

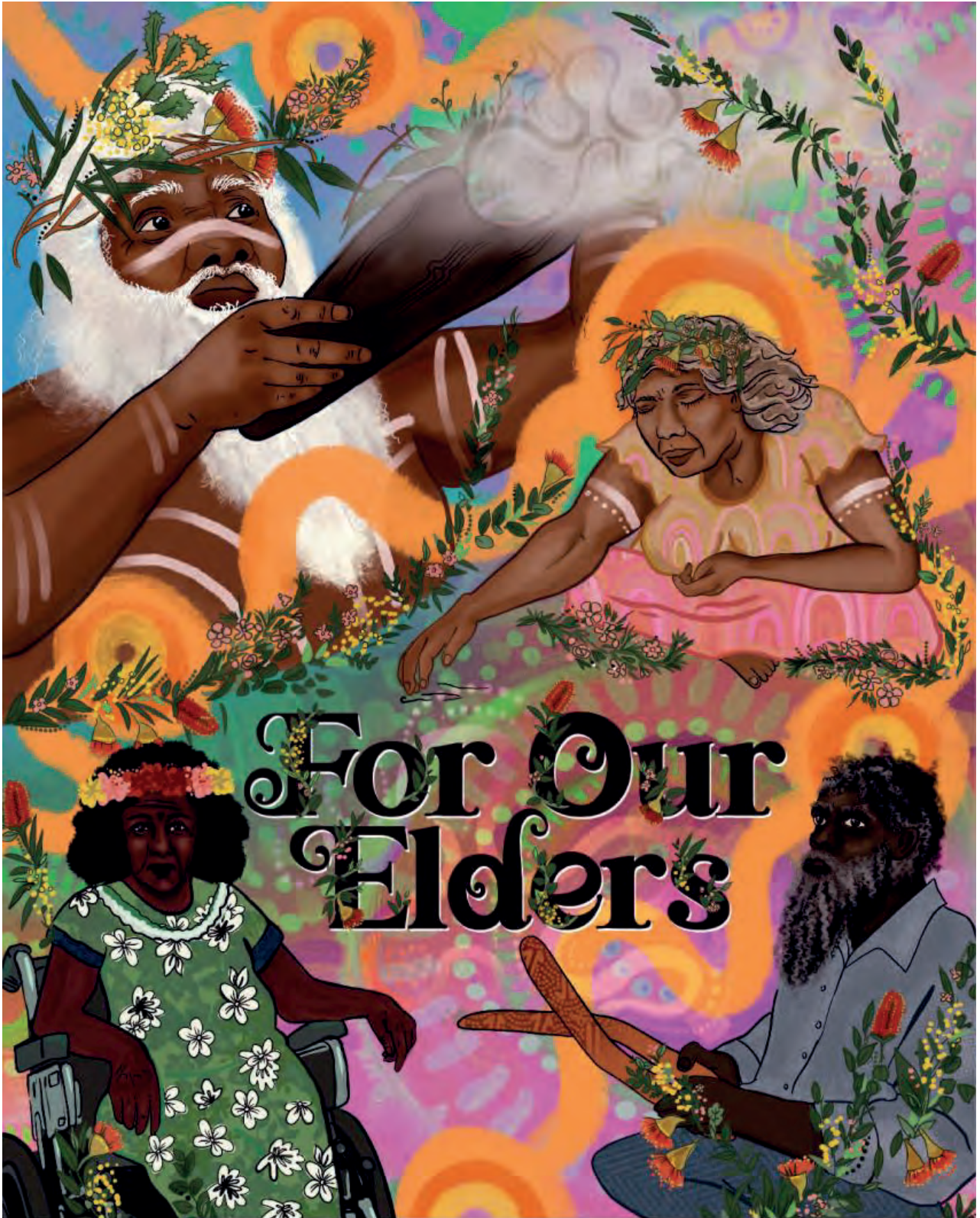
Metro North Mental Health

Recovery Support – Courses and Resources



Prospectus July – December 2023








NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

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For Our Elders, Bobbi Lockyer

Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.



naidoc.org.au



Welcome to the Prospectus: July – December 2023

This booklet contains a wide range of recovery focused courses and programs 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.

The Prospectus is also available on the following website

www.mymentalhealth.org.au

This website contains information about other mental health services, as well as community services and resources.



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.

How do you register for a course?

Phone the contact number for the course. **(Please note some courses have limitations on eligibility due to catchment areas or other specific requirements)**

If you have general questions about content in the Prospectus please call 3139 4101 for more information.

Are you nervous about participating or about coming along to the programs?

Many people are nervous about joining a program for the first time. Some people find it difficult talking in a group or just being in a 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. It's quite normal to be nervous or worried about attending a course.

All program facilitators understand these concerns and are there to support you.

If you would like extra support or to discuss your concerns, please contact the Program Coordinators on the numbers provided.

This front cover artwork was created by Bradley Stewart.

“I created the border that I feel is protective and secure to me.

The centre creature is my totem that is symbolic of me and where I come from.

The pattern around my symbol is how I feel, how I would like to feel and how I used to feel.

All other colours and shapes signify my strengths, my supports, my journey and dreams.”



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For more information, contact:

Metro North Mental Health Resource Team
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Email: Recovery_Support_Services@health.qld.gov.au

Phone: 3139 4101

An electronic version of this document is available at
www.mymentalhealth.org.au

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**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.*

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SECTION 1: REBUILDING YOUR LIFE – SUPPORTS, SERVICES, & PROGRAMS FOR RECOVERY

Aboriginal and Torres Strait Islander Communities

Full Circle Projects	Indigenous NDIS Support
<p>We primarily provide culturally appropriate disability support to Aboriginal and/or Torres Strait Islander people in the Brisbane to the Caboolture (Moreton Bay catchment) Regions. We provide one-on-one support helping with: Home care duties, Transport and appointments, Family connection, Cultural inclusion, Day trips and access to cultural activities, Specialist support requirements, Advocacy and understanding, Smoking ceremonies and more. We provide support and case management for people currently experiencing homelessness or at high risk of becoming homeless. We offer practical assistance, including weekend availability; sourcing household goods and donations through service partners; and utilising existing housing partnerships.</p>	
<p>To Register: Ph 0411 329 035 or email fullcircleprojectsinc@gmail.com</p>	

Koobara	Play Group – for Parents, Carers and Bubs
<p>We primarily offer a service to the Aboriginal and Torres Strait Islander families and children of the north-side region. Children of other cultures are most welcome, and every effort is made to incorporate aspects of all children's backgrounds into our educational program. Every Tuesday from 10 – 12 no cost just turn up. Please do not hesitate to contact us with any questions. Venue 421 Beams Rd, Taigum</p>	
<p>To Register: Phone: 3265 7171 or check out https://www.koobara.com.au/services/playgroup/</p>	

Kurbingui Youth and Family Development	Social & Emotional Wellbeing Program	
<p>The program aims to identify the best approach to suicide prevention education, support and follow up amongst all ages of Aboriginal and Torres Strait Islander people in the Brisbane North side and Moreton Bay regions. The SEWB team will work with clients who are experiencing a suicide crisis, recent attempt or those who are bereaved by suicide. Practitioners will work to establish appropriate support and access to services and follow up to assist with the client's journey.</p>		
Date	Time	Venue
Monday to Friday	8:30pm – 5pm	Kurbingui Youth & Family Development 425 Zillmere Road, Zillmere
Name	Phone	Email
Penny Tattam - SEWB Practitioner	0421 907 151	SEWB@kurbingui.org.au
<p>To Register: Please contact Penny - Social & Emotional Wellbeing Practitioner</p>		

Strong Women Talking	Healing Journeys Workshops	
<p>If you are an Aboriginal and or Torres Strait Islander woman 18yrs and over and have experienced domestic or family violence this workshop is for you. Some topics include: Ceremony, Cleansing, forms of abuse, cycles of violence, what is trauma & how to heal from it, self-worth and more. Come and share a meal and time with sisters and aunties and heal together.</p>		
Date	Time	Venue
Workshops run for 8 weeks on a Wednesday in each school term	10am to 1pm	Brisbane Northside
<p>To Register: Call Sono on 3621 4302 or email admin@strongwomentalking.org.au</p>		

Addictions - Substances and Gambling

Community Qld		Springboard	
An 18-week community-based day treatment program for alcohol and drug dependency and co-occurring mental health problems. The program comprises a six-week intensive group (three days per week), followed by 12 weeks of individual support. Springboard takes a holistic approach to recovery and incorporates gym exercise, yoga, mindfulness and dietitian sessions. Ongoing weekly peer support groups are also available graduates of the six-week intensive group.			
Dates for 2023		Time	Venue
In person program	Next group commencing 11 th July, then approx. every 8 weeks. delivered six times per year.	Day Program: 9am-3pm Tues, Wed, Thurs	Spring Hill (Zoom available to connect for individual days of absence but program is delivered on site.)
Name	Position	Phone	Email
Daniel Baddiley	Coordinator	3308 4513	springboard@commuinfy.org.au
To Register: Call or visit the website www.community.org.au			

Lives Lived Well		Breakthrough for Families Program	
Breakthrough for Families (BFF) is a free service which provides 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 (delivered in-person in the community or via webinar) 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, telephone, or Teams at a Lives Lived Well office or an outreach setting by appointment.			
To Register: Referrals are made via Lives Lived Well Website or calling 1300 727 957 https://www.liveslivedwell.org.au/personal-referral/ for self-referrals or https://www.liveslivedwell.org.au/service-provider-referral/ service provider referrals			

Lives Lived Well		Detox and Withdrawal Support Program	
Withdrawal support is 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.			
Date	Time	Venue	
Ongoing	By appointment	Lives Lived Well Level 1 Central Lakes Shopping Centre 18- 21 Pettigrew St Caboolture.	
Name	Phone	Email	
Angela Jenner Team Leader	0439 637 717	CWSS@liveslivedwell.org.au	
To Register: Referrals are made via Lives Lived Well Website or calling 1300 727 957 https://www.liveslivedwell.org.au/personal-referral/ for self-referrals or https://www.liveslivedwell.org.au/service-provider-referral/ service provider referrals.			

Lives Lived Well	Day Rehabilitation - Group Program	
<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>		
Date	Venue	
New Groups commence every 3 weeks Rotates from either 9am to 11.30am or 12.30 to 3pm.	Lives Lived Well Level 1, Central Lakes Shopping Centre 18- 21 Pettigrew St Caboolture.	
Phone	Email	
0427 245 803	CDRP@liveslivedwell.org.au	
<p>To Register: Referrals are made via Lives Lived Well Website or calling 1300 727 957 https://www.liveslivedwell.org.au/personal-referral/ for self-referrals or https://www.liveslivedwell.org.au/service-provider-referral/ service provider referrals.</p>		

Lives Lived Well	Brisbane North (Moreton Bay) AOD Counselling & Case Management	
<p>Provides AOD Counselling & Case Management Support for clients with a primary AOD issue. Counselling is offered face to face in Morayfield & Strathpine. Phone counselling is also provided.</p>		
Name	Phone	Email
Steve Sinclair	0407261997	Stephen.sinclair@llw.org.au
<p>To Register: 1300 727 957 or Lives Lived Well website</p>		

Lives Lived Well	Wunya Residential Rehab		
<p>Wunya is a 20-bed alcohol and other drugs recovery centre, providing intensive support to overcome problematic substance use. The 6-week program includes daily psycho-education groups, one on one counselling, case management, life skills, activities, and 24-hour staff and peer support. The program has a strong focus on growing self-worth and confidence, providing a variety of tools and strategies, and using mindfulness and other evidence-based therapeutic modalities.</p>			
Date	Venue		
Rolling program Monday to Thursday Admissions between 9am-1pm	Wunya Residential Rehab 55 Lower King St, Caboolture		
Name	Position	Phone	Email
Mark Hulsman	Team Leader	0413 943 914	Mark.hulsman@llw.org.au
<p>To Register: Referrals accepted through our website – www.liveslivedwell.org.au – or by phoning 1300 727 957.</p>			

Neami National	Peer Zone	
PeerZone is a series of two-hour peer-led workshops in mental health and addiction, where people explore recovery and a return to wellbeing. Over 6-weeks we aim to increase awareness about the various aspects of recovery, improve the management of symptoms by non-medical means, reduce dependency on services and improve social connections. Workshops provide a fun, interactive and safe structure for participants to learn self-management and expand their horizons.		
Date	Time	Venue
Fridays 21st July to 25th August	10am to 12noon	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.		

The Salvation Army – Moonyah	Foundations Program (Connect, Grow, Live) (Brisbane Recovery Services) – Alcohol & Drug treatment		
For people looking for treatment for Alcohol and/or Drug misuse, 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 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. Days/times below. Morning tea available			
Date	Time	Venue	
Mondays, Tuesday & Wednesdays	10am to 12noon	(BRS) Moonyah, Red Hill	
Name	Position	Phone	Email
Moonyah	Community Team	3369 0922	brs.inquiries@salvationarmy.org.au
To Register: Please call 3369-0922			

QuiHN	Open Groups		
We run 4 open groups a week. Mudmaps, Mindfulness, Nuts and Bolts and Wiser Minds. These groups run every week and clients don't need to book, just turn up at 10:30am.			
Mud Maps	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. Monday 10:30-12:30pm at 1 Hamilton Place Bowen Hills.		
Mindfulness Group	This mindfulness group is an opportunity to practice and learn about mindfulness in a safe environment.. Each week a new mindfulness practice is explored. Friday 10:30-11:15am at 1 Hamilton Place Bowen Hills.		
Nuts and Bolts	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. Thursday 10:30-11:30pm at 1 Hamilton Place Bowen Hills.		
Wiser Minds	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. Tuesday 10:30-11:30pm at 1 Hamilton Place, Bowen Hills.		
Name	Phone	Email	
Paula Nicholson Team Leader, Therapeutic Services	3620 8111	pnicholson@quihn.org	
To Register: These are open groups – Just come along, all welcome.			

