndisrostering@communify.org.au">ndisrostering@communify.org.au</a> first.</p>	
<p><b>To Register:</b> For more information about Medicare Mental Health Centres, you can contact <b>1800 595 212</b></p>	

# Creative Activities



Upbeat Arts Ltd		Choirs
<p>Did you know that singing is good for your mental health? Singing can lift your mood, reduce stress, and build confidence, and it's even better when you do it with others. At Upbeat Arts, our choirs are open to adults (18+) living with a mental illness. We sing well-known songs together each week. It's relaxed, welcoming, and so much fun!</p> <p>Our choir leaders are experienced musicians who create a safe and encouraging space for everyone. You don't need any singing experience, just a willingness to give it a try. After choir, we share a free lunch and plenty of laughs. Many members say joining was a big step out of their comfort zone, but that it's been life changing. They've found friendship, belonging, and a real sense of community. Programs are accredited under the National Mental Health Standards and proudly funded by Qld Health.</p> <p><b>Contact Amelia Harris on 3073 2919 or <a href="mailto:admin.qld@upbeatarts.org.au">admin.qld@upbeatarts.org.au</a></b></p>		
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)
<p><b>To Register: Complete a short online application via our website at the following link: <a href="https://www.upbeatarts.org.au/application-form-member/">https://www.upbeatarts.org.au/application-form-member/</a> You'll be asked to provide contact details for a support person or service — ie, Qld Health, a NGO, or your GP. This helps us make sure everyone has the right support in place. Follow us on <a href="#">Instagram</a> and our <a href="#">You Tube channel</a>.</b></p>		

Upbeat Arts Ltd		Creative Writing Workshops
<p>Have you ever wanted to write, but weren't sure where to start? Our creative writing workshops are a gentle, welcoming space to explore your creativity — no experience needed, just a willingness to give it a go.</p> <p>Writing can be a powerful way to support your mental health. It helps you express yourself, make sense of your experiences, and find calm and focus. Along the way, you might even discover new parts of yourself through the stories you tell. You'll be guided by a professional writer and supported by a caring team, with others who understand what it's like to live with mental health challenges. Many participants say it's helped them feel more confident, connected, and inspired. <b>Contact Amelia Harris on 3073 2919 or <a href="mailto:admin.qld@upbeatarts.org.au">admin.qld@upbeatarts.org.au</a></b></p>		
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
<p><b>To Register:</b> Check details above to register and then complete an online application.</p>		

## Neighbourhood and Community Centres are places of connection, belonging, participation and inclusion and many have creative 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/>

# Culturally and Linguistically Diverse Program



<b>Caboolture Neighbourhood Centre</b>	<b>Community Action for a Multicultural Society (CAMS)</b>
<p>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.</p> <p>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.</p> <p>Held Monday to Thursday 8am to 4pm and on Friday 8am to 11:30am at Caboolture Neighbourhood Centre, 9 George St, Caboolture. <b>Contact Luisa Miller 5432 4220 or <a href="mailto:cams@caboolturenhc.com.au">cams@caboolturenhc.com.au</a></b></p>	
<p><b>To Register:</b> Call or email for more information and phone for appointment.</p>	

<b>Queensland Program of Assistance to Survivors of Torture and Trauma</b>	<b>QPASTT Training Calendar</b>
<p>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.</p> <p><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 &amp; self-Care. Workshops run at various times throughout the year.</p>	
<p><b>To Register:</b> Please go to our website: <a href="https://qpastt.org.au/training-calendar/">https://qpastt.org.au/training-calendar/</a></p>	

<b>World Wellness Group</b>	<b>Brisbane Mind: Culturally and linguistically diverse groups-Psychosocial Support</b>
<p>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. Contact Drew Cummins on 3333 2100 or email: <a href="mailto:mentalhealth@worldwellnessgroup.org.au">mentalhealth@worldwellnessgroup.org.au</a></p>	
<p><b>To Register:</b> For the referral <a href="https://worldwellnessgroup.org.au/referral-forms/">https://worldwellnessgroup.org.au/referral-forms/</a></p>	

<b>World Wellness Group</b>	<b>Culture Care</b>
<p>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 <b>(1300 079 020)</b>.</p>	
<p>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. This is a free service.</p>	
Contact Details	Viviana Jimenez Cuellar - Ph: 1300 079 020 or <a href="mailto:culturecare@worldwellnessgroup.org">culturecare@worldwellnessgroup.org</a>
<p><b>To Register:</b> To find out more visit <a href="https://worldwellnessgroup.org.au/">https://worldwellnessgroup.org.au/</a></p>	

<b>World Wellness Group</b>	<b>Culture In Mind</b>
<p>Culture in Mind is for individuals, their families, and carers: who are 18 years and over from a multicultural background experiencing a severe mental illness and/or comorbid problematic substance use. Requiring specialist mental health community support services. Who have been: Referred from Metro North HHS, clinical teams, general practitioners, and community-based agencies; Referred through Multicultural Connect Line telephone-based psychosocial assessment and triage team or self-referred.</p> <p><b>Contact Program Manager: Drew Cummins on 3333 2100 or 0490 800 561 or email <a href="mailto:Drew.cummins@worldwellnessgroup.org.au">Drew.cummins@worldwellnessgroup.org.au</a></b></p>	
<p><b>To Register:</b> For the referral: <a href="https://worldwellnessgroup.org.au/referral-forms/">https://worldwellnessgroup.org.au/referral-forms/</a></p>	
<b>World Wellness Group</b>	<b>Multicultural Connect Line 1300 079 020</b>
<p>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. Monday to Friday 9 am to 4.30 pm.</p>	
Contact Details	<p>Viviana Jimenez Cuellar Email: <a href="mailto:mcl@worldwellnessgroup.org.au">mcl@worldwellnessgroup.org.au</a>  Website: <a href="#">Multicultural Connect Line (MCL) – World Wellness Group</a></p>
<p><b>To Register:</b> Call 1300 079 020</p>	
<b>World Wellness Group</b>	<b>Multicultural Psychological Therapies (Mild – Moderate)</b>
<p>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.</p> <p><b>Contact Program Manager: Phil Haynes on 3333 2100</b></p>	
<p><b>To Register:</b> For the referral: <a href="https://worldwellnessgroup.org.au/referral-forms/">https://worldwellnessgroup.org.au/referral-forms/</a></p>	
<b>World Wellness Group</b>	<b>Problem Management Plus (PM+) - Brief Therapy (Low intensity)</b>
<p>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</p> <p><b>Contact Program Manager: Annette Ruzicka on 3333 2100</b></p>	
<p><b>To Register:</b> Referral form: <a href="https://worldwellnessgroup.org.au/referral-forms/">https://worldwellnessgroup.org.au/referral-forms/</a></p>	
<b>World Wellness Group</b>	<b>Multicultural Advocacy and Legal Service (MALS)</b>
<p>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.</p> <p><b>The areas of law we assist with include:</b> Domestic violence &amp; elder abuse, Workplace issues, Family &amp; divorce, Human rights &amp; discrimination, Credit, debt &amp; money issues.</p> <p><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.</p> <p><b>We cannot:</b> Represent in court unless we agree to; Provide legal advice about personal injury, Immigration matters.</p> <p><b>Contact Lawyer and Advocate on 1800 861 977 or email <a href="mailto:malsteam@caxton.org.au">malsteam@caxton.org.au</a></b></p>	
<p><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></p>	

Deception Bay Neighbourhood Centre	Programs and Supports
<p>We offer a variety of programs to empower and support the community. As a community hub, the Centre provides services, activities, and initiatives aimed at enhancing social inclusion, employment opportunities, and overall community support. All our programs are <b>FREE OF CHARGE</b> and include the Outreach Family Program, Financial Resilience Support, Counselling, Emergency Relief, Community Development, Certificate III Training, and Social Prescribing. We regularly host Free Community Connect Days, Communi-Tea morning teas, and various other events. We also support local Community Groups and initiatives.</p>	
<p><b>• Financial Resilience Support:</b>                      If you're experiencing financial hardship, we can assist you in developing your capacity to manage finances, apply for no-interest loans (NILS), and negotiate payment plans with creditors. Check out our <i>Cooking with Barb</i> videos on YouTube and Facebook for budget-friendly meal ideas.  <b>Contact Barbara, Linda &amp; Lea</b> at (07) 3204 2022 or <a href="mailto:info@dbnc.org.au">info@dbnc.org.au</a>  <i>By appointment only. Call during office hours, and our staff will schedule an appointment for you.</i></p>	
<p><b>• Counselling (no cost):</b>                      We have a team of fully qualified counsellors with years of combined experience. Counselling services are available for individuals, couples, and families.  <i>By appointment only.</i></p>	
<p><b>• Emergency Relief:</b>                      If you're facing financial stress, we offer emergency relief supplies, including milk, bread, food bank items, nappies, and sanitary products. Additional support is provided on a case-by-case basis.  <i>Emergency Relief is available Mondays 10am-12pm and Wednesdays 2pm-4pm</i></p>	
<p><b>• Community Development:</b>                      We believe in supporting community-led ideas, not doing things <i>for</i> the community, but <i>with</i> it. If you want to start or run a group, event or activity that brings people together, we can support you on that journey. Whether it's help with planning, connecting to local networks, or working out what steps to take next — we're here to walk alongside you, not take over. Our role is to assist and empower, so the community leads the way.</p>	
<p><b>• Orbital Training Program (no cost):</b>                      Regular courses:</p> <ul style="list-style-type: none"> <li>• Certificate III in Individual Support (Age &amp; Disability)</li> <li>• Certificate III in Early Childhood Education &amp; Care</li> </ul> <p>These programs are run multiple times per year and are proudly funded and supported by the Queensland Government through the Skilling Queenslanders for Work (SQW) initiative.  <b>Contact Jodie, Annette &amp; Helen</b> to register, as certain conditions apply.  <i>Call during office hours and ask for the Orbital Team.</i></p>	
<p><b>• Social Prescribing (for children and families):</b>                      Our social prescribing program supports children aged 18 years and under, along with their families, by connecting them with community-based services and supports. This includes social groups, creative activities, and more, tailored to your individual needs. Contact us to learn more.</p>	
Times	Venue
Monday, Tuesday & Thursday: 9:30am – 2:30pm Wednesday: 9:30am – 4:30pm Friday: 9:30am – 12:30pm	Deception Bay Neighbourhood Centre, 24 Endeavour St, Deception Bay Email: <a href="mailto:info@dbnc.org.au">info@dbnc.org.au</a>
<p><b>To Register:</b> Call us on 3204 2022 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/" style="color: white;">https://dbnc.org.au/</a></p>	

# Dialectical Behaviour Therapy (DBT)



<b>MNMH</b>	<b>Dialectical Behaviour Therapy (DBT)</b>
<p>This 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.</p> <p>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. Ongoing 12-month commitment of weekly group skills and individual therapy for 3.5 hours held at RBWH, TPCH and Red Cab.</p>	
<p><b>To Register:</b> Contact the MH CALL number on <b>1300 622 255</b></p>	

## Eating Disorder Supports



Eating Disorders Queensland		
<p>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.</p> <p>For more information, visit our website <a href="http://www.eatingdisordersqueensland.org.au">www.eatingdisordersqueensland.org.au</a>.</p>		
Venue	Phone	Email
EDQ, 51 Edmondstone Street, South Brisbane & 209 Lyons Street, Westcourt QLD 4870	3844 6055	<a href="mailto:admin@edq.org.au">admin@edq.org.au</a>
<p><b>To Register:</b> Attend an intake appointment. There may be a waiting period for 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).</p>		
Carer Connect		
<p>Providing a supportive and collaborative environment for family members, carers, and key support people to come together. The Group runs each month for 2 hours, alternating between being online via Zoom, or in-person.</p>		
Carer Peer Mentor Program (CPMP)		
<p>CPMP 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 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.</p>		
Carer Re-connect		
<p>Throughout the year the 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.</p>		
Community Table		
<p>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.</p>		

<b>Peer Mentoring Program</b>
Supporting 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. Each program runs twice per year and includes up to three sessions at EDQ, with weekly contact encouraged between the matched mentors and mentees.
<b>Peer Support Group</b>
This 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.
<b>10-Week Therapeutic Group</b>
This 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.
<b>Setting The Table</b>
A monthly meal support group, with the purpose and aim to increase social connection, strengthen social eating and confidence at mealtimes, and create a space that provides choice and control at mealtimes in a safe and supported environment. The activities in this group are designed to be fun and creative, rather than strategy or education focused <i>e.g. group games/ crafts</i> . Participants bring their own adequate meal to the group. The group is held once a month, in-person or online, for 2 hours.
<b>Recovery Warriors</b>
Facilitated by two Psychosocial Workers, the group aims to support clients until they can move into more intensive therapy and support services. Participants are introduced to various therapeutic and support interventions as well as providing ongoing recovery skills and reminders to help their recovery pathway. The topic for Recovery Warriors is different each month and currently runs on a Friday, 10am-12pm, online and in person.
<b>BITE Program</b>
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. 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 <a href="#">details above</a> .

<b>Queensland Eating Disorder Service (QuEDS)</b>	<b>Schema Therapy for Eating Disorders Group (STE-g)</b>	
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. Commitment to completion is required. Venue 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.		
<b>Date</b>	<b>Time</b>	<b>Venue</b>
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



<b>Clemente ACU</b>	<b>Grow Your Knowledge</b>	
<p>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 Arts and Humanities subjects from the Certificate of Liberal Arts to help build communication skills including writing, speaking, and presenting, planning, critical thinking, and self-organisation.</p> <p>Learning partners will be provided to support and guide you. Our upcoming program offers two options, Wednesdays at Common Ground South Brisbane or Thursdays at ACU campus Banyo. 4 hour lectures each week for 13 weeks.</p>		
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>
<b>To Register:</b> Call or email contact details above.		

## Healthy Wellbeing



<b>Centacare Family &amp; Relationship Services</b>	<b>Brisbane Family Relationship Centre</b>
<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).</li> </ul> <p>We can provide services using different options (in person, phone, Zoom, group programs). All require registration and an Intake telephone session to assess if the program is suitable for both client and service. Contact Reception or Intake and Referral Practitioner to determine if your client is eligible for our programs.</p> <p>Email: <a href="mailto:cfrs.clientintake@bne.centacare.net.au">cfrs.clientintake@bne.centacare.net.au</a> for dispute resolution</p> <p>General enquiries <a href="mailto:ReceptionFortitudeValley@bne.centacare.net.au">ReceptionFortitudeValley@bne.centacare.net.au</a></p>	
<b>To Register: Ph: 3251 5000 for counselling or 3624 0100 for dispute resolution</b>	

<b>Fishability Qld Inc</b>	<b>Mainstream Support Services - Land Based Fishing</b>
<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 provided. Must bring own chair. Opportunities for formal and nonformal volunteering.</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>	

<b>Footprints Community</b>	<b>Service Details</b>
<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.</p> <p>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>	
<p><b>To Register:</b> Email: <a href="mailto:katien@footprintscommunity.org.au">katien@footprintscommunity.org.au</a> 1800 FOOTPRINTS (1800 366 877) Ph: 3252 3488</p>	

<b>My Story Counselling</b>	<b>Table-top Therapy Group</b>
<p>Table-top games including DND role-play, alongside short group sessions on selected topics on Self-Compassion, Goal setting and Habits of eating &amp; fitness. Every Wednesday starting February 4th, finishing June 24th, 2026.</p> <p>From 1 pm to 4pm at Caboolture SDA Church rooms 46 Caboolture River Road.</p>	
<p><b>To Register:</b> Contact Gayle Rusterholz on 0431374162 or email <a href="mailto:gayle.rusterholz@gmail.com">gayle.rusterholz@gmail.com</a></p>	

<b>Salvation Army</b>	<b>Caboolture Salvos Programs</b>
<p><b>Salvos Connect Drop-In Space</b> A relaxed and welcoming space for people to come together, share conversation, enjoy a toastie, tea and Coffee. This space focuses on building healthy relationships and meaningful social connections within the community.</p> <p><b>Men's Connect</b> A supportive and friendly group for men to gather, connect, and build positive relationships. Activities include pool, pinball, and shared conversation in a safe and respectful environment.</p> <p><b>Craft Group - \$10 per session.</b> Open to everyone and designed to encourage creativity, mindfulness, and connection. Each week features a different craft activity, with the small fee contributing to the cost of materials.</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>  <a href="http://www.salvationarmy.org.au/caboolture/contact-us/">www.salvationarmy.org.au/caboolture/contact-us/</a></p>	

<b>Stepping Stone North</b>	<b>Clubhouse</b>	
<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.</p> <p>We are open Monday to Friday 8:30am - 4:30pm, Saturday 10:00am – 3:00pm, 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
<p><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.</p>		