QuiHN	MAISE	
<p>The MAISE Program is an 8-week closed group program designed to support people who are wanting to make changes to their mental health and any related substance use that may be present.</p> <p>The program uses evidence-based interventions from therapeutic modalities such as CBT, Acceptance and Commitment Therapy, and Mindfulness Based Cognitive Therapy.</p>		
Date		
Wednesday 26 th July at 1 Hamilton Place, Bowen Hills.		
Name	Phone	Email
Paula Nicholson Team Leader, Therapeutic Services	3620 8111	pnicholson@quihn.org
To Register: Contact QuiHN to discuss and to organise for a group assessment to be completed.		

QuiHN	Treehouse Parenting Program	
<p>The Treehouse Parenting Program is a 10wk therapeutic group, aimed at engaging parents who experience substance use and mental health concerns in a non-judgmental and supportive manner.</p> <p>The program has a strong underlying framework of attachment and encompasses the Circle of Security model.</p>		
Date		
Wednesday October 4 th at 1 Hamilton Place, Bowen Hills.		
Name	Phone	Email
Paula Nicholson Team Leader, Therapeutic Services	3620 8111	pnicholson@quihn.org
To Register: Contact QuiHN to discuss and to organise for a group assessment to be completed.		

Gamblers Anonymous	Gamblers Anonymous meetings	
Position	Phone	Email
Public Information Officer	0460 852 099	gapublicinformation@gmail.com
<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</p>		
For more information including lists of meetings throughout Brisbane, please visit http://gaaaustralia.org.au/ or call 0467 655 799		

Relationships Australia Queensland (RAQ)	Gambling Help Service	
<p>Gambling Help provides counselling, education and financial counselling services to gamblers and people affected by gambling addiction. We offer free of charge confidential face-to-face, telephone or zoom counselling sessions, education and prevention activities, resourcing for other community agencies to better meet the needs of those affected by problem gambling, and information for students and the public about problem gambling.</p>		
In person program and virtual	Date/Time	Venue
	By appointment	Morayfield Health Hub/Phone or Zoom
Gambling Helpline	1800 858 858	

Clinical Research Participation

Clinical Studies Unit – Queensland Centre for Mental Health Research		Clinical Research Trial - Cadence Discovery (sodium benzoate)	
Date		Venue	
Recruitment is expected to be ongoing until Dec 2023		Participants can be seen wherever they feel most comfortable (e.g. local Mental Health Clinic or in their own home)	
<p><i>The Cadence Research Team is looking for better treatments for people with psychosis.</i></p> <p>We are looking for volunteers to investigate the effectiveness of a commonly used food preservative (sodium benzoate) for people with Schizophrenia. Previous pilot studies have reported improvements in symptoms of psychosis and improvements in functional domains for people with chronic psychosis. We wish to determine what is the minimum dose of sodium benzoate (1000mg, 2000mg or 4000mg) required for a measurable clinical benefit and to identify biochemical markers that may correlate with clinical outcomes. Importantly, the study is an 'add on' study, where we add standard treatment with the study medication (i.e., sodium benzoate or placebo) over a 6-week period.</p>			
Name	Position	Phone	Email
Andrea Baker	Research Manager	0439 088 922	andrea_baker@qcmhr.uq.edu.au
Peter Cosgrove	Research Assistant	0428 116 524	p.cosgrove@qcmhr.uq.edu.au
Caroline Sipe	Research Assistant	0498 341 385	c.sipe@uq.edu.au
<p>To Register: Contact your Mental Health Clinician, your treating Psychiatrist or directly to the research staff to register your interest in these trials</p>			

Clinical Studies Unit – Queensland Centre for Mental Health Research		Cadence Can Cloz – Cannabidiol (CBD) Clinical Research Trial	
Date		Venue	
Recruitment is expected to start Dec 2022 and be ongoing throughout 2023		Participants can be seen wherever they feel most comfortable (e.g. local Mental health Clinic or in their own home environment)	
<p><i>The Cadence Research Team is looking for better treatments for people with psychosis.</i></p> <p>There is a need for effective treatments for chronic treatment-refractory schizophrenia. Cannabidiol (CBD) is a non-psychoactive component of cannabis sativa which may have antipsychotic and anxiolytic properties. We are looking for volunteers to determine if taking 1000mg of CBD can assist in reducing symptomology for people suffering from schizophrenia. It is important to note that unlike THC, CBD does not alter perception, mood, or behaviour i.e., you cannot get “high” on CBD.</p>			
Name	Position	Phone	Email
Andrea Baker	Research Manager	0439 088 922	andrea_baker@qcmhr.uq.edu.au
Peter Cosgrove	Research Assistant	0428 116 524	p.cosgrove@qcmhr.uq.edu.au
Caroline Sipe	Research Assistant	0498 341 385	c.sipe@uq.edu.au
<p>To Register: Contact your Mental Health Clinician, your treating Psychiatrist or directly to the research staff to register your interest in these trials</p>			

Clinical Studies Unit – Queensland Centre for Mental Health Research	Cadence Clinical Trials (Cadence COaST – semaglutide)		
Date	Venue		
Recruitment is expected to be commence from Dec 2022 and be ongoing throughout 2023	Participants can be seen wherever they feel most comfortable (e.g. local Mental health Clinic or in their own home environment)		
<p><i>The Cadence Research Team is looking for better treatments for people with psychosis.</i></p> <p>We are looking for volunteers to investigate the effectiveness of an injectable Type-II diabetic medication (semaglutide) in assisting to reduce the body weight among non-diabetic people taking clozapine. Importantly, the study is an 'add on' study, where we add standard treatment with the study medication (i.e. semaglutide or placebo) over a 12 week period. The trial is a randomised placebo-controlled trial. The term randomised indicates that you will be selected into either the semaglutide or placebo group, completely by chance. A placebo is a medication with no active ingredients. It looks like the real thing but is not. This clinical trial will randomise participants in a 1:1 design, which means there is an equal chance of being in either the semaglutide or the placebo group.</p>			
Name	Position	Phone	Email
Andrea Baker	Research Manager	0439088922	andrea_baker@qcmhr.uq.edu.au
Peter Cosgrove	Research Assistant	0428116524	p.cosgrove@qcmhr.uq.edu.au
Caroline Sipe	Research Assistant	0498341385	c.sipe@uq.edu.au
<p>To Register: Contact your Mental Health Clinician, your treating Psychiatrist or directly to the research staff to register your interest in these trials</p>			

National Drug and Alcohol Research Centre – University of New South Wales	Tina Trial		
<p>The Tina Trial is a clinical trial designed to see whether mirtazapine, an antidepressant medication, can help people reduce their use of methamphetamine (ice, crystal meth). Two previous small trials in the USA found that mirtazapine helped people to reduce their methamphetamine use and improved their mood. We want to find out whether mirtazapine can be used in routine clinical care in Australia. Find out more at https://ndarc.med.unsw.edu.au/tina-trial</p>			
Date	Time	Venue	
Study Recruitment open until late 2024	9am-5pm Monday to Friday	Biala Community Health Centre, 270 Roma Street, Brisbane City	
Name	Phone	Email	
Joel Keygan -Trial Researcher	0434 693 616	j.keygan@unsw.edu.au	
<p>To Register: If interested in participating, please contact Joel via phone or email, or register your interest at https://ndarc.med.unsw.edu.au/tina-trial.</p>			

Creative Activities – Art / Music / Writing

Community Qld – Recovery & Discovery Centre		Music Sessions – Music Therapy
<p>Join a weekly program run by an accredited Music Therapist where you can take part in a group music experience. Features of the program include: exploring music listening and making with a group, composing playlists to promote different moods, experimenting with instruments, and connecting with others in a safe, non-judgemental space. No previous experience or skills required.</p>		
Date	Time	Venue
Monday weekly Term 3: Monday July 10 th to September 11 th Term 4: Monday October 9 th to December 4 th	2pm – 4pm	Recovery and Discovery Centre – 180 Jubilee Tce, Bardon
Name	Phone	Email
Community Participation	3510 2752	recovery@communify.org.au
<p>PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. (See Service Hub info - Section 3: Prospectus)</p>		

Community Qld – Recovery & Discovery Centre		Creative Wellbeing – Art Therapy
<p>Join a weekly art therapy group with a qualified Creative Arts Therapist and use the power of the arts to explore, express, and help find meaning in life experiences. The group includes: learning to express yourself creatively, finding inspiration & exploring new ways of being, practicing self-care and feeling more relaxed. The group offers an inclusive, supportive, safe space to try artmaking. No previous experience or skills required. All materials supplied.</p>		
Date	Time	Venue
Tuesday weekly Term 3: Tuesday July 11 th to September 12 th Term 4: Tuesday October 3 rd to December 5 th	1pm – 3pm	Recovery and Discovery Centre – 180 Jubilee Tce, Bardon
Name	Phone	Email
Recovery & Discovery Centre	3510 2777	recovery@communify.org.au
<p>PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. (See Service Hub info - Section 3: Prospectus)</p>		

Community Qld – Recovery & Discovery Centre		Weaving Womxn
<p>In a therapeutic art space and purpose-built Yarning Circle, you will be offered the opportunity to learn coil weaving and explore other creative processes. Weaving can be helpful to express emotions, ease anxiety and used to weave your unique story. Weave with womxn, weaving friendships, strengths and connection. No previous experience or skills required. All materials supplied.</p> <p>This group is open to womxn, which includes women-identifying, femme, trans and non-binary community members.</p>		
Date	Time	Venue
Friday weekly	1:30pm – 3:30pm	New Farm Neighbourhood Centre – 967 Brunswick St, New Farm
Name	Phone	Email
Community Participation	3510 2752	participate@communify.org.au
<p>PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. (See Service Hub info - Section 3: Prospectus)</p>		

MNMH	Community Jam Session - Zillmere Jammers	
Held at Zillmere Community Centre each Friday, anyone can join in. Come along to sing, play, dance, or just enjoy the show.		
Name	Phone	Email
Martin Hoffman - Rec Officer	3897 6493	Martin.Hoffman@health.qld.gov.au
Date	Time	Venue
Every Friday (not public holidays)	12:30 – 2pm	Zillmere Community Centre 54 Handford Rd, Zillmere
To Register: Turn up on the day or contact Martin for more details.		

Neami National	Anchor~ Creative Art Therapy.... Art but not as you know it . . .	
A 6-weekly creative art therapy group by River, a Lived Experience LLC worker and Creative Therapist. Offering a supportive and creative space in a trauma informed environment. A space that invites you to feel comfortable to experience your feelings through creative processing. Sessions use a range of modalities including art, music, and movement to help process mental and physical health challenges, DV and neurodivergence. Support and guidance provided by a Neami worker attending each session. Follow-up with Key Worker available by request.		
Date	Time	Venue
Wednesdays 26 th October to 29 th November	10am to 12noon	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.		

Neami National	Rhythm 2 Recovery	
Neami is offering a unique experience for everyone to participate in a 3 week drumming program that immerses the participant in a hands-on experiential process of music and rhythm. Evidence suggests that active engagement with music can increase social and emotional awareness, improve psychological wellbeing, reduce social anxiety and isolation. And just have fun! There will be opportunities to explore rhythm as a means to communicate, experience trusting positive relationships and build confidence. No previous experience is necessary. Drums are provided.		
Date	Time	Venue
Thursdays 17th August to 31st August	1pm to 2pm	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.		

Neami National	Tune in Tune Out	
A non-judgmental space sharing Percussion, Voice and Live Soundscape Design. Neami is offering an opportunity for you to participate in a Sound/Music Focused group for 3 weeks. In this non-judgmental space we explore percussion, voice and add extra depth with sound effects. There will be activities that create a shared soundscape that we capture for live playback with rhythm, guided mindfulness, social connection and to have fun!		
Date	Time	Venue
Tuesdays 10th to 24th October	1pm to 2.30pm	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.		

Neami National	Pine Rivers Art 4 Arts Sake (A4AS) morning and afternoon group	
A weekly creative arts program providing an opportunity for people to experience art making and a creative outlet to allow expression, as well as social interaction and inclusion. The sessions are perfect for those wanting to try art materials in a safe environment and can assist participants to develop basic skills in a variety of media.		
Participants can also source and develop connections to other community-based art groups and programs that may assist them in further achieving their goals in art. Gold coin donation.		
Date	Time	Venue
Friday mornings - weekly	10am to 12.15pm	7/327 Gympie Rd, Strathpine
Friday afternoons - weekly	12.45pm to 3pm	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
To Register: To book in please contact the Neami Living and Learning Centre above or for more information either Peta or 0405 505 926 or Vicci on 0468 638 715		

Upbeat Arts Ltd	Absolutely Everybody Choirs – North and South Brisbane	
Singing with an Absolutely Everybody Choir is the perfect opportunity to sing with like-minded people in a safe and fun environment. You'll connect with the community and meet new people. It's an opportunity to break the cycle of social exclusion and a pathway to regaining independence. Our original choir receives regular requests for the choir to perform, often at high-profile events and venues. The new choir will also have performance opportunities, which are always optional. The North Brisbane choir has easy parking and a bus stop nearby.		
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)
Name	Phone	Email
Susan Gilmartin - Operations Manager	0417 075 053	Info.qld@upbeatarts.org.au
To Register: Our programs are free to access and are delivered for the benefit of adults with a mental illness, or anyone disadvantaged or marginalised. Members will need to provide contact details from the service they are working with or as a minimum an emergency contact. Example: Queensland Health, non-government mental health service, or another mental health, disability or drugs and alcohol support service, and/or medical professional or GP. Complete an online application at www.upbeatarts.org.au		

Upbeat Arts Ltd	Song School – Song writing workshop	
Do you have a song or two in you? In <i>Song School</i> we discover the who, what, when, where and why of songs. Learn about how songs are made, explore the history of song, deconstruct a song through listening and understanding the song form, create clever and fun or inspiring lyrics and along the way learn some tips and tricks to improve your vocal skills. You don't have to be a musician to write your own song or appreciate what songs bring to the world! If you have an instrument you'd like to bring along, please do. You'll meet like-minded people in a safe and fun environment and have a chance to be heard and to share your work with the group.		
Date	Time	Venue
Tuesday – weekly during public school terms	10am – 11:30am	South Brisbane (confirmed on registration)
Name	Phone	Email
Susan Gilmartin - Operations Manager	0417 075 053	info.qld@upbeatarts.org.au
To Register: Check details above to register and then complete an online application at www.upbeatarts.org.au		