## LGBTIQA+ Friendly Programs



<b>Roses in the Ocean</b>	<b>LGBTQIA+ Survivor Attempt Action Group</b>
We invite LGBTIQA+ people to engage with us and help to inform our work, including advising on workshop content, development programs and supporting people in the community. <a href="http://www.rosesintheocean.com.au/lgbtqi/">www.rosesintheocean.com.au/lgbtqi/</a>	
<b>Open Doors Youth Service</b>	<b>Individual and group support programs</b>
We support young people who identify as Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual, Pansexual, Sistergirl or Brotherboy (LGBTIQAP+ Sistergirl & Brotherboy) aged 12-24. <a href="http://www.opendoors.net.au/about-open-doors-youth-service/">www.opendoors.net.au/about-open-doors-youth-service/</a>	
<b>QLD Council for LGBTIQ+</b>	<b>Support and training</b>
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. <a href="http://www.lgbtiqhealth.org.au/69">www.lgbtiqhealth.org.au/69</a>	
<b>LGBTIQA+ Legal Service</b>	<b>Legal Advice Consultations</b>
The LGBTI Legal Service offers free and confidential legal advice to residents who identify as members of the diverse lesbian, gay, bisexual, trans and intersex community. <a href="http://www.lgbtilegalservice.org.au/">www.lgbtilegalservice.org.au/</a>	
<b>ReachOuts</b>	<b>Online Community 24/7</b>
Free, anonymous, and available 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. <a href="https://au.reachout.com/online-community">https://au.reachout.com/online-community</a>	
<b>MindOut</b>	<b>Support</b>
Support LGBTIQ+ people and communities to be able to identify and respond to their own mental health needs, along with supporting others in the LGBTIQ+ community. MindOut develops and delivers national suicide prevention initiatives for the mental health and suicide prevention sectors to help them meet the needs of LGBTIQ+ populations. In doing so, the program aims to improve the mental health outcomes and reduce suicide and suicidal behaviour amongst LGBTIQ+ people and communities. <a href="http://www.lgbtiqhealth.org.au/mindout">www.lgbtiqhealth.org.au/mindout</a>	
<b>2Spirits</b>	<b>Support Services</b>
2Spirits is a program devoted to Aboriginal and Torres Strait Islander people who identify as Lesbian, Gay, Bisexual, Trans, Intersex, Queer, Sistergirls and Brotherboys. Support services including health promotion, forums, peer education and referrals. They also provide links to community support groups. <a href="http://www.2spirits.org.au">www.2spirits.org.au</a>	

## Men's Group

**MENSGROUP**

<b>Men's Information and Support Association (MISA)</b>	<b>Counselling and support services</b>
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.	
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.	
<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>	

<b>Men's Information and Support Association (MISA)</b>	<b>Transformation 24/7 Workshop</b>
<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. Runs 3 times a year in Strathpine in the Evening from 6pm. Call 3889 7312 or email <a href="mailto:info@misa.org.au">info@misa.org.au</a></p>	
<p><b>To Register:</b> Call the office to see if the course is 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.</p>	

<b>The Man Walk Moreton Bay</b>	<b>Walk Talk Support</b>	
<p>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 gentlemen can join by applying to the Manbassador Group - The Man Walk Redcliffe, or just turn up to the walks.</p>		
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>
<p><b>To Register: Just turn up.</b></p>		

*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.*



**Mensline Australia call 1300 78 99 78**

## Neami National – Strathpine Medicare Mental Health Centre

Strathpine Medicare Mental Health Centre is a free service offering caring, friendly and inclusive support for adults who are experiencing distress or are worried about themselves or someone they care about. No referral or appointment is needed. You can walk in and get support from our team without an appointment from 9 am – 4 pm Monday to Friday.

Strathpine Medicare Mental Health Centre is for adults who:

- ∞ are experiencing distress, feeling overwhelmed or are worried about themselves
- ∞ do not need urgent medical attention.
- ∞ We also offer support for carers and families of people experiencing distress.

We're here to help you in times of need. Whether you're trying to improve your sense of wellbeing, looking for help with something that is bothering you, or helping someone you care about, Strathpine Medicare Mental Health Centre is here for you.

We can provide:

- ∞ support to improve your wellbeing
- ∞ help to connect with ongoing support
- ∞ immediate help to reduce distress
- ∞ help to navigate through a crisis
- ∞ help to safely cope with thoughts of suicide.
- ∞ support for carers and families of people experiencing distress.

What to expect:

Support from people who understand. Many of our staff have experienced mental health and wellbeing challenges and understand what you're going through. They will support your individual needs from the moment you arrive at Strathpine Medicare Mental Health Centre to when you're ready to leave. Our team will listen and work with you to find the right support, using a recovery-focused, evidence-based approach. Knowing what matters to you means we can provide you with the right support for now and connect you with the right support for later.

If you think you or someone you know might benefit from visiting a Medicare Mental Health Centre, you can call to make a referral or book an appointment on 3493 6780, email [medicaremhc.strathpine@neaminational.org.au](mailto:medicaremhc.strathpine@neaminational.org.au).

Venue/Mail	Phone	Email
7/327 Gympie Rd, Strathpine, Qld 4500	3493 6780	<a href="mailto:medicaremhc.strathpine@neaminational.org.au">medicaremhc.strathpine@neaminational.org.au</a>

**To Register:** For more information about Medicare Mental Health Centres, you can contact **1800 595 212**

## Older Persons



### Relationships Australia QLD

### Senior Relationship Mediation Service (SRMS)

The Senior Relationship Mediation Service provides a FREE service for people 65 years and over and 50 years and over for First Nations people who may be experiencing family conflict / elder abuse or are uncertain how to have an important conversation with a family member. We can work with families and carers to help navigate difficulties and provide support in finding positive solutions by appointment.

Services include: Family mediations / meetings, Counselling, Relationship strengthening strategies, Information and Referrals The service is located in the Morayfield Health Hub and services the Moreton Bay Region with phone/ virtual services to other areas of the State.

**To Register:** Please call 1300 063 232 and ask for the Senior Relationship Mediation Service or email [srsm@raq.org.au](mailto:srsm@raq.org.au)

<b>World Wellness Group</b>	<b>Care Finder Program</b>	
One-on-one aged care navigation and support for seniors aged 65 and above from multicultural backgrounds and living in the Brisbane North PHN region (from Brisbane City up to Kilcoy). This is a free service.		
Date	Time	Venue
Mondays – Fridays	8am to 5pm	Flexible - outreach
Contact Details	Danne Bathan Ph: 0490 814 480 or email: <a href="mailto:carefinder@worldwellnessgoup.org.au">carefinder@worldwellnessgoup.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/wp-content/uploads/2023/05/CareFinder_referral.pdf">https://worldwellnessgroup.org.au/wp-content/uploads/2023/05/CareFinder_referral.pdf</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.*

## Parenting, Youth and Family Supports



<b>Australian Kookaburra Kids Foundation</b>	<b>Mental Health Education programs for young people aged 8-18</b>
Year-round camps, activity days and online connect sessions which teach young people how to nurture their mental health, where to seek help when needed, and build connections.	
<b>To Register:</b> Call 1300 566 525 or email <a href="mailto:info@kookaburrakids.org.au">info@kookaburrakids.org.au</a> or <a href="https://kookaburrakids.org.au">https://kookaburrakids.org.au</a>	

<b>Caboolture Neighbourhood Centre</b>	<b>Caboolture Family Support Service (CFSS)</b>
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.	
<b>Venue:</b> Caboolture Neighbourhood Centre, 9 George St.	
<b>To Register:</b> Call 5495 3818 or email <a href="mailto:reception@caboolturenhc.com.au">reception@caboolturenhc.com.au</a> for more information	

<b>Peach Tree</b>
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> and details below for referral.
<b>To Register: Health professional referral form:</b> <a href="https://forms.fillout.com/t/wnE8N9g3Pyus">https://forms.fillout.com/t/wnE8N9g3Pyus</a> <b>Self-referral form:</b> <a href="https://forms.fillout.com/t/pLgLtv2HxNus">https://forms.fillout.com/t/pLgLtv2HxNus</a>

<b>Peach Tree</b>	<b>Sunshine Parenting Program</b>
<p>A free 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. 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. SPP was 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. Held every 7 weeks in Nundah and Morayfield.</p> <p><b>Contact: Caroline Asler -Program Coordinator on 0435 597 426 or <a href="mailto:sunshine@peachtree.org.au">sunshine@peachtree.org.au</a></b></p>	
<b>Peach Tree</b>	<b>Circle of Security Parenting™</b>
<p>This 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. 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>Dates in July, September and November at location in Nundah, Morayfield and Online.</p> <p><b>Contact: Libby Smith via email <a href="mailto:cosp@peachtree.org.au">cosp@peachtree.org.au</a></b></p>	
<b>Peach Tree</b>	<b>Connecting Parents to Pathways (CPTP)</b>
<p>An 8-week, Parent-led, one-on-one program facilitated by a Peach Tree 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 support services. <b>Goal:</b> Maintain and keep within Peach Tree's Peer Work “scope of practice” by working collaboratively with health professionals and organisations to provide distressed parents the best possible care. Health professional referral only. Offered on an individual basis. Participants choose their preferred time.</p> <p><b>Location:</b> Nundah, Morayfield and online</p> <p><b>Contact: Caroline Asler -Program Coordinator on 0435 597 426 or <a href="mailto:connecting@peachtree.org.au">connecting@peachtree.org.au</a></b></p>	
<b>Peach Tree</b>	<b>Peer to Peer Meets Program with The Australian Birth Trauma Association (ABTA)</b>
<p>Peach Tree Perinatal Wellness and Birth Trauma Australia (BTA) are working in partnership to deliver their Peer 2 Peer Meets program. This program is a free 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. The 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. Birthing parents will be guided with engaged, open conversations and storytelling so they can see that recovery and acceptance is possible. A program workbook is provided which will direct the weekly content.</p> <p><b>Dates:</b> Offered once a term in locations in Nundah and Morayfield.</p> <p><b>Contact: Gen Fleming 0481 317 184 or <a href="mailto:programs@peachtree.org.au">programs@peachtree.org.au</a></b></p>	
<b>Peach Tree</b>	<b>Shark Cage™</b>
<p>The Shark Cage® program is a 7-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>	

- Increase their capacity to set boundaries
- Improve their assertive communication skills
- Increase the awareness of the impacts of abuse
- Decrease any feelings of self-blame or victim blaming
- Increase their capacity for self-care & kindness to themselves
- Increase their ability to recognise a potentially abusive or exploitative person

Participants can self-refer or be referred by a health professional.

**Dates:** Held once a term in locations at Nundah and Morayfield

**Contact:** Gen Fleming on **0481 317 184** or [programs@peachtree.org.au](mailto:programs@peachtree.org.au)

**Peach Tree Perinatal Wellness Inc. "Peach Tree"**

**Peer-led Support**

Free 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. Peach Tree offers specialised peer-led support groups, parenting education programs, social groups such as craft and yoga and community activities. Peach Tree can also assist parents in navigating referral pathways to additional services related to pregnancy, parenting, mental health, and social wellbeing.

**To Register:** Call 0434 097 546 or 0435 597 426 or email [northbrisbane@peachtree.org.au](mailto:northbrisbane@peachtree.org.au) or [moretonbay@peachtree.org.au](mailto:moretonbay@peachtree.org.au)

**Play Matters**

**Early Childhood Coordinator Program**

The Play Matters Early Childhood Coordination program supports families to connect with early childhood education, health, and development services.

Early Childhood Coordinators work alongside families, building on their strengths and addressing barriers to access. The program guides families into playgroups, early childhood education and care, kindergartens and schools.

Contact: Nerissa Jordan Ph 0427301776 or email [njordan@playmatters.org.au](mailto:njordan@playmatters.org.au)

**To Register:** [Early Childhood Coordination | Play Matters](#)

**Play Matters Australia**

**Play Stars Playgroup (Redcliffe & Bracken Ridge)**

Join us for baby playgroup at Redcliffe 10:00am-11:30am & Bracken Ridge 10:30am-11:30am Libraries on Tuesdays. You and your baby will sing, read, play with a range of activities that will support your baby's physical, cognitive, emotional and social skills. Play Stars playgroup is welcoming to all parents and carers with children 0-1 years. Playgroup will start with the Library's First 5 Forever Baby Rhyme Time, then follow into the Play Stars playgroup. Play Matters Facilitators and a Librarian will support you to play, sing, read and talk about all things babies. Everyone is welcome, come along to connect with other parents, share ideas, experiences, and connect with health and community service organisations. Please bring snacks, drinks and change of clothes for baby as sometimes it might get messy!

Contact Jasmine Stewart on 0448 722 214 or [jstewart@playmatters.org](mailto:jstewart@playmatters.org)

**To Register:** Families must check-in on arrival, please sign up for a FREE Play Matters Membership to allow check-in feature. <https://playmatters.org.au/membership/play-stars/sign-up>

**The Benevolent Society**

**Child and Family Wellbeing Service**

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.

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. Weekdays from 9 – 5 pm in Brisbane North & Logan

Contact: Sabrina Pezzuto on 3441 3000 or email: [CFWSlogan@benevolent.org.au](mailto:CFWSlogan@benevolent.org.au) (for clients living in the Logan catchment) [C&FW@benevolent.org.au](mailto:C&FW@benevolent.org.au) (for clients living in the Brisbane North catchment)

**To Register:** Families can self-refer by calling 3441 3000 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.

**The Benevolent Society**

**Post Adoption Support Queensland (PASQ)**

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 adults, children, couples and families, Information on searching for family members, Intermediary support with a third-party professional to help with search and reunion, including approaching relatives on your behalf and support around contact, Therapeutic groups, information sessions 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 for up-to-date post adoption information and resources (email us to be added to the mailing list). Weekdays, 9am-5pm, Milton Brisbane, Gold Coast or online (QLD statewide)

**To Register:** You can self-refer by calling our intake line 3170 4600 and our intake worker will complete and intake form. We accept self-referrals from anywhere in QLD. Email [pasq@benevolent.org.au](mailto:pasq@benevolent.org.au)

**Youth and Families Association of Pine Rivers (YAFA)**

**Counselling and Family Support Services**

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.

Times: 9am to 4.30pm on Monday, Wednesday and Friday by appointment at Suite 4, 1372-4 Anzac Avenue, Kallangur. Virtual Program: Telehealth appointments are available. Contact Linda Latta

**To Register:** Please phone 3886 2777 or email [reception@yafa.com.au](mailto:reception@yafa.com.au)

**Peer Support**



**Footprints Community**

**PBGS (Peer Based Support Group) - Chill, Chat 'n' Create**

A weekly meet up for 'Chill, Chat 'n' Create that provides a place where you can explore different hobbies and creativity safely within a supportive environment.

**To Register:** Referral pathway is limited, please contact Team Leader, Katie Nutting

**Footprints Community**

**PBGS (Peer Based Group Support) - 'Online Discussion Group'**

Come and meet the team and other participants weekly, whilst discussing a different topic each week. Great way to get familiar with our PBGS team, all from your own home.

**To Register:** Referral pathway is limited, please contact Team Leader, Katie Nutting

**Footprints Community**

**PBGS (Peer Based Group Support) - 'Skills Building'**

A light introduction to DBT (Dialectical Behavioural Therapy) and other recovery focused psychosocial education and support. Learn a new skill every week in a relaxed and inclusive setting with an informal discussion around the topic.

**To Register:** Referral pathway is limited, please contact Team Leader, Katie Nutting

<b>Footprints Community</b>	<b>PBGS (Peer Based Group Support) - 'DBT' (Dialectical Behavioural Therapy)</b>
<p>DBT Skills Group caters to individuals who have experienced or who continue to experience interpersonal challenges, emotional dysregulation and distress whilst learning mindfulness teachings. Suitable to anyone who would benefit from learning and developing skills in these areas. This is a structured 9wk course and commitment is necessary.</p>	
<p><b>To Register:</b> Referral pathway is limited, please contact, Katie Nutting on 0481 601 888 or email <a href="mailto:katien@footprintscommunity.org.au">katien@footprintscommunity.org.au</a></p>	

<b>GROW Australia</b>	<b>The Grow Program</b>
<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 are 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 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> <p><b>Chermside</b> Monday, 6:30pm to 8:30pm, Uniting Church, Cnr Gympie &amp; Rode Rds.  <b>Stafford Heights</b> Wednesday, 6:30 pm to 8:30pm, Baptist Church, 272 Appleby Rd.  <b>Bridgeman Downs</b> Thursday, 10:00 am to 12:00pm, The Church of the Resurrection, 30 Ridley Rd.  <b>Redcliffe</b> Thursday, 10:00 am to 12:00pm, Church of Christ, Corner of 76 Ashmore Rd and Yalumba St.</p> <p>Check website for more information on programs and groups. <a href="http://www.grow.org.au">www.grow.org.au</a></p>	
<p><b>To Register:</b> You are invited to simply attend a meeting or call on <b>1800 558 268</b> or email <a href="mailto:qld@grow.org.au">qld@grow.org.au</a></p>	

<b>GROW Australia</b>	<b>Growing Resilience</b>
<p>Growing Resilience is our free online program for people who are experiencing mental ill-health brought on by life events and the social, emotional, and financial hardship associated with them. The program is run over six one-hour 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. You'll be provided with a workbook which will help guide you through each session. Rolling start date, differing times available via Zoom. General enquiries 1800 558 268 or email <a href="mailto:qld@grow.org.au">qld@grow.org.au</a></p>	
<p><b>To Register:</b> You are invited to register via the Growing Resilience section of our website <a href="http://www.grow.org.au">www.grow.org.au</a></p>	

<b>Metro North Mental Health (MNMH)</b>	<b>Lived Experience (Peer) Workforce Team</b>
<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, please contact individual teams on the numbers below.</p>	
<b>Redcliffe and Caboolture Hospitals</b>	Ph <b>5433 8775</b>
<b>Royal Brisbane &amp; Women's Hospital</b>	Ph <b>3646 3886</b>
<b>The Prince Charles Hospital</b>	Ph <b>3139 4561</b>

<b>SANE</b>	<b>FREE Complex Mental Health Support</b>
<p>SANE's service includes free digital and telehealth support services providing ongoing tailored support for people over 18 years of age with complex mental health needs and their families and carers. A dedicated team will work with you to create a flexible and personalised 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 online community. <b>Contact 1800 187 263</b></p>	

<b>Relationships Australia Queensland</b>	<b>Relationship Counselling</b>
<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



<b>SANDBAG</b>	<b>Community Centres and Services</b>
<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.</p>	
<p><b>To Register:</b> Contact us on 3869 3244 or email <a href="mailto:admin@sandbag.org.au">admin@sandbag.org.au</a> to find out about our latest programs.</p>	

## St John Ambulance



<b>St John Queensland</b>	<b>Transport Services</b>
<p><b>St John Queensland transport service offers a reliable, pre-booked, and affordable solution for getting where you need to go.</b> We support people of all ages, backgrounds, and mobility levels, with no extra cost for carers. Our vehicles have ample space for walking frames and other support equipment, ensuring a safe and comfortable ride. We also provide group transport options, including everyday errands like grocery shopping and medical appointments and social gatherings. Available to anyone in Brisbane North with transport promotions available for CHSP and QG CTP clients. Ph 1300 785 646 or email 1300 785 646 for more details.</p>	
<p><b>To Register:</b> Check the website for more details <a href="http://www.stjohnqld.com.au">www.stjohnqld.com.au</a></p>	



## Medicare Mental Health Centre Caboolture

The **Caboolture Medicare Mental Health Centre** is a free community service providing walk-in mental health and wellbeing support for adults aged 18 years and over.