Upbeat Arts Ltd	Word on the Street – creative writing workshops (in person and online)	
Do you like to write? Do you have a story to tell? The Word on the Street Creative Writing class provides members with the opportunity to put pen to paper and learn new writing skills. Each weekly workshop is an independent session designed to build on the skills you already have and help you to get your thoughts onto the page. Whether you attend in person or online, you will meet like-minded people in a safe and fun environment and have a chance to be heard and to share your work with the group. You'll have the opportunity to have your work included in any publications or performances the group is involved with.		
Date	Time	Venue
Tuesday – weekly during public school terms	1 – 2:30pm	South Brisbane (confirmed on registration) Also online.
Virtual Program Date	Time	Platform
Monday – weekly during public school terms	2 – 3:30pm	Zoom
Name	Phone	Email
Susan Gilmartin - Operations Manager	0417 075 053	info.qld@upbeatarts.org.au
To Register: Check details above to register and then complete an online application at www.upbeatarts.org.au		

Wesley Mission Queensland	WESLEY ARTS	
Wesley Arts provides a combination of weekly group and one to one art facilitated sessions in 3 locations Rocklea; Albany Creek and Fortitude Valley – Art From The Margins. Wesley Arts also provide service supported disability accommodation across Brisbane. We have exhibition and performance opportunities, mentorship and being part of market stall and shop (both online and retail store). We offer: Visual arts: painting, watercolour, printmaking 3D & 2D Arts, animation/ graphic novels, crafting and ceramics. Curation and earning creative income. Performing and literary arts: singing, drumming, drama, and poetry. Digital arts: photography, film, T.V production and animation		
Date	Time	Venue
Monday through to Saturday weekly program	Sessions - am and pm	136 Brunswick Street, Fortitude Valley 6 Pegg Rd, Rocklea 652 Albany Creek Rd, Albany Creek
Name	Phone	Email
Lauren Spriggs - Gallery and studio Officer Sophie Banister - Coordinator	0439077533 0448 547 239	LSpriggs@wmq.org.au SBanister@wmq.org.au
To Register: Please call to book a FREE Trial – You can use your NDIS payment or connect with us to discuss scaled costing contribution.		

Culturally and Linguistically Diverse Programs

Caboolture Neighbourhood Centre	Community Action for a Multicultural Society (CAMS)		
<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.</p> <p>The CAMS Program delivers events to celebrate: International Women’s Day; Harmony Day; Refugee Day; and Multicultural Day.</p> <p>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>			
Date		Time	Venue
Monday to Friday Phone for appointment		8am to 4pm	Caboolture Neighbourhood Centre, 9 George St, Caboolture
Name	Position	Phone	Email
Malcolm Thomson	CEO	5495 3818	reception@caboolturenhc.com.au
To Register: Call or email for more information			

Queensland Program of Assistance to Survivors of Torture and Trauma	QPASTT Training Calendar		
<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. Topics include:</p> <ul style="list-style-type: none"> • 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 & self-Care 			
Date			
Workshops run at various times throughout the year			
To Register: Please go to our website: https://qpastt.org.au/training-calendar/			

World Wellness Group	Brief Therapy - PM + (Problem Management +)		
<p>This program is funded by Brisbane South and Brisbane North for CALD adult clients who experience psychological stress due to situations of adversity. E.g., Coping strategies for managing stress and strengthening supports.</p>			
In person program & Virtual program	Date	Time	Venue
	Mondays - Fridays	9am – 5pm	Flexible
Contact Details	Program Manager: Annette Ruzicka – 3333 2100		
To Register: For the referral: https://worldwellnessgroup.org.au/referral-forms/ email the completed referral form to mentalhealth@worldwellnessgroup.org.au .			

World Wellness Group	Care Finder Program		
The care finder program connects multicultural older adults to in-home aged care services and other community supports. Care finder services are provided at no cost to eligible clients, with funding from the Brisbane North PHN through the Australian Government's PHN Program.			
In person program & Virtual program	Date	Time	Venue
	Mondays - Fridays	8:30am – 4:30pm	Flexible
Contact Details	Care Finder: Danne Bathan Email: carefinder@worldwellnessgroup.org.au Phone: 0490 814 480 or (07) 3333 2100		
To Register: For the referral: https://worldwellnessgroup.org.au/referral-forms/ email the completed referral form to mentalhealth@worldwellnessgroup.org.au .			

World Wellness Group	Culture In Mind (CiM)		
This program is funded by the QLD Dept of Health offering culture based wrap around service to CALD adults providing a range of psychosocial supports to improve daily functioning, social inclusion, to address practical needs, goals, and aspirations in recovery. Culture in Mind supports people with complex mental health issues in the greater Brisbane region via a team of wellbeing support coordinators and multicultural peer support workers.			
In person program & Virtual program	Date	Time	Venue
	Mondays - Fridays	9am – 5pm	Flexible
Contact Details	Program Manager: Drew Cummins – 3333 2100		
To Register: For the referral: https://worldwellnessgroup.org.au/referral-forms/ email the completed referral form to mentalhealth@worldwellnessgroup.org.au .			

World Wellness Group	Multicultural Connect Line (MCL) 1300 079 020		
The Multicultural Connect Line (MCL) is a Queensland-wide phone service for people from multicultural backgrounds, contactable via 1300 079 020 . MCL can assist people who need support to manage stress or worries, or who need to know what help is available in their local area (for example: mental health support, housing, financial supports, relationships). We can help you decide which World Wellness Group mental health program your client may be best suited to. MCL works with interpreters, and our staff are often multilingual; so sometimes an interpreter may not be required.			
In person program & Virtual program	Date	Time	Venue
	Mondays - Fridays	9am – 4.30pm	Via Phone: 1300 079 020
Contact Details	Drew Cummins, Program Manager Multicultural Connect Line – 1300 079 020		
To Register: To find out more visit the World Wellness Group website. www.worldwellnessgroup.org.au			

World Wellness Group	Culturally and linguistically diverse groups- Psychosocial Support (Communities of Interest). This is a part of the Brisbane Mind Program.		
The Psychosocial Support Program is funded by Brisbane North PHN to support CALD consumers living in the Brisbane North PHN region- 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.			
Date	Time	Venue	
Mondays & Fridays	9am – 5pm	Home and Community Center engagement	
Contact Details	Program Manager: Sonia Kumari- Ph 3333 2100		
To Register: For the referral: https://worldwellnessgroup.org.au/referral-forms/ email the completed referral form to mentalhealth@worldwellnessgroup.org.au			

Neami - Living and Learning Centre	Thursdays Only	9am – 5pm	Neami - Living and Learning Centre - Strathpine 7/327 Gympie Rd, Strathpine
Contact Details	Program Manager: Annette Ruzicka Ph 3333 2100		
To Register: For the referral: https://worldwellnessgroup.org.au/referral-forms/ email the completed referral form to mentalhealth@worldwellnessgroup.org.au			

World Wellness Group	Multicultural Psychological Therapies (Mild – Moderate)		
We work with CALD clients (adults and children) with mild to moderate mental illness, particularly high prevalent disorders such as depression and anxiety, who experience particular vulnerabilities and barriers to accessing psychological therapies via Medicare including cultural, language, and complex mental health issues. The program offers additional support in therapy sessions inclusive of Multicultural Peer Support Workers (Speaking over 60 languages (other than English) including psychosocial support and Art Therapy Groups.			
Service	Date	Time	Venue
World Wellness Group	Mondays - Fridays	9am – 5pm	World Wellness Group, 33 Stoneham Street, Stones Corner
Queensland Program of Assistance to Survivors of Torture and Trauma	Fridays Only	9am – 5pm	Queensland Program of Assistance to Survivors of Torture and Trauma – Office Space at Logan Central - Unit 19/ 390 Kingston Rd-Slacks Creek

Dialectical Behaviour Therapy (DBT)

Community Qld – Recovery & Discovery Centre		Introduction to DBT Skills
<p>This program aims to offer participants a chance to build familiarity with Dialectical Behaviour Therapy (DBT) and to learn some of the fundamental skills to help them better manage emotions, improve acceptance, and establish better ways to cope in times of distress and crisis.</p> <p>The program will be an abridged version of a traditional DBT program, offering 3 x 2-hour group sessions on each of the four DBT Modules: Mindfulness, Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness</p> <p>The program is 12 weeks in total, and it is highly encouraged that participants try to commit to the full program.</p>		
Date	Time	Venue
Wednesdays starting September 13 th and finishing December 6 th OR Fridays starting September 15 th and finishing December 8 th	Wednesdays 1pm – 3pm OR Fridays 10am – 12pm	Recovery and Discovery Centre – 180 Jubilee Tce, Bardon
Name	Phone	Email
Recovery & Discovery Centre	3510 2777	recovery@community.org.au
PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. (See Service Hub info - Section 3: Prospectus)		

Community Qld – Recovery & Discovery Centre + Headspace Indooroopilly		Young Adult DBT Skills
<p>This program is run in collaboration with Headspace Indooroopilly, Toowong Private Hospital & Community. Aims to offer participants a chance to build familiarity with Dialectical Behaviour Therapy (DBT) and to learn some of the fundamental skills to help them better manage emotions, improve acceptance, and establish better ways to cope in times of distress and crisis. The program has been tailored to be age appropriate for young adults aged 18 to 25.</p> <p>The program will be an abridged version of a traditional DBT program, offering 3 x 2-hour group sessions on each of the four DBT Modules: Mindfulness, Distress Tolerance, Emotional Regulation, Interpersonal Effectiveness</p> <p>The program is 12 weeks in total, and it is highly encouraged that participants try to commit to the full program.</p>		
Date	Time	Venue
Thursdays starting September 14 th and finishing December 7 th	Afternoons TBC	Headspace Indooroopilly – 17 Station Rd, Indooroopilly
Name	Phone	Email
Headspace Indooroopilly	3157 1555	headspace.indooroopilly@openminds.org.au
PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. (See Service Hub info - Section 3: Prospectus)		

MNMH-RBWH		Dialectical Behaviour Therapy (DBT)	
<p>The Dialectical Behaviour Therapy (DBT) 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. People who experience BPD may also have difficulty managing impulsive behaviours, maintaining effective relationships, and regulating their moods and emotions.</p> <p>Consumers attend weekly skills group, individual therapy sessions and have access to phone coaching.</p>			
Date	Time	Venue	
Ongoing 12-month commitment of weekly group skills and individual therapy for 3.5 hours	Wednesdays 10am-12:30pm or Thursdays 10am-12:30pm	Valley Community Mental Health 162 Alfred St Fortitude Valley	
Name	Phone	Email	
Jo Townley - Team Manager Southern CCT	3834 1665	Joanna.Townley@health.qld.gov.au	
To Register: Contact the MH CALL number on 1300 622 255			

Neami National		Dialectical Behaviour Therapy (DBT) – Distress Tolerance	
<p>Dialectical Behavioural Therapy (DBT) is an evidence-based psychotherapy being used to treat a variety of mental health concerns. Core skill components include: Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Skills. By completing all four modules individuals will have developed skills and strategies to manage emotions, work through crises and maintain effective relationships. The Distress Tolerance module focuses on developing skills to support individuals to better cope during times of significant stress. Focusing on the situations when we are unable to make immediate changes to circumstances. Develops skills to better manage strong emotions and engage in behaviours that are more helpful to long term goals.</p>			
Date	Time	Venue	
Tuesdays 18th July to 29th August	10am to 12noon	7/327 Gympie Rd, Strathpine	
Thursdays 12th Oct to 23rd November	10am to 12noon	7/327 Gympie Rd, Strathpine	
Name	Phone	Email	
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au	
To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.			

Neami National		Dialectical Behaviour Therapy (DBT) – Emotion Regulation	
<p>Dialectical Behavioural Therapy (DBT) is an evidence-based psychotherapy being used to treat a variety of mental health concerns. Core skill components include: Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Skills. By completing all four modules' individuals will have developed skills and strategies to manage emotions, work through crises and maintain effective relationships. The Emotion Regulation module is 9 weeks, focusing on developing skills to identify and understand our emotions, changing emotional response to be more helpful, and problem-solving skills.</p>			
Date	Time	Venue	
Tuesdays 10th October to 5th December	10am to 12noon	7/327 Gympie Rd, Strathpine	
Name	Phone	Email	
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au	
To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.			