The Centre offers a safe, inclusive, and recovery-oriented environment for individuals seeking to improve their wellbeing, access support for mental health concerns, or assist someone they care about.

Our model of care combines peer-led recovery and clinical support, designed to meet the immediate and ongoing needs of our community.

### Services available include:

- Immediate, short- and medium-term mental health and wellbeing support
- Culturally safe support and advice for navigating local mental health services
- Connections and referrals for ongoing support
- Opportunities to engage with social and community groups
- A range of psychosocial, therapeutic, and skill-based group programs (information available at the Centre upon enquiry)

Support is provided by a multidisciplinary team that includes:

- Peer support workers
- Family and carer support
- Care coordinators
- Mental Health Nurses

### Service access:

- **Type:** Walk-in service (no appointment required) **Hours:** Monday to Friday, 9:00am – 4:00pm

The Caboolture Medicare Mental Health Centre is committed to providing a welcoming space where community members can access timely, person-centred mental health support close to home.

Venue / Mailing Address	Phone	Email
Medicare Mental Health Centre - <i>Central Lakes Shopping Centre</i> Level 1, 21 Pettigrew Street - Caboolture QLD 4510	4593 0500	<a href="mailto:caboolture.mmhc@stride.com.au">caboolture.mmhc@stride.com.au</a>

**To Register:** Contact us on **4593 0500** or check the website for more details [www.medicarementalhealth.gov.au](http://www.medicarementalhealth.gov.au)

For more information about Medicare Mental Health Centres, you can contact **1800 595 212**

## Suicide Prevention and Support



### Community

### The Way Back Support Service

Family and Friends Program, supporting the family and friends of people experiencing suicidal distress.

What we offer: one on one support, information and resources, service navigation and advocacy, groups and workshops. Eligibility: over 18 years of age, living in The Prince Charles or RBWH Hospital catchment areas, currently supporting a person experiencing suicidality.

To learn more contact the Way Back Team between 8:30 – 4:30pm Monday to Friday via Phone 3510 27 57 or email [WAYBACKFRIENDSANDFAMILY@COMMUNIFY.ORG.AU](mailto:WAYBACKFRIENDSANDFAMILY@COMMUNIFY.ORG.AU)

<b>Roses in the Ocean</b>	<b>Stemming the Tide of Suicide</b>
<p>We have to make it “okay” to reach out to others and seek help when “life” seems too difficult. Roses in the Ocean exists to save lives and reduce emotional distress and pain. We do this by innovating and transforming suicide prevention and driving and delivering system reform through the expertise of people with lived experience of suicide.</p>	
<p>Warmline Call-back service <b>1800 77 7337</b> or Website <a href="https://rosesintheocean.com.au/">https://rosesintheocean.com.au/</a></p>	

<b>StandBy</b>	<b>Support After Suicide Brisbane North UnitingCare</b>
<p>StandBy is Australia’s leading National suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide. The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including:</p> <ul style="list-style-type: none"> <li>– Individuals, families and friends</li> <li>– Witnesses</li> <li>– First Responders</li> <li>– Service Providers</li> </ul> <p>StandBy is accessible seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual.</p>	
<p><b>To Register:</b> Contact <b>1300 727 247</b> or <a href="mailto:standby.bne@uccommunity.org.au">standby.bne@uccommunity.org.au</a> to register interest</p>	

<b>The Way Back Support Service (TWBSS)</b>
<p>The Way Back was developed by Beyond Blue. It is designed to support people who are 15 years or older and have recently experienced a suicidal crisis or attempted suicide. The Way Back provides you with non-clinical, practical support in the community for up to three months. Referral by mental health service following hospital presentations.</p>

**To Register: Public Hospital Mental Health Referral call the 1300MHCALL (1300 64 22 55)**

<p><b>Telephone Hotlines</b></p> <p>If you are thinking about suicide or experiencing a personal crisis help is available.</p> <p>No one needs to face their problems alone. If you need support, please call:</p> <p>Lifeline <b>13 11 14</b> Beyond Blue <b>1300 224 636</b> Suicide Call Back Service <b>1300 659 467</b> Qlife <b>1800 184 527</b> 3pm- midnight National Indigenous Critical Response Team <b>1800 805 801</b></p>
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# Victim Rights and Supports



<b>Queensland Health</b>	<b>Victim Support Service</b>
<p>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.</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>	

<b>Other supports available</b>
<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> 1300 546 587 (9am-4.30pm Monday to Friday).</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> 13 92 76 - <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> 1800 774 744 - <b>Email:</b> <a href="mailto:admin@qhvsq.org.au">admin@qhvsq.org.au</a> - <b>Website:</b> <a href="http://www.qhvsq.org.au">www.qhvsq.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> 1800 449 632 - <b>Website:</b> <a href="http://www.pact.org.au">www.pact.org.au</a></p>

# Women's Group



<b>4 Voices Global Limited</b>	<b>Weekly Frontline Service</b>	
<p>4 Voices' mission is to provide immediate and practical support for girls and women in crisis, whether that be through domestic violence, homelessness or isolation.</p> <p>We support those who struggle to connect due to fear, shame, poor English, lack of technology, or limited digital skills. Our fleet of mobile outreach vans - each equipped with tea &amp; coffee making facilities, Wi-Fi, laptops, phones, printers and Smart TVs - visit safe, accessible locations across Brisbane, Logan, Ipswich, the Gold Coast and Sydney. The first and perhaps most impactful service we give is emotional and social support.</p> <p>We also provide an outbound phone support service, connecting women in crisis with immediate, compassionate assistance and referrals.</p> <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: <a href="http://www.4voices.org.au/get-help">www.4voices.org.au/get-help</a></b></p>		
<b>Contact</b>	<b>Phone</b>	<b>Email</b>
4 Voices Global Limited	0427 244 685	<a href="mailto:admin@4voices.org.au">admin@4voices.org.au</a>

<b>Womenspace Sandgate</b>	<b>Cuppa and Chat</b>
<p>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 held at 11 Second Avenue, Sandgate.</p> <p>Contact Ludmila Doneman on 0431 112 721 or <a href="mailto:chair@womenspace.org.au">chair@womenspace.org.au</a></p>	
<b>How to Register</b>	No need to register, just come. \$2 donation
<b>Womenspace Sandgate</b>	<b>Create and Chat</b>
<p>A weekly gathering in safe, supportive space at 11 Second Avenue, Sandgate 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. Learn a new craft if you wish.</p> <p>Contact Leanne Rooney on or <a href="mailto:chair@womenspace.org.au">chair@womenspace.org.au</a></p>	
<b>How to Register</b>	No need to register, just come. \$2 donation



## SECTION 2: INFORMATION FOR CARERS

### Carer Support Services



Arafmi Ltd	Various Programs
<p>Arafmi offers a range of free support services for mental health carers in Queensland. These are specifically designed for anyone caring for a family member, friend or community member experiencing mental ill-health. Arafmi has provided free support for mental health carers in Queensland for over 45 years. Our services include a 24-hour Carer Support Line, individual and group support, workshops and respite accommodation.</p>	
<p><b>To Register:</b> Please contact us via our 24 hr carers line on <b>1300 554 660</b> 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></p>	

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>∞ Vocational Coaching – To help you to return to work or volunteering</li> <li>∞ Financial Coaching - delivered by a financial coach offer a range of sessions to support carers navigate financial independence.</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	Email
Marcela Moreno	<a href="mailto:mmorenoramirez@wellways.org">mmorenoramirez@wellways.org</a>
<p><b>To Register:</b> Call <b>1800 422 737</b> or visit <a href="http://www.carergateway.gov.au">www.carergateway.gov.au</a> for more information.</p>	

## SECTION 3: MEDICARE MENTAL HEALTH AND SAFE SPACES

### Medicare Mental Health

**Not feeling like yourself lately? You're not alone. Call 1800 595 212**

Medicare Mental Health is a free service that connects you with the mental health support that is right for you. Drop in or phone us, there's no need for an appointment or referral. A friendly member of our team will chat with you about how you're feeling and help guide you toward the support that's right for you. There's no pressure or judgment, just a team ready to listen and walk alongside you at your own pace. At your first visit, you'll sit down for a relaxed chat with one of our team members. We'll talk about how you're feeling and what kind of support could be most helpful for you. You may meet with a mental health clinician, a peer worker with lived experience, or a support team member. Everything you share is private and confidential, and you're welcome to bring a support person along if that helps you feel more at ease. The National phone service is 1800 595 212 you can call between 8:30am to 5:00pm weekdays (excl. public holidays) to speak with a trained professional about your mental health and wellbeing.

**Communify QLD**

566 Lutwyche Rd, Lutwyche  
Phone: 3510 2777 or 1800 595 212  
Email: [innernorthmmhc@communify.org.au](mailto:innernorthmmhc@communify.org.au)  
[www.communify.org.au/](http://www.communify.org.au/)

**Neami National**

7/327 Gympie Road, Strathpine  
Phone: 3493 6780 or 1800 595 212  
Email: [MedicareMHC.Strathpine@neaminational.org.au](mailto:MedicareMHC.Strathpine@neaminational.org.au)  
[www.neaminational.org.au/](http://www.neaminational.org.au/)

**Stride - Stride Hub Caboolture**

Central Lakes Shopping Village, Level 1/21 Pettigrew St,  
Caboolture  
Phone: 4593 0500 or 1800 595 212  
Email: [stridehub.caboolture@stride.com.au](mailto:stridehub.caboolture@stride.com.au)  
[www.stride.com.au/](http://www.stride.com.au/)

**Communify QLD**

198 Anzac Avenue  
Kippa-Ring  
Phone: 3510 2722 or 1800 595 212  
Email: [redcliffemmhc@communify.org.au](mailto:redcliffemmhc@communify.org.au)  
[www.communify.org.au/](http://www.communify.org.au/)

# 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:safespace@neaminational.org.au">safespace@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 <i>(on the corner, next to the Skate Park)</i> <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

# SECTION 4: SERVICE DIRECTORY

Name of Organisation	Contact Details	Name of Organisation	Contact Details
	<b>Alcohol and Drug Support</b> P: 1800 177 833 adis.health.qld.gov.au		<b>flourish Australia</b> P: 1300 779 270 flourishaustralia.org.au
	<b>Association of Friends and Relatives of the Mentally Ill (ARAFMI)</b> P: 3254 1881 or 1300 554 660 E: info@arafmi.com.au arafmi.com.au		<b>Footprints Community</b> P: 3252 3488 E: admin@footprintscommunity.org.au footprintscommunity.org.au
	<b>Benevolent Society</b> P: 3441 3000 benevolent.org.au		<b>Fishability</b> fishability.org.au
	<b>Brisbane Youth Service</b> P: 3620 2400 brisyouth.org		<b>Full Circle Projects</b> P: 0411 329 035 fcpinc.org
	<b>Caboolture Neighbourhood Centre</b> P: 5495 3818 E: reception@caboolturenhc.com.au caboolturenhc.com.au		<b>Grow</b> P: 1800 558 268 grow.org.au
	<b>Carer Gateway</b> P: 1800 422 737 carergateway.gov.au		<b>Koobara Kindy</b> P: 3265 7171 koobara.com.au
	<b>Carers Qld Australia</b> P: 3624 1700 carersqld.asn.au		<b>Kookaburra Kids</b> P: 1300 566 525 E: info@kookaburrakids.org.au kookaburrakids.org.au
	<b>Centre Against Domestic Abuse</b> P: 5498 9533 E: info@cada.org.au cada.org.au		<b>Kurbingui</b> P: 3156 4800 E: sewb@kurbingui.org.au kurbingui.org.au
	<b>Centacare Family and Relationship Services</b> P: (07) 3251 5000 or (07) 3264 0100 E: fortitudeValleyReception.CFRS@bne.centacare.net.au centacare.com/location/centacare-family-and-relationship-services-brisbane/		<b>Lives Lived Well</b> P: 1300 727 957 E: info@liveslivedwell.org.au liveslivedwell.org.au
			
	<b>Communify</b> P: 3510 2700 communify.org.au		<b>Men's Information and Support Association Inc.</b> P: 3889 7312 E: info@misa.org.au misa.org.au
	<b>Children of Parents with a Mental Illness (COPMI)</b> P: 3310 9444 E: chq-cymhs-copmi@health.qld.gov.au copmi.net.au		<b>Neami National</b> P: 3493 6780 neaminational.org.au
	<b>Eating Disorders Queensland</b> P: 3844 6055 E: admin@edq.org.au eatingissuescentre.org.au		<b>Open Minds</b> P: 3896 4222 or 1300 673 664 openminds.org.au
	<b>Family Drug Support (FSD)</b> P: 1300 368 186 fds.org.au/family-drug-support-australia		<b>Peach Tree Wellbeing Centre</b> Nundah E: northbrisbane@peachtree.org.au <b>Peach Tree Wellbeing Centre</b> Moreton Bay E: moretonbay@peachtree.org.au peachtree.org.au

Name of Organisation	Contact Details	Name of Organisation	Contact Details
	<b>Play Matters</b> <b>P:</b> 1800 00 7529 <a href="http://playmatters.org.au/">playmatters.org.au/</a>		<b>STRIDE</b> <b>P:</b> 4593 0500 <b>E:</b> <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>Qld Program of Assistance to Survivors of Torture &amp; Trauma (QPASTT)</b> <b>P:</b> 3391 6677 <a href="http://qpastt.org.au">qpastt.org.au</a>		<b>Strong Women Talking – Marigurim Mubi Yangu</b> <b>P:</b> 07 3292 3500 <b>E:</b> <a href="mailto:enquiry@strongwomentalking.org.au">enquiry@strongwomentalking.org.au</a> <a href="http://strongwomentalking.org.au/">strongwomentalking.org.au/</a>
	<b>Queensland Injectors Health Network (QuiHN)</b> <b>P:</b> 1800 172 076 <a href="http://quihn.org">quihn.org</a>		<b>Transcultural</b> <b>P:</b> : 3317 1234 <a href="http://metrosouth.health.qld.gov.au/qtmhc">metrosouth.health.qld.gov.au/qtmhc</a>
	<b>Queensland Eating Disorder Service (QuEDS)</b> <b>P:</b> 3114 0809 <b>E:</b> <a href="mailto:QuEDS@health.qld.gov.au">QuEDS@health.qld.gov.au</a>		<b>Uniting Care</b> <b>P:</b> 1300 135 500 <b>E:</b> <a href="mailto:sel@uccommunity.org.au">sel@uccommunity.org.au</a>
	<b>Reclink</b> <a href="http://reclink.org">reclink.org</a>		<b>Up Beat</b> <b>P:</b> 3073 2919 <b>E:</b> <a href="mailto:info.qld@upbeatarts.org.au">info.qld@upbeatarts.org.au</a>
	<b>Red Cross Hippy</b> <a href="http://hippyaustralia.bsl.org.au">hippyaustralia.bsl.org.au</a>		<b>4 Voices</b> <b>P:</b> 0427 244 685 <b>E:</b> <a href="mailto:admin@4voices.org.au">admin@4voices.org.au</a> <a href="http://4Voices.org.au">4Voices.org.au</a>
	<b>Richmond Fellowship Queensland</b> <b>P:</b> 3363 2555 <a href="http://rfq.com.au">rfq.com.au</a>		<b>Well Mob</b> <a href="http://wellmob.org.au">wellmob.org.au</a>
	<b>Relationships Australia</b> <b>P:</b> 1300 063 232 <b>E:</b> <a href="mailto:srsm@raq.org.au">srsm@raq.org.au</a> <a href="http://raq.org.au/services/senior-relationship-services/senior-relationship-mediation-service/">raq.org.au/services/senior-relationship-services/senior-relationship-mediation-service/</a>		<b>Well Ways</b> <b>P:</b> 1300 111 400 <a href="http://wellways.org">wellways.org</a> <b>Carer Gateway</b> <b>P:</b> 0478 409 514 <a href="http://carergateway.gov.au">carergateway.gov.au</a>
	<b>Sandbag</b> <b>P:</b> 3869 3244 <b>E:</b> <a href="mailto:admin@sandbag.org.au">admin@sandbag.org.au</a>		<b>World Wellness Group</b> <b>P:</b> 3333 2100 <b>E:</b> <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> <b>P:</b> 1300 727 247 <b>E:</b> <a href="mailto:standby.bne@uccommunity.org.au">standby.bne@uccommunity.org.au</a> <a href="http://standbysupport.com.au">standbysupport.com.au</a>		<b>Womenspace</b> <b>P:</b> 0431 112 721 <b>E:</b> <a href="mailto:coordinator@womenspace.org.au">coordinator@womenspace.org.au</a> <a href="http://womenspace.org.au">womenspace.org.au</a>
	<b>Stepping Stone North</b> <b>P:</b> 3121 8555 <b>E:</b> <a href="mailto:hello@steppingstonenorth.org.au">hello@steppingstonenorth.org.au</a> <a href="http://steppingstoneclubhouse.org.au/stepping-stone-north">steppingstoneclubhouse.org.au/stepping-stone-north</a>		<b>3YARN</b> (24 hours/7 days) <b>P:</b> 13 92 76 <a href="http://13yarn.org.au">13yarn.org.au</a>
	<b>St John</b> <b>P:</b> 1300 785 646 <b>E:</b> <a href="mailto:intake@stjohnqld.com.au">intake@stjohnqld.com.au</a> <a href="http://www.stjohnqld.com.au">www.stjohnqld.com.au</a>		<b>Youth &amp; Families Association of Pine Rivers Inc</b> <b>P:</b> 0402 210 184 <a href="http://yafa.com.au">yafa.com.au</a>

## Independent Patient Rights Adviser (IPRA)

### What do the IPRA's do?

IPRA's play a very important role in liaising between clinical teams, patients and support persons. While IPRA's play a key role in advising patients of their rights under the Mental Health Act 2016, this does not affect the obligation of other persons in AMHSs to advise patients of their rights and to provide information to patients about their treatment and care.