Neami National	Dialectical Behavioural Therapy (DBT) – Interpersonal Effectiveness	
<p>(DBT) is an evidence-based psychotherapy being used to treat a variety of mental health concerns. Its core skill components include: Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Skills. By completing all four modules individuals will have developed skills and strategies to manage emotions, work through crises and maintain effective relationships. The Interpersonal effectiveness module runs for 8 weeks and focuses on developing skills to be more effective at achieving goals without fracturing relationships, as well as skills to strengthen current relationships and build new ones.</p>		
Date	Time	Venue
Thursdays 20th July to 7th September	10am to 12noon	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
<p>To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.</p>		

STRIDE Caboolture HUB	Dialectical Behaviour Therapy DBT-Lite for 12 Weeks (2.5 Hrs)		
<p>Dialectics is the philosophy that opposing viewpoints, when equally valued, can contribute to a greater understanding of a situation or experience. In this regard, Dialectical Behaviour Therapy (DBT) draws upon the dialectics of 'change' and 'acceptance' in order to address a wide range of psychological concerns. Key learning includes improving self-awareness, emotional regulation, and reducing impulsivity. The sessions will introduce: Distress tolerance skills; Emotion regulation skills; Interpersonal effectiveness skills; and Core mindfulness skills</p>			
In person and virtual program	Date	Time	Venue
	September and January	TBC	Caboolture and Virtual via Zoom
Name	Position	Phone	Email
STRIDE	Reception Team	4593 0500	Stidehub.caboolture@stride.com.au
<p>To Register: Must be eligible for referral to STRIDE Hub – contact for more information</p>			

Eating Disorder Supports

Eating Disorders Queensland (EDQ)	Carer Connect		
<p>This group provides a supportive and collaborative environment for family members, carers and key support people to come together and is facilitated by EDQ Family & Carer Coaches.</p> <p>Run monthly and focuses on different themes/topics, including guest speakers. The group aims to be informative and to support families and carers to support their loved ones.</p> <p>The evening is an opportunity to connect with others who are going through a similar journey and to hear different experiences and insights.</p>			
Date	Time	Venue	
Wednesday 19 th July 13 th September, 15 th November	5:30pm to 7:30pm	EDQ, 51 Edmondstone Street, South Brisbane	
Virtual program	Date	Time	Platform
Wednesday 23 rd August, 18 th October, 13 th December		5:30pm to 7:30pm	Online via Zoom
Name	Position	Phone	Email
Caroline Asler	Practice Coordinator	3844 6055	admin@edq.org.au
<p>To Register: Participants are required to attend an intake appointment before attending for the first time.</p>			

Eating Disorders Queensland (EDQ)		Carer Peer Mentor Program (CPMP)	
<p>Our Carer Peer Mentor Program connects Queensland carers to be mentored by other carers who have supported a loved one with their recovery. All carer mentors are extensively trained to provide non-clinical, additional support. Each program meets at EDQ up to three times in a six-month period, with weekly contact between matched mentors and mentees encouraged.</p>			
Date	Time	Venue	
Mentor Training – Saturday 22 July	9am to 4pm	EDQ, 51 Edmondstone Street, South Brisbane	
Meet and Greet – Wednesday 2 nd August	6:30pm-8pm		
Final Celebration – July – date TBA	6:30pm-8pm		
Virtual program	Date	Time	Platform
Mid-point – October – date TBA		6:30pm-8pm	Online via Zoom
Name	Phone	Email	
Caroline Asler - Practice Coordinator	3844 6055	admin@edq.org.au	
To Register: <u>Participants are required to attend an intake appointment before attending for the first time.</u>			

Eating Disorders Queensland (EDQ)		Carer Re-connect	
<p>Throughout the year the Family and Carer 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>			
Date	Time	Venue	
Wednesday 25 th October	7pm-8:30pm	EDQ, 51 Edmondstone Street, South Brisbane	
Name	Phone	Email	
Caroline Asler - Practice Coordinator	3844 6055	admin@edq.org.au	
To Register: <u>Participants are required to attend an intake appointment before attending for the first time.</u>			

Eating Disorders Queensland (EDQ)		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.</p> <p>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> <p>The group sessions are three hours in length and currently run over the lunch period.</p>			
In person program	Date	Time	Venue
Runs multiple times throughout year – confirm with EDQ Staff		10:30am – 1:30pm	EDQ, 51 Edmondstone Street, South Brisbane
Name	Phone	Email	
Caroline Asler - Practice Coordinator	3844 6055	admin@edq.org.au	
To Register: <u>Participants are required to attend an intake appointment before attending for the first time.</u>			

Eating Disorders Queensland (EDQ)		Fostering Recovery	
<p>The Fostering Recovery Workshop is an evidence-based 1-day workshop that aims to help family members, carers and key support people increase their understanding of eating disorders and ways to support their loved one's recovery. Based on the work of Professor Janet Treasure, you'll learn how to make mealtimes less stressful, create positive coping strategies & communication skills, and foster a healthier relationship with your loved one. The online version of the workshop is split into three sessions, held in the evenings for convenience.</p>			
Date		Time	Venue
Runs multiple times throughout year – confirm with EDQ Staff		9 am – 4 pm	EDQ, 51 Edmondstone Street, South Brisbane
Virtual program	Date	Time	Platform
Wednesday 18 th and 25 th October Wednesday 1 st November		6:30 pm – 8:30 pm	Online via Zoom
Name		Phone	Email
Caroline Asler - Practice Coordinator		3844 6055	admin@edq.org.au
To Register: <u>Participants are required to attend an intake appointment before attending for the first time.</u>			

Eating Disorders Queensland (EDQ)		Peer Support Group	
<p>The Peer Support 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. Participants can choose which sessions to attend, and sessions are open to all stages of recovery, and all types of eating disorders/issues. The group is held weekly, alternating between in-person and online delivery.</p>			
In person program	Date	Time	Venue
Runs 6 x per year, check with EDQ Staff		5.30pm – 7.30pm	EDQ, 51 Edmondstone Street, South Brisbane
Virtual program	Date	Time	Platform
Runs 3 x per month, check with EDQ Staff		5.30pm – 7.30pm	Online via Teams
Name		Phone	Email
Caroline Asler - Practice Coordinator		3844 6055	admin@edq.org.au
To Register: <u>Participants are required to attend an intake appointment before attending for the first time.</u>			

Eating Disorders Queensland (EDQ)		Therapeutic Group for Eating Disorders	
<p>This is a closed group and participants are expected to commit to attending all 10 sessions. The 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.</p>			
Date		Time	Venue
TBA Run over 10 weeks		5.30pm – 8.30pm	EDQ, 51 Edmondstone Street, South Brisbane
Virtual program	Date	Time	Platform
	TBA	5.30pm – 8.30pm	Online via Teams
Name		Phone	Email
Caroline Asler - Practice Coordinator		3844 6055	admin@edq.org.au
To Register: <u>Participants are required to attend an intake appointment before attending for the first time.</u>			

Eating Disorders Queensland (EDQ)	Trauma-Informed Yoga	
<p>A six-week yoga group that aims to give people a foundation around Yoga, the important philosophical elements that guide practice and how yoga can support recovery from eating disorders. Recovery from an eating disorder often involves a process of reconnection to the body. A yoga practice can be a way for people to make peace with the body, reclaim the body, and learn that the body can be reliable and safe again. Each week we connect with our body through practices of movement, breathing, meditation and relaxation. Compassion and kindness for self are key underlying principles for the practice. These yoga classes are taught from a trauma-informed and mental health perspective. All are welcome. No prior yoga experience is required.</p>		
Date	Time	Venue
TBA	TBA	EDQ, 51 Edmondstone Street, South Brisbane
Name	Phone	Email
Caroline Asler - Practice Coordinator	3844 6055	admin@edq.org.au
To Register: <u>Participants are required to attend an intake appointment before attending for the first time.</u>		

Education and Forums

MNMH	Forum: Living With Psychosis	
<p>About three in every 100 Australians will experience psychosis at some time in their lives. It can be a confusing and sometimes frightening experience. However excellent treatments are available to reduce or even eliminate the symptoms. In this forum we will explore psychosis in depth including possible causes of psychosis, the use of medications and psychosocial treatments for psychosis.</p>		
12:30 – 1:15 Being Positive about Negative Symptoms: when my get up & go got up and went. Presented by Dr Frances Dark		
1:15 – 1:45 Psychosis a Lived Experience. Speaker TBA.		
1:45 – 2:15 Coffee and Tea Break – afternoon tea provided		
2:15 – 3:00 Drugs and Psychosis. Presented by Dr Mark Daghish		
3:00 – 3:30 Cognitive Behavioural Therapy for Psychosis (CBTp). Presenter TBA		
3:30 – 3:40 Feedback		
Date	Time	Venue
Thursday 19 th October	12:30 pm – 3:40 pm	RBWH Education Centre
Name	Phone	Email
Imani Gunasekara	3114 0801	mnmh.consumer.carer.services@health.qld.gov.au
To Register: Phone or email, Imani Gunasekara - Senior Peer Coordinator by Wednesday October 11th		

Employment Support

MNMH	Integrated Employment Program (IEP)	
<p>The Integrated Employment Program follows the principles of supported employment and is focussed on rapid job search in the areas of the consumer's interest. Employment service consultants provide intensive support and work closely with a Mental Health Clinician to achieve the best outcomes for participating consumers. This service is available to all open consumers of Metro North Mental Health Services.</p>		
Name	Phone	Email
Beth Williamson - Occupational Therapist	3146 2310	Beth.Williamson@health.qld.gov.au
<p>To Register: Please discuss referral to the IEP with your Mental Health Clinician.</p>		

Healthy Living, Exercise and Lifestyle

Australian School of Meditation & Yoga	Mantra Meditation Evening	
<p>By the simple process of mantra meditation, our mind and heart are gradually purified of all kinds of stress, worry, misconceptions and deep-seated fears etc. We begin to experience an ever-deepening inner peace and happiness and increasing insights into life. Interweaving music, mantras, breath, and yoga wisdom to deepen your meditation, this Mantra Meditation evening is both soothing yet uplifting. Finish with chai and refreshments.</p>		
Date	Time	Venue
Every 1 st and 3 rd Saturday	5 pm to 6:30 pm	Sandbag Inc, 153 Rainbow St, Sandgate
Every Tuesday	7:15 pm to 8:30 pm	The Community Place, 33 Teevan St, Stafford
Name	Phone	Email
Amit	0403 262 069	amit@asmy.org.au
<p>To Register: https://asmy.org.au/sandgate/ or https://asmy.org.au/north-brisbane No need to book. Just turn up!</p>		

Australian School of Meditation & Yoga	Relax & Meditate (BCC Active & Healthy Approved Program)	
<p>Unwind from your busy week and get rejuvenated from within with our Relax and Meditate session featuring Meditation, Breathwork, Mindfulness and Yogo Nidra (full body relaxation). A complete wellbeing experience to help you decompress for the week – assisting you to release stress, mental tension and emotional stagnation. Self-care is something we far too often overlook but is something we all need and wellbeing is what refreshes, rejuvenates and energises us so that we can move forward with our lives in a more balanced, harmonious way.</p>		
Date	Time	Venue
Every Thursday	5:30 pm to 6:30 pm	Upper Kedron Community Hall, 78 Cedar Creek Road, Upper Kedron
Name	Phone	Email
Amit - Meditation Instructor	0403 262 069	amit@asmy.org.au
<p>To Register: No need to book. Details: https://asmy.org.au/west-end/the-mantra-room-kirtan/</p>		

Australian School of Meditation & Yoga	Deep Peace Meditation & Sound Bath	
<p>The Deep Peace Meditation Journey features a Yoga Nidra Sound Bath using a collection of Tibetan singing bowls and chimes. A complete well-being experience to help you relax- assisting you to release stress, mental tension and emotional stagnation. What to expect: Mindfulness, mantra breathing, fully guided full body relaxation (yoga nidra - equivalent to 4 hours of sleep), Tibetan singing bowls & mantra meditation. Run by donations.</p>		
Date	Time	Venue
Every third Friday of the Month.	6:30 pm to 7:30 pm	The Community Place, 33 Teevan St, Stafford
Name	Phone	Email
Amit- Yoga Instructor	0403 262 069	amit@asmy.org.au
To Register: https://asmy.org.au/everton-park/		

Caboolture Neighbourhood Centre	Community Support Program (CSP)		
<p>This program is a volunteer-based information and referral service that seeks to build community capacity through the provision of services, groups and courses, CSP offers: Community garden; Community kitchen; Events (Open Day, Family Fun Day, Wellbeing Expo); Form filling assistance service; Immigration and Visa Advice Service; General counselling service; General budgeting service; Basic computer courses; Computers Literacy for Seniors; Nutritional Budget cooking; Community Self Defence; Tax Help; and Anger Management</p> <p>Other Support Services and Activities: Community Resilience 2022 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</p>			
Date	Time	Venue	
Monday to Friday Phone for appointment	8am to 4pm	Caboolture Neighbourhood Centre, 9 George St, Caboolture	
Name	Position	Phone	Email
Malcolm Thomson	CEO	5495 3818	reception@caboolturenhc.com.au
To Register: Call or email for more information			

CommuniQld – Recovery & Discovery Centre	Living Well With Depression		
<p>An 8-week program run by Toowong Private Hospital for the Recovery and Discovery Centre that focuses on teaching skills and strategies to help in the management of Depression.</p> <p>Program Aims: Develop a range of skills to assist in the different areas of life that are affected by depression, develop an understanding of Cognitive Behavioral Therapy strategies & tools, develop an understanding of Acceptance and Commitment Therapy strategies, understand how depression works and the impact it has and form positive connections through group participation.</p>			
Date	Time	Venue	
Fridays starting July 14 th and finishing September 8 th	1pm – 3pm	Recovery and Discovery Centre – 180 Jubilee Tce, Bardon	
Name	Phone	Email	
Recovery & Discovery Centre	3510 2777	recovery@communiqld.org.au	
PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. (<u>See Service Hub info - Section 3: Prospectus</u>)			

Community Recovery & Discovery Centre	Community Acupuncture Clinic	
<p>Join us for a free weekly community acupuncture clinic and enjoy the benefits of this ancient Chinese practice. Acupuncture is a Chinese medicine-based approach treating a variety of conditions by triggering specific points on the skin with needles. You may be interested in acupuncture for a range of reasons including stress, mental health, allergies, pain, insomnia and more.</p>		
Date	Time	Venue
Friday weekly	9:30am – 11:30am	New Farm Neighbourhood Centre 967 Brunswick St, New Farm
Position	Phone	Email
Community Participation Coordinator	3510 2752	participate@communitify.org.au
<p>PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. <u>(See Service Hub info - Section 3: Prospectus)</u></p>		

Community Recovery & Discovery Centre	Compass Crew – Walking Group	
<p>Join the Compass Crew walking group for a healthy and mindful walk-through gardens, galleries and bushland. The walks are generally 45 minutes across flat or slightly inclined paths and explore different parts of the central Brisbane area.</p> <p>Afterwards, we invite the group for a free social coffee & chat.</p>		
Date	Time	Venue
Thursday's weekly	10am – 12pm	Various locations
Position	Phone	Email
Community Participation Coordinator	3510 2752	participate@communitify.org.au
<p>PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. <u>(See Service Hub info - Section 3: Prospectus)</u></p>		

Community Recovery & Discovery Centre	Aqua Yoga	
<p>Aqua Yoga invites you to jump in the swimming pool and enjoy the unlimited benefits of water-based movement! This gentle exercise program supports lymphatic massage, muscular toning and the relaxation of joints.</p> <p>Afterwards, we invite the group for a free social coffee & chat.</p>		
Date	Time	Venue
Wednesday weekly	1:30pm – 3pm	WINTER (finishing September 1 st): Centenary Pool – 400 Gregory Tce, Spring Hill
Friday weekly	1:30pm – 3pm	SUMMER (starting September 6 th): Ithaca Pool – 14 Caroline St, Paddington
Position	Phone	Email
Community Participation Coordinator	3510 2752	participate@communitify.org.au
<p>PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. <u>(See Service Hub info - Section 3: Prospectus)</u></p>		

Community Recovery & Discovery Centre	Feel Good Food: Nutrition For Mental Wellbeing	
<p>A six-week program run by Jaslyn Dugmore (Dietitian) to assist people with: developing a range of cooking skills; building a meal and snack repertoire; understanding food, nutrition and how they relate to mental health; and forming social connections through cooking, eating, and sharing personal food experiences and knowledge.</p> <p>The group involves a practical cooking experience where cooking skills are learnt and practiced. No previous experience or skills required. All cooking ingredients and equipment provided.</p>		
Date	Time	Venue
Wednesdays starting July 19 th and finishing August 30 th	1:30pm – 4pm	Recovery and Discovery Centre – 180 Jubilee Tce, Bardon
Position	Phone	Email
Community Participation Coordinator	3510 2777	recovery@communify.org.au
<p>PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. (See Service Hub info - Section 3: Prospectus)</p>		

Community Qld – Recovery & Discovery Centre	Terrific Tuesday Bus Trip	
<p>Join a weekly social inclusion bus trip where you will have the opportunity to make friends and connect with your local community. Adventures include exploring museums, national parks, waterside towns & more, with lunch included! Places are limited and registrations are essential.</p>		
Date	Time	Venue
Tuesday weekly	9am – 1pm	Meeting at Recovery and Discovery Centre – 180 Jubilee Tce, Bardon OR Meeting at New Farm Neighbourhood Centre – 967 Brunswick St, New Farm
Name	Phone	Email
Community Participation	3510 2752	participate@communify.org.au
<p>PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. (See Service Hub info - Section 3: Prospectus)</p>		

Community Recovery & Discovery Centre	Yoga Your Way	
<p>Yoga Your Way is a trauma-sensitive yoga group that helps individuals to gently reconnect with their bodies in a safe environment. Learn to be present and create rhythms, practice making choices, experience taking effective action, sense their environment, safely begin to connect with the body through breath. What to expect in class: No touch or physical assists or adjustments, Invitational Language, Different options and complete choice over what you do with your body. Participants don't have to talk to others and no previous yoga experience is required. In person program and virtual online via Zoom</p>		
Date	Time	Venue
Wednesday weekly Term 3: Wednesday 12 th July to 13 th September Term 4: Wednesday 4 th October to 6 th December	9:30am – 10:30am	Recovery and Discovery Centre – 180 Jubilee Tce, Bardon OR Online via Zoom
Name	Phone	Email
Community Participation	3510 2752	participate@communify.org.au
<p>PARTICIPANTS MUST REGISTER. Please contact to discuss eligibility and register your interest. (See Service Hub info - Section 3: Prospectus)</p>		

Fishability Qld Inc	Fish and Respect Program
<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. Fishability QLD is 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, facilitation/workshops provided. Must bring own chair.</p>	
More Details	https://fishability.com.au/ and www.facebook.com/fishability.com.au?mibextid=LQQJ4d
To Register: Phone Emma 0435 778 510 or Shane 0424 270 995 or email info@fishabilityqld.org.au	

Footprints Community	Social Health Connect
<p>Social Health Connect supports people aged 18+ in the Caboolture/Kilcoy Hospital catchment who are experiencing social isolation and loneliness. Supports people with practical guidance for an engaging and meaningful life.</p> <p>The program will help you address barriers that may impact on your ability to improve your social health, community participation and connection. More information about the Social Health Connect program, including the referral form, can be found on the Footprints Community webpage: https://www.footprintscommunity.org.au/</p>	
Contact	Venue
1800 FOOTPRINTS (1800 366 877) Ph: 3252 3488 or Fax: 07 3252 3688	Caboolture and Kilcoy region
<p>To Register: Open referrals for people aged 18+ in the Kilcoy and Caboolture regions. Refer yourself or ask your GP or other health professional for assistance to complete.</p> <p>Referral available at https://www.footprintscommunity.org.au/community-care/</p>	

Neami National	Food 4 Thought	
<p>This will be a four-week program where, as a group we discuss:</p> <ul style="list-style-type: none"> • How our eating behaviors impact on our mental and physical health. • Beliefs about food and emotions associated with eating. • Learning to recognise body signals - interoception. • Building your team - multidisciplinary approach and other informal supports. • Bigger bite of the pie - activity planning. • Activities to do between sessions - to see where changes can be made. • Eating together with BYO lunch. 		
Date	Time	Venue
Mondays 9th October to 30th October	10am to 12Noon	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
<p>To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.</p>		

Neami National	Trauma Sensitive Yoga	
<p>Trauma Sensitive Yoga is an opportunity to move our body in a deliberate way and to bring awareness to and experience sensations and feelings in your body in the present moment. It also allows you to make choices about what you do with that information and how you move your body. Trauma Sensitive Yoga offers a safe space where in small groups, facilitated by a certified facilitator, through movement you might notice your breath, your body, and your ability to make choices. Places are limited and this is a 6-week group.</p>		
Date	Time	Venue
Mondays 10th July to 21st Aug (excluding 14th Aug)	1pm to 2pm	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
<p>To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.</p>		

Neami National	Wise Choices	
<p>Wise Choices is a 10-Week Acceptance and Commitment Therapy (ACT) based program that will give you the skills to lead a healthy, meaningful life and improve relationships with yourself and others.</p> <p>Participants will learn new skills to help with difficult thoughts and feelings; develop a healthier way to relate to our thoughts and discover more about yourself and what is important to you.</p>		
Date	Time	Venue
Thursdays 5th October to 17th December	1pm – 3pm	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
<p>To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.</p>		

Reclink and MNMH	Soccer Group	
<p>Reclink initiative offers a variety of games and activities for the participants. All genders and abilities are encouraged to come down to watch or join in. Reclink and Metro North Mental Health staff facilitate the session and provide all the necessary equipment for a fun, sociable morning of sport.</p> <p>Please bring a water bottle, sunscreen, and a hat.</p>		
Date	Time	Venue
Thursdays	10.30am – 11.30 am	Marchant Park on Ellison Rd just up from Boulter St, Chermside.
<p>To Register: No bookings required, just show up, phone 0466 535 100 or check out the link www.reclink.org/programs/reclink-national-program/street-games-chermside</p>		

Reclink	Online Programs
<p>Online programs such as Chair Yoga, DanceFit, Pilates and Tai Chi</p>	
<p>To Register: CLICK HERE TO SUBSCRIBE AND RECEIVE THE LATEST RECLINK CONNECT INFORMATION <https://reclink.us5.list-manage.com/track/click?u=8e3d8e91f21f4630361d6e713&id=ca4066ade5&e=ae748bdb2a</p>	
<p>Or contact Rhan Harris 0415 541 889 reclink.connect@reclink.org</p>	

Relationships Australia Queensland	Victims Counselling Support Service	
<p>The Victims Counselling Support Service (VCSS) is a trauma-based service offering information, advice, referral and trauma-based counselling and case management to victims of violent crime inclusive of their families, friends, and witnesses of crime. The matter does not have to have been reported to police or gone through a court process. Sessions can be in person at the Morayfield Health Hub or by phone or zoom.</p>		
Name	Phone	Email
VCSS Line	1300 139 703	morayfieldadmin@raq.org.au
To Register: Please call or email to register for an appointment		

Richmond Fellowship Queensland	NewAccess		
<p>NewAccess is a free and confidential support service for people who may be feeling down or overwhelmed and are seeking support to manage the stressors of daily life. The service is delivered by specially trained and supervised Coaches via an evidence-based, 'guided self-help' model. The model is a short-term therapy program underpinned by Low Intensity Cognitive Behavioral Therapy. The program is conducted over six sessions and two follow up appointments. Appointments are offered via face to face, telephone or video delivery depending on the individual needs / preferences of the client and the region in which they live. Please note that NewAccess is not a crisis service. It is suitable for individuals seeking low-intensity, short-term practical support.</p>			
Date	Time	Venue	
In person program	Monday to Friday	8.30 am – 4.30 pm	298 Gilchrist Avenue, Herston
Virtual program	Monday to Friday	8.30 am – 4.30 pm	MS Teams and telephone
Name	Phone	Email	
NewAccess Intake Team	1300 159 795	newaccess@rfq.com.au	
To Register: Contact our team by phone on 1300 159 795, email at NewAccess@rfq.com.au , or visit the Beyond Blue webpage to complete an enquiry form at https://www.beyondblue.org.au/get-support/newaccess			

STRIDE Caboolture HUB / NEABPD Australia	Family Connections™ for 12 Week (2 Hrs)		
Stride Hub Caboolture is proud to be partnering with NEABPD Australia to deliver a Family Connections™ group in the Brisbane North region. Family Connections™ is an evidence-based skills group for people who are caring for, or in a relationship with someone who has Borderline Personality Disorder (BPD).			
In person program	Date	Time	Venue
	September	10:30am to 12:30pm	Caboolture
Virtual program	Date	Time	Platform (i.e. Teams, Zoom)
	TBC	TBC	Zoom
Name	Position	Phone	Email
STRIDE	Reception Team	4593 0500	Stidehub.caboolture@stride.com.au
To Register: Must be eligible for referral to STRIDE Hub – contact for more information			

STRIDE Caboolture HUB	Healthy Boundaries		
This program will run over 8 weeks, over 2 hours we will discuss simple practices to help with establishing healthy boundaries. Healthy relationships make life a lot less stressful and so much easier to navigate, having healthy boundaries can significantly strengthen how we approach and maintain our relationships with family, friends and loved ones. Our experienced facilitators will help guide you to developing healthy boundaries.			
In person program	Date	Time	Venue
	September & November	TBC	Caboolture
Virtual program	Date	Time	Platform (i.e. Teams, Zoom)
	August	TBC	Zoom
Name	Position	Phone	Email
STRIDE	Reception Team	4593 0500	Stidehub.caboolture@stride.com.au
To Register: Must be eligible for referral to STRIDE Hub – contact for more information			

STRIDE Caboolture HUB	Managing Anger		
This program will run over 6 weeks, over 2 hours we will discuss simple practices to help manage anger. We know that frequent angry outbursts affect our relationships with ourselves, our loved ones and our community. Our experience facilitators will help you understand what causes anger and offer helpful simple healthy methods to support managing emotions. Contact our service to find out when our courses start.			
In person program	Date	Time	Venue
	August & October	TBC	Caboolture
Virtual program	Date	Time	Platform (i.e. Teams, Zoom)
	December	TBC	Zoom
Name	Position	Phone	Email
STRIDE	Reception Team	4593 0500	Stidehub.caboolture@stride.com.au
To Register: Must be eligible for referral to STRIDE Hub – contact for more information			

STRIDE Caboolture HUB		Road to Resilience	
<p>This program will run over 8 weeks and over 2 hours will discuss useful practices to help with strengthening self-esteem and resilience. Good self-esteem can positively impact life satisfaction, while building resilience can help to protect us when we are faced with challenges and setbacks. Our experienced facilitators will help guide and support you. Contact our service to find out when our courses start.</p>			
In person program	Date	Time	Venue
	August & November	TBC	Caboolture
Virtual program	Date	Time	Platform (i.e. Teams, Zoom)
	October	TBC	Zoom
Name	Position	Phone	Email
STRIDE	Reception Team	4593 0500	Stidehub.caboolture@stride.com.au
To Register: Must be eligible for referral to STRIDE Hub – contact for more information			

STRIDE Caboolture HUB		Taking Care of your Mental Health with a Recovery Plan	
<p>Join us on the last Friday or every month for a fun, laid-back recovery planning session to promote self-care, compassion and Empowerment.</p>			
In person program	Date	Time	Venue
	Fridays – last of month	1230pm – 2pm	Caboolture
Name	Position	Phone	Email
STRIDE	Reception Team	4593 0500	Stidehub.caboolture@stride.com.au
To Register: Must be eligible for referral to STRIDE Hub – contact for more information			

STRIDE Caboolture HUB		Wellness Outreach Workshop	
<p>We are bringing mental health and wellness quick tips to you! Offering 3 workshop opportunities for Bribie, Redcliffe and Kilcoy residents These community workshops are a total of 4 hours and will run in two 2 hour blocks.</p> <p>Our experienced team will offer education and supporting practices which will help with managing mental health and wellbeing. We will share how to manage emotions with DBT practices, help with making Wise Choices and talk briefly on healthy management of anger, healthy boundaries, self-esteem and Resilience.</p>			
In person program	Date	Time	Venue
	August	TBC	Bribie Island
	September		Redcliffe
October	Kilcoy		
Virtual program	Date	Time	Platform (i.e. Teams, Zoom)
	November x 1 session December x 2 sessions	TBC	Zoom
Name	Position	Phone	Email
STRIDE	Reception Team	4593 0500	Stidehub.caboolture@stride.com.au
To Register: Must be eligible for referral to STRIDE Hub – contact for more information			

STRIDE Caboolture HUB	Wise Choices for 10 Weeks (2 Hrs)		
<p>The Wise Choices program aims to give you the skills to form healthy, meaningful relationships with yourself and others based on the things <i>you</i> value. Suitable for a broad range of mental health concerns, this group consists of ten structured psycho-educational sessions to introduce basic Acceptance and Commitment Therapy (ACT) skills that have been adapted for people who struggle to manage their emotions.</p> <p>The sessions will cover: The cost of struggling to avoid difficult thoughts and feelings (experiential avoidance); an introduction to acceptance and mindfulness skills; awareness of 'choice points'; and how to increase psychological flexibility through emotion skills and mindfulness.</p>			
In person program	Date	Time	Venue
	July and November	TBC	Caboolture
Name	Position	Phone	Email
STRIDE	Reception Team	4593 0500	Stidehub.caboolture@stride.com.au
To Register: Must be eligible for referral to STRIDE Hub – contact for more information			