IPRA's work with mental health consumers receiving treatment and care from Metro North AMHS. IPRA's have specific functions outlined in S294 of the Mental Health Act 2016 and include:

- Ensuring that patients and NSPs, family, carers and other support persons have been advised of their rights and responsibilities under the mental health Act 2016.
- Helping patients and NSPs, family, carers and other support persons to communicate to health practitioners the patient's views wishes and preferences about the patient's treatment and care.
- Advising patients and NSPs, family, carers and other support persons of the patient's rights at a Mental Health Review Tribunal hearing.
- If requested, helping patients engage a representative for a Mental health Review tribunal.
- Working cooperatively with any personal guardian or attorney to further the patient's interests, and
- Advising patients of the benefits of an advance health directive (AHD) or enduring power of attorney (EPOA) for a personal matter. IPRA's are available to provide advice to people who have been diagnosed with a mental illness and are currently receiving treatment through Metro North Health. IPRA's may also provide advice to nominated support persons, family members, carers and other support people.
- Ensuring that any concerns or complaints regarding patients' rights or treatment and care, raised by a patient, their NSP, family, carers or other support person, are managed in accordance with the Chief Psychiatrist policy Management of Complaints and Right to Second Opinion.

**In performing the functions under the Mental Health Act, an IPRA must act independently and impartially, and is not subject to direction by any person in relation to the advice given to a patient or a patient's NSPs, family, carers and other support persons.**

To maintain independence from the mental health service, the IPRA's are part of the Metro North HHS Clinical Governance Team. There are currently 5 IPRA's appointed in Metro North Health.

Who can refer consumers to the IPRA service?

- Consumers
- AMHS staff members or other HHS staff members
- NSPs, family carers and other support persons
- External stakeholders including other government agencies departments and community organisations

**Contact us by phone: (07) 3646 9224 (24-hour messaging service)**

**Email: [MetroNorth@health.qld.gov.au](mailto:MetroNorth@health.qld.gov.au)**

**Advice can be provided in person, over the phone or via email to consumers, NSPs family, carers and other support persons. IPRA's are available between the hours of 8.00 am-4.30 pm Monday-Friday**

**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



Queensland  
Government

## 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>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.
<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

<p>“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>.</p>
<p><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>.</p>
<p><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 &amp; cold), fruit &amp; veggie parcel, bread and showers every Thursday 9am to 11am.</p>
<p><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 Pt. Ph <b>3391 1355</b>. Saturday cooked meals at 6.30pm at 40-46 Linton St, Kangaroo Pt; and 7pm at Roma St.</p>
<p><b>Meals Under the Turbot St Bridge (Brisbane City).</b> Free hot meals, every Wednesday and Thursday at 7pm.</p>
<p><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 &amp; Vegan options. Musgrave Park Russell St Entrance, West End.</p>
<p><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.</p>
<p><b>Nexus Care.</b> Emergency relief, food vouchers, food parcels. Ph <b>3353 7230</b>. 151 Flockton St, Everton Park</p>
<p><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.</p>
<p><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 &amp; Albert St, opposite Soho building); Stop Four: 8am West End Boat Ramp Car Park (Upriver from the Go-between Bridge).</p>
<p><b>Picabeen Community Centre.</b> Emergency relief, food vouchers, food parcels. Ph <b>3354 2555</b>. 22 Hoben St, Mitchelton.</p>
<p><b>Pindari (Spring Hill).</b> Free hot pies and Coffee every Wednesday at 10am. 28 Quarry St, Spring Hill.</p>
<p><b>Rosies – Friends on the Street.</b> Outreach vans <i>We have refreshments and snacks available, and seek to create a safe, community space for people to connect.</i> Rosies Brisbane North outreaches include:</p> <ul style="list-style-type: none"> <li>• Monday, 7pm – 9pm. All Saints Anglican Church (501 Hamilton Rd, Chermside)(weekly)</li> <li>• Wednesday, 7pm – 9pm. Nundah Activity Centre (15 Jenner Street, Nundah)(weekly)</li> <li>• Sunday, from 12noon. Aspley Rotary Park (1526 Gympie Rd, Carseldine)(1<sup>st</sup> Sunday of month - BBQ lunch)</li> </ul> <p>Rosies operates 25+ outreaches per week in various locations across Moreton Bay, Brisbane and Logan. Find out more about our outreach times and locations at <a href="https://rosies.org.au/">https://rosies.org.au/</a>.</p>
<p><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.</p>
<p><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.</p>
<p><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.</p>
<p><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>.</p>
<p><b>The Salvation Army.</b> Ph <b>1300 371 288</b>. Help for anyone, wherever they live, with food and food vouchers.</p>
<p><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.</p>

**Wesley Mission / Brisbane Relief Hub.** 316 St Pauls Tce, Fortitude Valley (close to the train station). Ph **3216 1579**. 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).

**West End Community House.** 4 Norfolk Rd, South Brisbane Ph **3217 2333**. Staff onsite M-F 8am-Midday. Phone ahead to request a food pack & hygiene product available at door.

**Wickham Park, Fortitude Valley.** Free barbecue meat patties, sausages, salads, bread, hot and cold drinks, fruit, and dessert. Every Friday at Wickham Park, from 5:30pm.

Caboolture Adult Mental Health Team

## Food Access Services

Free and low-cost food services in the Caboolture-Redcliffe region

This resource includes a list of free and low-cost food services available within Caboolture-Redcliffe region. If you would like more information about any of these services, you can contact the program directly, ask your care manager, social worker, or General Practitioner (GP).

This list is correct as of January 2025 and has been sourced from AskIzzy.

For other services, go to AskIzzy (<https://askizzy.org.au>) and search by your location.

If any of the items in this document are incorrect, please contact [jaslyn.dugmore@health.qld.gov.au](mailto:jaslyn.dugmore@health.qld.gov.au) for any changes.

### Bribie Island Global Care – School Breakfast Program

A free breakfast program for children and young people attending participating state schools on Bribie Island.

**When:** Wednesday, Thursday, and Friday morning from 7:30am to 9am.

**Where:** 18 Armitage Street, Bongaree.

**Eligibility:** Students attending participating state schools on Bribie Island.

**Contact:** 0423 843 699 or (07) 3408 0429.

## Breakfast

### Caboolture Salvation Army- Breakfast

Free breakfasts for locals.

**When:** Sunday morning from 8am to 9am.

**Where:** Salvos Hub, 82 Lower King Street, Caboolture.

**Eligibility:** All are welcome.

**Contact:** 0413 094 636.

### The Breakfast Club Redcliffe – Breakfast and Dinner

Free community breakfast and dinner for people experiencing homelessness and those at risk of homelessness. Also provides free food parcels and emergency relief.

**When:** Monday, Wednesday, and Friday 7am to 8am; Tuesday and Thursday 4:30pm to 5:30pm.

**Where:** Clontarf Community Hall, 3 4 Cornelius Street, Clontarf.

**Eligibility:** People experiencing homelessness and those in need.

**Contact:** 0467 811 380 or (07) 3889 5651.

## Lunch

### Loaves & Fishes Street Meet Care Service – Meal Program

Nutritious meals for people in need.

**When:** Monday, Wednesday, and Friday from 11am to 3pm.

**Where:** Shop 2, 8 Torrens Road, Caboolture.

**Eligibility:** Anyone who is unemployed, homeless, or in need.

**Contact:** (07) 5495 5240.

### YMCA Mango Hill – Lunch

Free community barbecue lunch.

**When:** Monday to Friday from 8:30am to 5pm.

**Where:** YMCA Mango Hill Community Centre, 22 Halpine Drive, Mango Hill.

**Eligibility:** All community members.

**Contact:** (07) 3053 3822.

## Meals

### Caboolture Community Action – Hot Meals

Free hot meals.