Zillmere Community Centre (ZCC)	North East Community Support Group Inc		
<p>ZCC provides individual and community support to people living in Zillmere and surrounding suburbs and offers a place of welcome, acceptance and inclusion for all. Community members can access information and advice, a range of practical support, group activities and meeting spaces. Community and Individual Support, Food Relief, Emergency Support and Community Events.</p> <p>Group Activities – Regular activities are held at ZCC these groups provide a place for social connecting and an opportunity for participation in various arts and crafts.</p>			
In person program	Date	Time	Venue
Beading Group	Monday	10am to 12pm	54 Handford Rd, Zillmere
Zillmere Community Crafters	Last Tuesday of the month	10 am to 12pm	
Northside Lace Makers	Wednesday	9am to 12pm	
Zillmere Jam Session	Friday	12:30 to 2pm	
Phone			Email
3865 2880			enquiries@necsg.org.au
To Register: For more information call or check website www.necsg.org.au/ or Facebook www.facebook.com/necsg/			

LGBTQIA+ Friendly Programs

Roses in the Ocean	LGBTQIA+ Survivor Attempt Action Group
We invite LGBTQIA+ people to engage with us and help to inform our work, including advising on workshop content, development programs and supporting people in the community.	
Website	
www.rosesintheocean.com.au/lgbtqi/	
Open Doors Youth Service	Individual and group support programs
We support young people who identify as Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual, Pansexual, Sistergirl or Brotherboy (LGBTIQAP+ Sistergirl & Brotherboy) aged 12-24.	
Website	
www.opendoors.net.au/about-open-doors-youth-service/	
QLD Council for LGBTI	Support and training
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.	
Website	
Queensland Council for LGBTI Health (formerly QuAC) at LGBTIQ+ Health Australia www.lgbtiqhealth.org.au	
LGBTI Legal Service	<u>Legal Advice Consultations</u>
The LGBTI Legal Service offers free and confidential legal advice to Queensland residents who identify as members of the diverse lesbian, gay, bisexual, trans and intersex community.	
Website	
lgbtilegalservice.org.au Free Lawyers in Brisbane and Queensland - LGBTI Legal Service	

Men's Groups

Men's Information and Support Association (MISA)		Counselling and support services	
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).			
Date		Time	Venue
Monday		9am – 7.30pm	4B, 481 Gympie Road, Strathpine.
Tuesday		9am – 7.30pm	
Wednesday		9am – 5.30pm	
Thursday		9am – 7.30pm	
Virtual program		Date	Platform
		Thursday and Fridays	Teams/zoom
To Register: Call 3889 7312 to book an appointment. Our office is not always staffed so please leave a message and we can get back to you. Email - info@misa.org.au			

Men's Information and Support Association (MISA)		Transformation 24/7 Workshop
<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.</p>		
Date Scheduled workshop – 12 weeks from	Time	Venue
July and September	Wednesday evenings 6.30pm-8.30pm	Strathpine (TBC)
Name	Phone	Email
Katrina Lewry	3889 7312	info@misa.org.au
<p>To Register: 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>		

Older Persons Programs

Relationships Australia Queensland		Elder Mediation Support Service (EMSS)
<p>EMSS works with people over 65 years (or 50 years for Aboriginal and Torres Strait Islander persons) who are experiencing, or are at risk of experiencing, elder abuse. EMSS offers a combination of family mediation, family therapy and counselling and individual support which places the interests, rights, and personal safety of older people at the centre of our work. EMSS seeks to raise community awareness of elder abuse and build relationships with the community to improve older persons' access to services. We can also provide information, support, and referrals to other services that can help.</p>		
In person program and virtual	Date/Time	Venue
	By appointment	Morayfield Health Hub/ Telephone or Zoom
Contact		Email
Central Intake call 1300 364 277 or 1300 063 232		morayfieldadmin@raq.org.au
<p>To Register: Please contact our service by phone or email to schedule an appointment.</p>		

Parenting, Youth and Family Supports

Australian Red Cross	Hippy - Home Interaction program for Parents and Youngsters		
<p>Hippy is two-year, home play-based, early learning and parenting program for families with young children. Hippy supports parents to deliver a structured curriculum of play-based learning activities, designed to make children 'school-ready' and develop a love of learning which will last a lifetime. Hippy tutors support you through your Hippy journey, they schedule regular fortnightly visits to discuss and work with the parent/carer and practice the activities in the family's home. We hold group gatherings monthly, with free morning tea, activities, workshops, and excursions for the family. To enrol, your child will need to be aged 3: families usually start HIPPIY in February two years before their child starts full-time formal schooling, the family must be living in the Caboolture, Morayfield and Bellmere area.</p>			
Name	Position	Phone	Email
Janine Clark	Program coordinator	0467 733 811	jclark@redcross.org.au
To Register: For further information or to enrol into the Hippy program please contact us.			

Brisbane Youth Service (BYS)	Recovery and Discovery Centre (RADC)		
<p>We support young people aged 18-25 who live with mild to severe mental health impacts, who are not receiving NDIS support, and who reside in the Brisbane North/ RBWH catchment. RADC offers psychosocial support including group programs that encourage social engagement and building a community. We have also teamed up with the Positive Transitions Program (PTP) which aims to support young people work towards their education, employment, and training goals. We are providing activities including paint and yarn, coffee making excursion at a local café, RSA, cooking classes, clay workshop series and more!</p>			
Date	Time	Venue	
Tuesday's 17th July – 5th September	1pm-3pm	BYS HUB- social employment/ education group	
Tuesday's 10th October- 12th December	1pm-3pm	Clay group at the BYS HUB	
Name	Phone	Email	
Jill Measday Psychosocial Program Coordinator	3620 2400	RADC@brisyouth.org	
To Register: Phone or email above and ask for Jill or Erin for more information			

Caboolture Neighbourhood Centre	Caboolture Family Support Service (CFSS)		
<p>Secondary Family Support - counselling 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); BOWS (building on women's strengths (self-esteem); 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); Emerging from the Storm (anger management for adults)</p> <p>Secondary Family Support – budgeting 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.</p>			
Date	Time	Venue	
Monday to Friday Phone for appointment	8am to 4pm	Caboolture Neighbourhood Centre, 9 George St, Caboolture	
Name	Position	Phone	Email
Malcolm Thomson	CEO	5495 3818	reception@caboolturenhc.com.au
To Register: Call or email for more information			

CHQ-CYMHS (Child and Youth Mental Health Service)		COPMI (Children of Parents with a Mental Illness) KIDZ CLUB Group	
<p>The COPMI Kidz Club Group is a free two day supportive and educational group for primary school aged children who have a parent or relative living with a mental illness. Children learn age-appropriately about symptoms of and treatment options for mental illness and ways of coping with stress and peer relationship difficulties. There is a parent group component which assists in reducing feelings of stigma and isolation as well as learning ways of communicating positively with their children. The group is facilitated by experienced mental health clinicians who can refer onwards to additional support services if considered necessary.</p> <p>Food is provided on both days. Parents are required to transport children.</p>			
Date	Time	Venue	
Wednesday 20 th and Friday 22 nd September	10am – 2:30pm	Nundah CYMHS, Nundah Community Health Centre, 10 Nellie Street, Nundah	
Name	Position	Phone	Email
Fleur Kenny Ashleigh Tricarico	COPMI Program Co-ordinators	3310 9444 0427 318 634	CHQ-CYMHS-COPMI@health.qld.gov.au
To Register: Please contact COPMI Coordinators above by email or phone for additional information.			

Peach Tree Perinatal Wellness		Circle of Security - Parenting	
<p>Circle of Security - Parenting (CoS-P) is a relationship-based early intervention program designed to enhance attachment security between parents and children.</p> <p>This parenting focused workshop, and the graphic designed around it, is intended to help caregivers increase their awareness of their children's needs and whether their own responses meet those needs.</p> <p>Each workshop is facilitated online via Zoom or in person by a CoS-P Registered Parent Educator and guided by DVD content, making for a relaxed, interactive workshop session for everyone.</p>			
In person program and virtual evening sessions	Date	Time	Venue
	Various dates throughout the year	Weekend workshops	15 Jenner Street, Nundah
Mathishka Anendan	COS-P facilitator		
To Register: For more information, please email cosp@peachtree.org.au			

Peach Tree Perinatal Wellness		Sunshine Parenting Program	
<p>The Sunshine Parenting Program (SPP) is a free 6-week program for mothers with babies aged 0 - 12 months. The Sunshine Parenting Program moves through six (6) workbook topics, all relevant to parenting experiences through the postnatal period, providing a safe, sensitive, and non-judgemental space for mothers to speak openly about their parenting experiences with others who understand.</p> <p>All workshops are facilitated and supported by Peer Workers who themselves share a lived experience of perinatal mental health challenges, with a story of hope and recovery.</p>			
Date	Time	Venue	
Held on a Friday in 6 weekly blocks	9:30 am to 11:30 am	15 Jenner Street, Nundah	
Name			
Libby Smith	0434 097 546	sunshine@peachtree.org.au	
To Register: If you are a Mother of a 0 to 12-month-old baby, you can register using this self-referral form: SPP Referral Form – SR Peach Tree			
If you are a health professional wanting to refer a client, you can use this referral form: https://peachtree.org.au/spp-referral-form-hp/			

The Benevolent Society	Child and Family Wellbeing Service	
<p>The Child & Family Wellbeing Service 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.</p>		
Date	Time	
Date and times are organised on our initial home visit		
Name		
Sabrina Pezzuto	3441 3000 or 0481 910 914	C&FW@benevolent.org.au
To Register: Families can self-refer by calling 3441 3000 or emailing details above.		

Youth and Families Association of Pine Rivers (YAFA)	Counselling and Family Support Services		
<p>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; and mental health concerns.</p>			
Time		Venue	
9am to 4.30pm by appointment Tuesday to Friday		Suite 4, 1372-4 Anzac Avenue, Kallangur	
Virtual program	Telehealth appointments are available.		
Name	Position	Phone	Email
Sharyn Joyner	Coordinator	3886 2777	reception@yafa.com.au
To Register: Please phone 3886 2777 or email reception@yafa.com.au .			

Peer Support

GROW Australia		The Grow Program
<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're exploring self-improvement as they work on their personal recovery. 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 Grow 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>		
Date	Time	Venue
Chermside group	Every Monday, 6:30pm to 8:30pm	Uniting Church Cnr Gympie & Rode Roads, Chermside
Bridgeman Downs group	Every Thursday, 10:00am to 12:00pm	Church of the Resurrection 30 Ridley Road, Bridgeman Downs
Redcliffe group	Every Tuesday, 7:00pm to 9:00pm	Redcliffe Church of Christ Corner of Ashmore Rd and Yalumba St
Virtual group Wednesday eGrow (participants from any location) Every Wednesday, 6:30pm to 8:30pm		Online groups: You are invited to register via the eGrow section of our website: grow.org.au/egrow to then receive the Zoom link. If you have any questions or would like any further information, please contact on details below.
Virtual group Regional QLD eGrow Every Tuesday, 12:00pm to 2:00pm		
Name	Phone	Email
Georgie Stewart - Regional Program Worker/ National eGrow Coordinator	0493 269 709	Georgina.stewart@grow.org.au
<p>To Register: Face to face groups: You are invited to simply attend a meeting. If you have any questions or would like any further information, please contact the office on 1800 558 268 or Program Worker Diana Law on 0413 052 917. Diana.law@grow.org.au</p>		

GROW Australia		Growing Resilience
<p>Growing Resilience is our free online program for people who are experiencing mental ill-health brought on by life events – in particular natural disasters, the COVID-19 pandemic and the social, emotional and financial hardships associated with it. The program is run over six one-hour Zoom 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.</p>		
Date	Time	Venue
Rolling start date, differing times available, e.g., during business hours and outside of business hours via Zoom		
Name	Phone	Email
General Enquiries	1800 558 268	qld@grow.org.au
<p>To Register: You are invited to register via the Growing Resilience section of our website: https://grow.org.au/our-programs/growing-resilience</p>		

Metro North Mental Health (MNMH)	Lived Experience (Peer) Workforce Team
<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 & 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 about The Lived Experience (Peer) Workforce Team please Email: mnmh.consumer.carer.services@health.qld.gov</p>	
Lawrence House (Team Administration)	Ph 3114 0812
Redcliffe-Caboolture	Ph 5433 8775
Royal Brisbane & Women's Hospital	Ph 3646 3886
The Prince Charles Hospital	Ph 3139 4561

Peach Tree Perinatal Wellness	Peer Zone	
<p>Peerzone is a free peer-led 6-week series of workshops providing resources and strategies to benefit others experiencing mental health distress. Facilitated by certified educators with their own lived experience, each group uses discussion and activities to explore mental health and find strategies to help manage day to day life. Workshops are open to all of the community who may be experiencing mental health issues, or may know someone who is, and would like to learn different ways to understand mental distress and explore ways to improve daily life.</p>		
Date	Time	Venue
Thursday's 6 weekly blocks dates TBC	12 to 2 pm	15 Jenner Street
Name		
Cass Dunn – Peer Zone facilitator		peerzone@peachtree.org.au
To Register: For more information and to register please email peerzone@peachtree.org.au		

PHN	Peer Participation in Mental Health Services (PPIMS)		
<p>PPIMS consists of a network of consumers and carers interested in advocating for systemic change in the mental health system.</p> <p>PPIMS membership includes monthly meetings on the second Tuesday of the month on topical issues, emails on participation opportunities and regular updates on mental health issues.</p>			
Date	Time	Venue	
Second Tuesday of the month	12 to 2pm	TBC – rotate between face to face and virtual - via Microsoft Teams	
Name	Position	Phone	Email
Danie Williams-Brennan	Project Office, Lived Experience Engagement Team	3490 3428	danielle.williams-brennan@brisbanenorthphn.org.au
To Register: Contact PPIMS@brisbanenorthphn.org.au			

SANE	FREE Complex Mental Health Support
<p>SANE's guided service includes free digital and telehealth support services and provides ongoing tailored support for people over 18 years of age with complex mental health needs and their families and carers.</p> <p>We also welcome people with intellectual disability, autism or acquired brain injury who require support with their mental health.</p> <p>On introduction to the service, you will be connected with a dedicated support team who will work with you to create a flexible and personalised support plan that prioritises your wellbeing, assists you in reaching your goals and helps you develop skills to better manage your mental health.</p> <p>We offer counselling, arts and psycho-e-education, tools and resources and a 24/7 moderated online community.</p>	
SANE Australia	1800 18 7263 Info about mental illness, treatments, where to go for support and help carers.

Suicide Prevention and Support

Roses in the Ocean	Stemming the Tide of Suicide
<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 1800 77 7337 or Website https://rosesintheocean.com.au/</p>	

StandBy	Support After Suicide	
<p>StandBy is Australia’s leading National suicide prevention program dedicated to assisting people and communities bereaved or impacted by suicide.</p> <p>The program is focused on supporting anyone who has been impacted or bereaved by suicide at any stage in their life, including: individuals, family and friends; witnesses; first responders; service providers; schools, workplaces and community groups providing free, face to face and/or telephone support at a time and place that is best for each individual. StandBy also builds community preparedness and resilience through training to community and professional groups. For more information visit: https://standbysupport.com.au</p>		
Date	Venue	
On request	Brisbane Metro North and South and virtual via Zoom	
Name	Phone	Email
StandBy Brisbane Coordination Team	1300 727 247	Standby.bne@ucommunity.org.au
<p>To Register: Contact 1300 727 247 or standby.bne@ucommunity.org.au to register interest</p>		

RFQ - Metro North	The Way Back Support Service (TWBSS)	
<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.</p> <p>Referral by mental health service following hospital presentations.</p>		
Venue	Phone	
Redcliffe/Caboolture	1300 180 608	
<p>To Register: Public Hospital Mental Health Referral call the 1300MHCALL (1300 64 22 55)</p>		

Surviving Sexual Abuse

Neami National – Living & Learning Centre	The Shark Cage Program®	
<p>This program is a supportive and informative group for women who have experienced sexual assault or family violence. It focuses on improving women's connection to self and self-worth, improve capacity to set boundaries and communicate assertively for building positive relationships.</p>		
Date	Time	Venue
Tuesdays 18th July to 5th September	1pm to 3pm	7/327 Gympie Rd, Strathpine
Name	Phone	Email
Katrina Nickols - Liaison Officer	3493 6780	livingandlearning@neaminational.org.au
<p>To Register: You will need to be a participant of the Living & Learning Centre. Please be aware there will be a waiting period before service commences.</p>		

Relationships Australia Queensland (RAQ)	Redress Support Service (RSS)		
<p>RAQ has been funded to provide a state-wide Redress Support Service. We offer free and confidential support to anyone considering applying to the National Redress Scheme. The National Redress Scheme provides acknowledgement and support to people who experienced institutional child sexual abuse. It was created in response to the Royal Commission into Institutional Responses to Child Sexual Abuse, which estimated that 60,000 people experienced institutional child sexual abuse in Australia.</p>			
In person program	Date	Time	Venue
	By appointment		Morayfield Health Hub
Virtual program	Date	Time	Platform
	By Appointment		Telephone or Zoom
Name	Phone		Email
National Redress Line General Enquiries	1800 552 127 1300 364 277		morayfieldadmin@raq.org.au
<p>To Register: Please call or email to register for an appointment</p>			

Women's Groups

Womenspace Sandgate		Connecting with Women	
A space for women to connect and strengthen our community built on diversity, kindness, and respect. A safe space to enjoy each other's company and find information. Weekly groups such as Cuppa & Chat (the best introduction to us and to our venue). Women Empowering Gatherings. Women Writing workshops, Monthly Book and Garden Clubs. Create and Chat sessions. Sharing of Women Weaving Stories Cross-generational explorations. Laughter Club.			
Wednesday Weekly	Cuppa & Chat from 10am till 11.30am at 11 Second Avenue, Sandgate		
Venue	11 Second Avenue, Sandgate		
Contact office hours	Phone	Website	Email
9am - 1pm Tuesday and Thursday	SMS 0434 357 862	www.womenspace.org.au	chair@womenspace.org.au
To Register: Please email or check the website or Facebook for details. www.facebook.com/womenspaceAust			

4 Voices Global Limited		Weekly Outreach Services	
Our service seeks to help females who feel socially isolated, regardless of their age, nationality, background, or history. Our phone support team are volunteers from all over Australia who reach out to provide a check-in for people in need. Our Connection Hubs are vehicles operated by volunteers who provide empathy and support. The Hubs are outfitted with technology coffee tea-making facilities, mobile phones, laptop computers, printers, scanners, copiers, smart TV, and they have their own WiFi. We offer social connection, digital connection employment connection and community connection.			
4 Voices operates 16 shifts across Brisbane every week at various times, Outreach services can be found on our website; Get Help — 4 Voices			
We visit: Beenleigh, Bowen Hills, Woodridge, Goodna, Ipswich, Sandgate, Inala, Nundah, Fortitude Valley, Wynnum and a variety of private locations.			
Contact	Phone	Email	
Leanne Tunny - Administrative Coordinator	0407 748 477	leannet@4voices.org.au	

SECTION 2: INFORMATION FOR CARERS AND VOLUNTEERS

Carer Support Services

Arafmi Ltd	Various Programs
<p>Arafmi supports Mental Health Carers (family, friends and kin of people living with Mental Ill Health) in their caring role. Arafmi offers (in person or online): support groups; workshops and information sessions; individual support; and systems advocacy. If you need some information around mental health, navigating the system and your caring role, please get in touch!</p>	
<p>To Register: For full details about upcoming workshops, groups or individual support, please visit our website www.arafmi.com.au, email carersupport@arafmi.com.au or call us on 3254 1881</p>	
<p>Visit sane.org/referral or call 1800 187 263 (10am to 10pm Mon to Fri) to register.</p>	

Volunteer Program

MNMH	Mental Health Volunteers	
<p>Volunteer workers provide support and assistance at our Mental Health facilities at the Prince Charles Hospital. Our volunteers come from a variety of backgrounds. For example, people with a lived experience, carers, professional students, and people who just want to help. We require volunteers in the Acute Mental Health Unit, at the Secure Mental Health Rehabilitation Unit, and the Pine Rivers Community Care Units. At the Acute Unit the volunteers are supervised by a Recreation Officer and are based in the Wellness Room. The programme runs from 8 am to 430 pm, Monday to Friday.</p>		
Name	Phone	Email
Jeff Owen - Nurse Unit Manager	3881 6500	prccu@health.qld.gov.au
Linda Di Mauro	3881 6500	prccu@health.qld.gov.au
<p>To become a volunteer, you need to contact the above number, or email requesting an application.</p>		

SECTION 3: SERVICE HUBS AND SAFE SPACES

Integrated Mental Health Service Hubs

What They Do:

Deliver clinical and non-clinical services for people with mental illness:

- Care coordination (including mental health nursing)
- Psychological group therapy
- One-on-one psychosocial support
- Reduce distress and manage wellness
- Improve your confidence
- Connect with family, friends, and others
- Improve your physical health
- Participate in your community
- Enjoy a full and vibrant quality of life

Hospital Catchment	Hub location/contact details
RBWH Recovery and Discovery Centre	Community (in partnership with Toowong Private Hospital, Brisbane Youth Service, Open Minds, and Eating Disorders Queensland) 180 Jubilee Terrace, Bardon Phone: 3510 2777 Email: admin@communitify.org.au www.communitify.org.au/
TPCH Living and Learning Centre	Neami National 7/327 Gympie Road, Strathpine Phone: 3493 6780 Email: livingandlearning@neaminational.org.au www.neaminational.org.au/
Red/Cab Stride Hub Caboolture	Stride Central Lakes Shopping Village, Level 1/21 Pettigrew St, Caboolture Phone: 4593 0500 Email: stridehub.caboolture@stride.com.au www.stride.com.au/

Eligibility

- 18 years and over
- Have a diagnosable severe and or complex mental illness (episodic or persistent)
- Be experiencing significant disruption to daily life, wellbeing, and functioning
- Not receiving supports through the NDIS
- Not receiving Case Management Support through Qld Health

Safe Space onsite at The Prince Charles Hospital



WE ARE HERE FOR YOU

CARING | UNDERSTANDING | EMPOWERING

At the Safe Space, we support people to overcome distress by offering a calm, comfortable, healing environment away from the emergency department, with caring clinical and peer support.

What to expect: The Safe Space has a chill-out space, a lounge and kitchen area and access to a garden outdoors. The space is designed to support your wellbeing and recovery. The Safe Space team consists of Peer Workers and a Senior Mental Health Clinician.

Peer Workers are skilled health workers with lived experience of mental health challenges and recovery.

Using their unique lenses of lived and professional experience, the team will collaborate with you to find a path to wellbeing that works for you.

The Safe Space is a quiet space to recover.

Safe Space is open from 2:00pm - 9:00pm, seven days a week.

Safe Space can be accessed by contacting MHCALL on 1300 642 255, and requesting to speak to the team. We are generally able to book on the same day and will strive to accommodate the most convenient time for people wanting to visit.



Metro North
Health



Queensland
Government





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
RBWH 	Bardon Safe Space 180 Jubilee Terrace, Bardon Phone: 3004 0101 Email: SafeSpace@communitify.org.au	Monday to Friday: 5pm – 9pm Saturday: 9am – 1pm Sunday: 9am – 1pm
TPCH 	Strathpine Safe Space 6/327 Gympie Road, Strathpine Phone: 3493 6710 Email: SafeSpace@neaminational.org.au	Monday to Friday: 5pm – 9pm Saturday: 3pm – 7pm Sunday: 3pm – 7pm
Caboolture 	Stride Caboolture Safe Space 24 George Street, Caboolture Phone: 5232 1590 Email: SafeSpaceCaboolture@stride.com.au	Monday – Friday: 5pm – 9pm Saturday: 10am – 2pm Sunday: 10am – 2pm Public Holidays 10am – 2pm
Redcliffe 	Redcliffe Youth Space 440 Oxley Avenue, Redcliffe (on the corner, next to the Skate Park) Phone: 0435 827 817 Email: SafeSpace@redcliffeyouthspace.org	Monday – Friday: 5pm – 9pm Saturday: 3pm – 7pm Sunday: 3pm – 7pm
Each Community Safe Space is part of a broader Safe Spaces Network coordinated by Wesley Mission Qld. For further information contact Nat Scott, Safe Space Network Coordinator. Email: nscott@wmq.org.au		

SECTION 4: SERVICE DIRECTORY

Name of Organisation	Contact Details
 24/7 ALCOHOL AND DRUG SUPPORT	Ph: 1800 177 833 Website: adis.health.qld.gov.au
 <small>go on or off</small>	Ph: 3254 1881 or 1300 554 660 Email: info@arafmi.com.au Website: www.arafmi.com.au
BRISBANE YOUTH SERVICE	Ph: 3620 2400 Website: brisyouth.org
 Caboolture Neighbourhood Center	Ph: 5495 3818 Email: reception@caboolturenhc.com.au
 <small>An Australian Government Initiative</small>	Ph: 1800 422737 Website: www.carergateway.gov.au
	Ph: 3624 1700 Website: www.carersqld.asn.au
 Centre Against Domestic Abuse	Ph: 5498 9533 Email: info@cada.org.au Website: www.cada.org.au
 <small>together we can Qld</small>	Ph: 3510 2700 Website: www.communify.org.au
 <small>Children of Parents with a Mental Illness</small>	Ph: 3310 9444 Email: chg-cymhs-copmi@health.qld.gov.au Website: www.copmi.net.au
	Ph: 3844 6055 Website: www.eatingissuescentre.org.au
 <small>1300 368 186 FAMILY DRUG SUPPORT</small>	Support Line: 1300 368 186 Website: www.fds.org.au/family-drug-support-australia
	Website: www.fishability.org.au

	Ph: 3252 3488 Email: PBGS@footprintsinc.org.au Website: www.footprintsinc.org.au
	Ph: 1300 779 270 Website: www.flourishaustralia.org.au
	Ph: 0411 329 035 Website: www.fcpinc.org
	Ph: 1800 558 268 Website: www.grow.org.au
	Ph: 3265 7171 Website: www.koobara.com.au
	Ph: 3156 4800 Website: www.kurbingui.org.au
	Ph: 1300 727 957 Website: www.liveslivedwell.org.au
	24/7 Mental Health Access Line (Qld Health) Ph: 1300 MHCALL (1300 64 22 55)
	Ph: 3889 7312 Website: www.misa.org.au
	Ph: 3493 6780 Website: www.neaminational.org.au
	Ph: 3896 4222 or 1300 673 664 Website: www.openminds.org.au
	Ph: 3706 3010 Website: www.peachtree.org.au
	Head to Health Ph: 1800 595 212 Website: www.mymentalhealth.org.au

	<p>Qld Program of Assistance to Survivors of Torture and Trauma Ph: 3391 6677 Website: www.qpastt.org.au</p>
	<p>Website: www.reclink.org</p>
 <p>Red Cross Hippy</p>	<p>Website: hippyaustralia.bsl.org.au</p>
	<p>Richmond Fellowship Queensland Website: www.rfq.com.au Ph: 3363 2555</p>
	<p>Ph: 1300 364 277 Website: www.relationships.org.au</p>
	<p>Ph: 1300 727 247 Email: standby.bne@uccommunity.org.au Website: www.standbysupport.com.au</p>
	<p>Ph: 1300 00 1907 Website: www.stride.com.au</p>
	<p>Strong Women Talking – Marigurim Mubi Yangu Email: strongwomentalking@outlook.com</p>
	<p>Ph: 3317 1234 Website: www.metrosouth.health.qld.gov.au/qtmhc</p>
	<p>Ph: 0417 075 053 Email: info.qld@upbeatarts.org.au</p>
	<p>Ph: 1300 111 400 Website: www.wellways.org</p>
	<p>Art from the Margins Ph: 3151 6655 Website: www.wmq.org.au/wesleyarts</p>
	<p>Ph: 3333 2100 Website: www.worldwellnessgroup.org.au</p>

HEAD TO HEALTH

1800 595 212



Help to find mental health
services that work for you

WHO IS IT FOR?