**When:** Twice a week on Tuesday and Saturday at 6pm.

**Where:** Caboolture Community Action Centre, 23 Hayes Street, Caboolture.

**Eligibility:** People in need of food, and people who are homeless.

**Contact:** (07) 5309 4122.

### Rosie's Outreach Services – Dinner

Free community dinner.

**When:** Every Friday from 7:30pm to 9:30pm.

**Where:** Caboolture train station car park, Corner James and Matthew Street, Caboolture.

**Eligibility:** People who are homeless, at risk of homelessness, or socially isolated.

**Contact:** (07) 3396 4267.

### Gurudwara Singh Sabha – Vegetarian Meals

Free vegetarian meals.

**When:** Contact for opening hours.

**Where:** 101 Lemke Road, Taigum.

**Eligibility:** All community members are welcome.  
*Note: this location is a Sikh Temple, and visitors are therefore requested to remove their shoes and to follow other clothing guidelines.*

**Contact:** (07) 3161 7981.

### Sandgate Dinner in the Park – Dinner

Free community dinner, run by Sandgate Brighton Catholic Parish.

**When:** Every second Saturday from 6pm to 7pm (alternates with Paddy's Van).

**Where:** Memorial Park, Seymour Street, Sandgate.

**Eligibility:** People experiencing homelessness, disadvantage, or social isolation.

**Contact:** (07) 3869 1377.

### Paddy's Van – Dinner

Free community dinner provided by St Patrick's College Shorncliffe

**When:** Every second Saturday from 5pm to 6pm (alternates with Sandgate Dinner in the Park)

**Where:** Breakfast Club Redcliffe, Corner Portwood Street and Oxley Avenue, Redcliffe.

**Eligibility:** People experiencing homelessness, disadvantage, or social isolation.

**Contact:** (07) 3631 9000.

## Food hampers / groceries

### Caboolture Community Action Centre – Food and Emergency Hampers

General and emergency food hampers. Each hamper has basic food supplies as well as nappies, toiletries, and pet food when available. Additional assistance is available such as swags and tents.

**When:** Monday to Friday from 8am to 2pm, Saturday from 2pm to 6pm.

**Where:** 23 Hayes Street, Caboolture.

**Eligibility:** People in need of food relief.

**Contact:** (07) 5309 4122.

### Loaves & Fishes Street Meet Care Service – Food Parcels

Low-cost food parcels which may include fruit and vegetables, meat, milk, dairy products, eggs, bread, pasta, rice, canned goods, lunch snacks, and juice. Food parcels are \$50 and contain up to \$250 worth of groceries

**When:** Monday to Friday, 8am to 4pm.

**Where:** Shop 2, 8 Torrens Road, Caboolture.

**Eligibility:** This service is not means tested.

**Contact:** (07) 5495 6400 or (07) 5495 6503.

### Lighthouse Centre – Food Parcels and Emergency Relief

Free food parcels, frozen meals, and other emergency relief. The Lighthouse. Foodbarn Co-Op also provides low-cost groceries.

**When:** Tuesday and Friday from 11am to 11:30am, Wednesday and Thursday 9am to 11:30am.

**Where:** 8 Summer Street, Deception Bay.

**Eligibility:** Anyone experiencing disadvantage or in need.

**Contact:** (07) 3204 0143.

### Bribie and District Neighbourhood Centre– Neighbourhood Harvest

Free food parcels, mainly fresh produce and bread.

**When:** Wednesday from 8:30am to 10am.

**Where:** 50 Verdoni Street, Bellara.

**Eligibility:** Anyone in need.

**Contact:** (07) 3408 8440.

### ADRA Pine Rivers – Community Pantry

Low-cost (\$20) food parcels.

**When:** Every Tuesday from 9am to 12pm.

**Where:** 337 Old Gympie Road, Dakabin.

**Eligibility:** Anyone experiencing hardship or disadvantage.

**Contact:** 0491 694 698

### Caboolture Community Care – Food Rescue Program

Free food parcels for people in need. Also offers other emergency relief options.

**When:** Monday to Friday, 9am to 12:30pm and 1:30pm to 2:30pm.

**Where:** 9 George Street, Caboolture.

**Eligibility:** Proof of low income required.

**Contact:** (07) 5495 6400 or (07) 5495 6503.

### Freshwater Anglican Parish - Food Pantry

Free food parcels, bread, milk, tea, coffee, and hygiene products.

**When:** Wednesday to Friday from 9am to 1pm

**Where:** 43 Park Road, Deception Bay.

**Eligibility:** Anyone experiencing disadvantage.

**Contact:** (07) 3203 2440.

### Bribie Island Global Care – Food Assist Program

Provides low-cost food parcels to people in need.

**When:** Wednesdays from 11am to 2pm.

**Where:** 18 Armitage Street, Bongaree.

**Eligibility:** Proof of low income required.

**Contact:** 0423 843 699.

### Moreton Bay Community Matters – Food Hamper Ministry

Free food hampers, as well as toys, clothes, and linen.

**When:** Every Thursday from 7:30am to 9am.

**Where:** Rivers Church, 120 Ann Street, Kallangur.

**Eligibility:** Anyone in need – bring your own shopping bags.

**Contact:** 0476 772 223 or 0419 158 506.

### YMCA Mango Hill – Food Pantry

Free non-perishable food parcels and toiletries.

**When:** Monday and Wednesday from 10am to 12pm.

**Where:** YMCA Mango Hill Community Centre, 22 Halpine Drive, Mango Hill.

**Eligibility:** Anyone experiencing disadvantage.

**Contact:** (07) 3053 3822 or 0467 796 346.

### Freedom Church – Bribie Pantry

Low-cost food parcels and groceries.

**When:** Tuesday and Thursday from 7am to 11:45am.

**Where:** 195 First Avenue, Bongaree.

**Eligibility:** Low-income earners and people in need.

**Contact:** (07) 3410 0365.

### St Vincent de Paul – Emergency Relief

Food parcels, fruit & vegetable vouchers, and financial assistance.

**When:** Monday, Tuesday, Thursday, and Friday from 9am to 11:30am.

**Where:** Shop 3, 61-65 Morayfield Road, Caboolture.

**Eligibility:** Centrelink income statement required.

**Contact:** 1800 846 643.

### Deception Bay Neighbourhood Centre – Emergency Relief

Free food parcels with milk, bread, and other essentials including toiletries.

**When:** Monday to Friday from 9:30am to 2:30pm.

**Where:** 24 Endeavour Street, Deception Bay.

**Eligibility:** Anyone experiencing disadvantage in the Deception Bay area.

**Contact:** (07) 3204 2022

### Encircle Pine Rivers Neighbourhood Centre - Food Parcels

Free food parcels and other emergency relief.

**When:** Monday to Friday from 9am to 3pm.

**Where:** 1 Lamington Drive, Redcliffe.

**Eligibility:** Anyone experiencing disadvantage.

**Contact:** (07) 3284 3081.

### The Youth Development Foundation – Food Parcels

Low-cost (\$10) food parcels. Also provides hygiene packs.

**When:** Tuesday from 8am to 11am.

**Where:** 2/429 Gympie Road, Strathpine.

**Eligibility:** Anyone experiencing disadvantage in the Moreton Bay area.

**Contact:** (07) 3463 0585.

### Pine Rivers Uniting Church – Emergency Relief

Free food parcels with vegetables, meat, bread, and dry goods.

**When:** Monday and Friday from 12pm to 2pm.

**Where:** 30 Narangba Road, Kallangur.

**Eligibility:** Anyone in need; people must text 0488 757 943 to register.

**Contact:** 0488 757 943 or (07) 3889 0063.

### Vineyard Mercy Centre – Emergency Relief

Free tea, coffee, bread, and food parcels. Fruit and vegetables are available on Fridays. Low-cost clothing is also available (\$2.50 per item).

**When:** Tuesday and Wednesday from 10am to 12pm, Friday from 3pm to 5pm.

**Where:** 36-38 Paisley Drive, Lawnton.

**Eligibility:** Anyone experiencing disadvantage or in need; photo ID required.

**Contact:** (07) 3285 7500.



## Mental Health Centres

# Medicare Mental Health Centres are free for everyone



### What can I expect?

- A welcoming place to access free advice, support and care.
- Staffed by highly qualified professionals and people with lived experience.
- You will be listened to, and staff will take the time to understand your needs and goals.
- An appointment for you to visit again, or connection with other local services for support.



### When should I visit?

- If you, or someone you care about, is overwhelmed, stressed or feeling down.
- When you need to talk to someone for support straight away.
- For help connecting with ongoing or longer-term services, and social supports like housing and employment.
- In an emergency, always **call triple zero (000)** or **go straight to your closest emergency department.**



To find your nearest centre, visit [medicarementalhealth.gov.au/centres](https://www.medicarementalhealth.gov.au/centres) or call **1800 595 212**



Find a centre



### **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 in the Metro North region.

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

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 brief intervention and support, information, advice and referral to consumers in a mental health emergency or crisis. MHCALL is staffed by experienced professional mental health clinicians.

They 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.