The Head to Health Service is open to anyone who may be experiencing distress or mental ill health, their families, carers or people supporting them. Anyone, including children, young people and older adults, families and carers can contact Head to Health. Even if you have never sought help before, Head to Health is here for you.

HOW CAN I ACCESS?

You can call Head to Health on 1800 595 212 (Monday to Friday 8.30 am – 5.00 pm) and we will help you find the support you need. Your GP or another health professional might also suggest you use the Head to Health service.

HOW DOES IT WORK?

When you call Head to Health on 1800 595 212, an experienced mental health professional will listen and support you to get the help you need. This may be by providing information or resources, recommending online or other phone supports, or connecting you with mental health or community services which meet your needs.

WHAT HELP WILL I RECEIVE?

Depending on the assistance you need and prefer, we may connect you with online support or an existing mental health service to get you back on track. The Head to Health service can help to process referrals to a range of PHN funded mental health services, which are free to access for eligible people.

National help lines and websites

1800RESPECT	Confidential information, counselling and support service open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.
Beyond Blue	Website: www.beyondblue.org.au
Black Dog Institute	Information on symptoms, treatment and prevention of depression and bipolar disorder. www.blackdoginstitute.org.au
Carers Australia	1800 242 636 Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.
Counselling Online	A free and confidential service that provides 24/7 support to people across Australia affected by alcohol or other drug use.
Embrace Multicultural Mental Health	A national platform for multicultural communities and Australian mental health services to access resources, services, and information in a culturally accessible format.
Gambling Help Online	1800 858 858 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.
Head to Health	An innovative website that can help you find free and low-cost, trusted online and phone mental health resources.
Headspace	1800 650 890 Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.
Kids Helpline	1800 55 1800 A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.
MensLine Australia	1300 78 99 78 A telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.
MindSpot Clinic	1800 61 44 34 An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.
Narcotics Anonymous	1300 652 820 or 0488 811 247 A non-profit fellowship for men and women for recovering addicts who meet regularly to help each other stay clean.
National Aboriginal Community Controlled Health Organisation (NACCHO)	Aboriginal Community Controlled Health Services and Aboriginal Medical Services in each state and territory.
National Alcohol and Other Drug Hotline	1800 250 015 Free and confidential 24/7 hotline for anyone affected by alcohol or other drugs. Support includes counselling, advice and referral to local services.
National Debt Helpline	1800 007 007 Free confidential financial counselling is available. Financial counsellors are qualified professionals who provide information, advice and advocacy.
QLife	1800 184 527 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.
SANE Australia	1800 18 7263 Info about mental illness, treatments, where to go for support and help carers.
Support after Suicide	Information, resources, counselling and group support to those bereaved by suicide. Education and professional development to health, welfare and education professionals.
The Butterfly Foundation	1800 33 4673 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

<p>3rd Space. 505 Brunswick Street Fortitude Valley. Ph. 3254 1144. Free Food Options: Porridge available from 9am-10am daily and soup available 10am-12:30pm daily. 3rd Space are handing out food packs and toiletry packs from 10am-11am daily from front entry. May possibly be able to assist with other forms of (one off) emergency relief (e.g. food vouchers).</p>
<p>All Brisbane Food Trucks and Vans. for an up-to-date list of all Brisbane food trucks and vans, including locations and times, please see: https://www.mycommunitydiary.com.au/Resources/VAKSBrisbane</p>
<p>All Saints Anglican Church Chermside - Parish Pantry. Food Parcels. 501 Hamilton Road, Chermside Ph. 3359 2062, or 3359 2012 Hours: Tuesday to Friday from 10am to 1pm. Bread, fresh fruit and veggies as well as non-perishable items. They also have a soup kitchen and do free meals every Monday and Wednesday Night, from 5:30-6:30pm. 501 Hamilton Rd Chermside.</p>
<p>All Saints Church. Free meal every Tuesday night from 5:30pm. Ann & Wickham, 25 Wickham Terrace Cnr Wharf, Spring Hill. Ph. 3236 3692.</p>
<p>Anglicare. Emergency relief in Brisbane North and Brisbane East (food parcels, food vouchers). Ph. 1300 114 397</p>
<p>Aspley Care. Emergency relief, food vouchers, food parcels. Ph. 3862 7145.</p>
<p>Brisbane Street Level Mission. (The Salvation Army). Ph. 1300 371 288 or Ph. 3075 4120. 97 School Street Spring Hill. May be able to assist with other (one off) forms of emergency relief, after phone assessment. Monday 10am to 11am, Takeaway Meal and Emergency Relief; Wednesday 10am to 11am, Takeaway Meal and Emergency Relief; Thursday 3pm to 4pm, Takeaway Meal and Emergency Relief; Friday 10am to 11am, Takeaway Meal.</p>
<p>Community Friends at West End. Free hot meal and food hampers from 3-5pm every Wednesday. The Cnr Russell and Boundary St, West End. Ph. 0418 754 900.</p>
<p>Community Plus+ at Yeronga. 26 Devon St, Yeronga. Ph. 3848 2285. Pre-packed take-away meals, food parcels and hygiene parcels for collection. Phone appointments available.</p>
<p>DigIn.Inc. Saturday meal delivery service for vulnerable community members in the CBD and The Valley. If you would like a meal, text 0434 295 062 with your address/location, between 3-4pm. Meals will be delivered between 4-6pm to addresses provided. Email: delivery@digin.org.au.</p>
<p>Emma Miller Place (Park). 109 Roma St, Brisbane City. Showers, food and health checks. Tuesday, Wednesday & Thursday night 7-9pm. Hot meals, non-perishable food & sanitary essentials Tuesday and Friday at 6.30pm; & every Sunday at 5.30pm</p>
<p>Emmanuel City Mission (ECM). (formally 'Blind Eye'). 19 Merivale St, South Brisbane. Free cold breakfasts from 9am-1pm. Hot Lunch at each day at midday. An evening meal from 5.30pm on Monday, Wednesdays and Sundays.</p>
<p>Emmanuel City Mission. 19 Merivale St, South Brisbane, Ph. 0468 393 136. 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.</p>
<p>Holy Trinity Pantry 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. 3852 1635.</p>
<p>Hope Safari Outreach (a part of "Community of Christ" in Chermside). 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: 0410 061 210. Run by the "Community of Christ". 21-23 Safari Street, Chermside West. Website: https://www.cofchrist.com.au/brisbane. Alternate contact: Rob Thompson, National Companion Minister, Australia, 0414353523.</p>
<p>Immigrant Women's Support Service (will help everyone, not just immigrant women): emergency relief, food vouchers, assistance with bills etc. Tuesdays and Thursdays between 9:00am and 12:00pm. Their specific Emergency Relief Number is: Ph. 3846 0316.</p>
<p>Jeays St Park, Bowen Hills. 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 & cold), fruit & veggie parcel, bread and showers every Thursday 9am to 11am.</p>
<p>Kangaroo Point Uniting Church (and Streetz Ministries). Food parcels available on Wednesday and Friday from 3pm - 4pm. Email request prior to collection: KPU Church: kpuchurch48@gmail.com 40-46 Linton St, Kangaroo Point. Ph. 3391 1355. Saturday evenings cooked meals at 6.30pm at 40-46 Linton St, Kangaroo Point; and 7pm at Roma St.</p>

<p>Meals Under the Turbot St Bridge (Brisbane City). Free hot meals, every Wednesday and Thursday at 7pm, under the Turbot St Bridge in the city.</p>
<p>Musgrave Park West End. Russell St Entrance Food Van every Friday from 6.30pm-9.30pm. Free hot food served from van. Fruit, drinks & Vegan options. Musgrave Park Russell St Entrance, West End.</p>
<p>MY CHURCH: http://www.mychurchbrisbane.com/my-charity/. Ph. 3355 7444. 36 Baden Powell Street, Everton Park.</p>
<p>Nexus Care. Emergency relief, food vouchers, food parcels. Ph. 3353 7230. 151 Flockton St, Everton Park</p>
<p>Nundah Neighbourhood Centre: Ph. 3260 6820. 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. St Vincent de Paul also visit the Nundah Neighbourhood Centre on Mondays and Wednesdays at 12:230pm. However, if you wish to see them, you need to book an appointment with them first, by calling them directly on 1800 VINNIES (1800 846 643). Provide things like food vouchers and emergency relief.</p>
<p>Outdoor Breakfast Van (Ecumenical Coffee Brigade). 7 days a week. Stop One: 6:30am Kemp Place, Ivory St, Fortitude 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 & Albert St, opposite Soho building); Stop Four: 8am West End Boat Ramp Car Park (Upriver from the Go-between Bridge).</p>
<p>Picabeen Community Centre. Emergency relief, food vouchers, food parcels. Ph. 3354 2555. 22 Hoben St, Mitchelton.</p>
<p>Pindari (Spring Hill). Free hot pies and Coffee every Wednesday at 10am. 28 Quarry St, Spring Hill.</p>
<p>Salvation Army Brisbane City Temple. 167 Ann Street Brisbane. Serving take away meals from 12pm till 1pm, every Wednesday from the front entrance of Brisbane City Temple.</p>
<p>St Andrews Uniting Church. 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. 3221 2400. Food is served from Creek Street.</p>
<p>St Vincent de Paul. Ph. 1800 846 643. Help for anyone, wherever they live, with things like food, clothing and food vouchers.</p>
<p>The New Farm Neighbourhood Centre. Assist with Food Parcel, emergency relief, food vouchers, No Interest Loans (NILS) and so forth. 967 Brunswick St, New Farm. Open form 9am-1pm, Monday, Tuesday, Thursday and Friday. Ph. 3358 5600.</p>
<p>The Salvation Army. 1300 371 288. Help for anyone, wherever they live, with food and food vouchers.</p>
<p>The Village Church (Kelvin Grove and Spring Hill). Free, packaged meals to take away, at the Exchange in Kelvin Grove, every Wednesday 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 Thursday night. 43 St Pauls Terrace, Spring Hill.</p>
<p>VAKS: A, great, up to date list of all sorts of emergency food assistance available: https://vaks.mycommunitydiary.com.au/Queensland/Brisbane.</p>
<p>Wesley Mission / Brisbane Relief Hub. 316 St Pauls Tce, Fortitude Valley (close to the train station). Ph. 3216 1579. Food parcels and Free 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. They do Home Delivery for residents in the inner city who are unable to attend an interview due to being quarantined and/or isolated due to physical disability or medical reasons. May possibly be able to assist with other forms of (one off) emergency relief (e.g. food vouchers).</p>
<p>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.</p>
<p>West End Community House. Pre-packed takeaway meals, food parcels and hygiene parcels for collection. Phone ahead to request a food pack for collection. 4 Norfolk Rd, South Brisbane. Ph. 3217 2333.</p>
<p>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.</p>

adis

24/7
ALCOHOL
AND DRUG
SUPPORT

📞 1800 177 833 (free call)

24/7 support for people in Queensland with alcohol and other drug concerns

Adis is a 24-hour, 7 day a week confidential support service for people in Queensland with alcohol and other drug concerns. Providing: Compassionate, understanding and non-judgemental support for anyone in Queensland experiencing issues with alcohol and other drugs. Specific information about drugs and advice on treatment options. Referral information for local services. An extensive range of print and downloadable resources. A consultancy service for health professionals At Adis we aspire to deliver immediate, client friendly and evidence-based services to reduce the harms associated with alcohol and other drug use throughout Queensland. For further information, call our team of experienced counsellors on 1800 177 833 or visit adis.health.qld.gov.au

STRIDE For better
mental health

Independent
Patient Rights
Advisers

—
Stride.com.au

Contact us

Rights Advisers are available Monday – Friday during business hours. A support person or member of your treating team can also assist you to contact a Rights Adviser.

Call 1300 477 243
(24hr message service)
or email IPRA@stride.com.au

Independent Patient Rights Adviser (IPRA) assist people receiving treatment and care under the Mental Health Act 2016 to understand their rights. Providing information and support to family members, carers and support persons. They are independent from the clinical treating team and are required to provide impartial advice and consultation on patients' rights. The Stride Independent Patient Rights service provides support to consumers receiving treatment and care within Brisbane Metro North and Metro South Hospital and Health Services.

How can a Rights Adviser assist you? They can provide advice and assistance with:

Your rights under the Mental Health Act 2016

The rights of family members, carers and support persons under the Mental Health Act 2016

Communicating your views, wishes and preferences about your treatment and care

Appointing a Nominated Support Person

Preparing for a Mental Health Review Tribunal hearing

Making an Advance Health Directive for mental health treatment and care

Providing feedback or making a complaint

A rights adviser is unable to provide medical or legal advice.

If there are queries a Rights Adviser is unable to assist with, the Rights Advisor can help you discuss these matters with your treating team.

Poetry by Paul Chipperfield

The Divided Line

Some of us will open the door to wonder
While the rest of us will wonder if the door will ever open.

Thinking of you

It's a windy night tonight
I know that you're not doing so well
But I want you to hold on tight
I'm thinking of you on this precious night

It really pains me but I really truly
Hope you're doing aright
You're facing such a cruel challenge
Just don't give up the fight

And if you want someone to talk to
I'm only a phone call away
We've been close friends for so darn long
I'll listen to everything you say

So hang in there little buddy
Let me embrace your hand
There is a far bigger picture in mind
And it's the fact that I completely understand.

Feeling Warmth

The river of sadness flows through the valley
Under a cloud looking dark and gloomy
No joy presides, no birds are singing
The wind always blows and its constantly raining

But the river flows into a lake of riches
Where the sun doth shine on every part of the land
The birds are singing, and place is green
The beauty of nature can now be seen
It's a whole different world and you're touched by its hand

The sun permeates through the living forest
Through the dense foliage, it radiates light
The spectrum of dust is clearly visible
Just close your eyes, don't resist or fight

Feel your body succumb to the magnifying warmth
Feel a tingle in your skin, feel yourself alive
The canopy of nature allows you to escape
From the turmoil and pain which you feel inside
And when you the urge for such a feeling of warmth
It'll be me who will give it, for I'll be right by your side.



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.

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 the mental health access line 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 support, information, advice and referral
can provide advice and information in a mental health emergency or crisis
is staffed by trained and experienced professional mental health clinicians
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.

