

# My Mental Health Services Map

Access to a greater range of mental health services in North Brisbane and Moreton Bay

Access an expanded range of mental health, alcohol and other drug, and suicide prevention services commissioned by Brisbane North PHN. Most services below can be accessed using the My Mental Health Services eReferral. There is no cost to the client. Some services have eligibility and exclusion criteria.

For acute/hospital presentations, please contact **1300 MH Call - 1300 64 2255** or if an emergency, contact **000**.

	Low intensity			Mild/moderate intensity		Moderate intensity	High intensity		Crisis services
	<b>IUIH Social and Emotional Wellbeing (Institute for Urban Indigenous Health) 1800 254 354</b> Provides an integrated social health model, including primary mental health services, alcohol and other drug treatment services and suicide prevention services								
SERVICE	<b>Richmond Fellowship Queensland - New Access</b> 1300 159 795	<b>World Wellness Group - Problem Management Plus</b> 07 3333 2100	<b>Peach Tree Perinatal Wellness - Sunshine Parenting Program</b> 0468 449 430	<b>headspace</b> Caboolture 07 5428 1599 Nundah 07 3370 3900 Redcliffe 07 3897 1897 Indooroopilly 07 3157 1555 Strathpine 07 3465 3000	<b>Change Futures: Psychology in Aged Care Wellbeing Program</b> 07 3857 0847	<b>Brisbane MIND</b> 1800 752 235 Healthcare/pension card required	<b>ASHA</b> 07 3283 8769	<b>Mental Health Hubs</b> <b>Communiify:</b> The Recovery and Discovery Centre, inner north Brisbane 07 3510 2777 <b>Neami:</b> The Living and Learning Centre, Strathpine 07 3493 6780 <b>Stride Hub:</b> Caboolture 07 4593 0500	<b>Safe Spaces</b> <b>Communiify</b> 07 3004 0101 <b>Neami</b> 07 3493 6710 <b>Stride Caboolture</b> 07 5232 1590 <b>Redcliffe Youth Space</b> 07 435 827 817
AGE	12 years and older	18 years and older		12 - 25 years	65 years and older	All ages including children 0 - 11	12 - 25 years	18 years and older	All ages
DESCRIPTION	Supports people to tackle day-to-day pressures and set practical goals (6 session coaching programs designed by Beyond Blue).	For people who identify as culturally and linguistically diverse to help manage stress and adverse situations (Group, phone and face-to-face sessions).	Mothers of infants aged 0-12 months experiencing mild postnatal depression and/or anxiety symptoms (6-week group program).	Provides early intervention mental health services and assistance in promoting young peoples' wellbeing.	For residents of aged care facilities. Provides group and individual support to people over the age of 65.	Short term psychological therapy for those who cannot access the universal service <i>Better Access</i> . Eligible clients must identify in one of the following under serviced groups: <ul style="list-style-type: none"> <li>children 0-11 years</li> <li>culturally and linguistically diverse communities</li> <li>LGBTIQ+ communities</li> <li>people who have experienced trauma or abuse</li> <li>people at risk of suicide residents of Bribie Island and Kilcoy</li> </ul>	Provides mobile outreach support to vulnerable young people in the Moreton Bay north region. Please contact the service directly for referral pathways.	Delivering integrated clinical and non-clinical services for people with severe mental illness. Service types: <ul style="list-style-type: none"> <li>care coordination (including mental health nursing)</li> <li>psychological group therapy</li> <li>one-on-one psychosocial support.</li> </ul>	Safe Spaces provides people experiencing emotional distress, friendly and welcoming support, in a safe environment, as an alternative to emergency departments. Safe Spaces open from 5.00 pm –9.00 pm on weekdays and participate in a coordinated calendar of opening hours amongst the 4 spaces, over the weekends.
REFERRAL	GPs can complete a referral to these services through the My Mental Health Services eReferral via the rediCASE GP Integrator. Referrals can also be made by the My Mental Health Services Referral eLink available at <a href="http://phnbwns.redicase.com.au/#!/referral/create">phnbwns.redicase.com.au/#!/referral/create</a> . Self-referrals can be made directly with the provider or by contacting Head to Health Service Navigators on 1800 595 212. For further information about referral pathways, please visit <a href="http://www.mymentalhealth.org.au">www.mymentalhealth.org.au</a> or contact the Head to Health Service Navigators.								No referral required.

For more information contact the **Head to Health Service Navigators on 1800 595 212** or visit [www.mymentalhealth.org.au](http://www.mymentalhealth.org.au).

# SERVICE DIRECTORIES

## Head to Health Service Navigators (Brisbane North PHN)

1800 595 212  
8.30 am - 5.00 pm

Help to navigate mental health services and supports in the North Brisbane and Moreton Bay region.

## Head to Health (Department of Health)

[www.headtohealth.gov.au](http://www.headtohealth.gov.au)

National website with information, advice and free or low-cost phone and online mental health services and supports.

## My Mental Health

[www.mymentalhealth.org.au](http://www.mymentalhealth.org.au)

A guide to Mental Health Services in north Brisbane including Moreton Bay and parts of Somerset.


## 1300 MH CALL – 24/7 (Queensland Health)

1300 64 22 55

The first point of contact for public mental health services providing support, information, advice and referral..

# SUICIDE PREVENTION SERVICES

## The Way Back Service

Delivers community based psychosocial support to people at risk of suicide, following a suicide attempt or crisis. 

**Inner City**  
Communityfy

07 3510 2727

**Redcliffe/Caboolture**  
Richmond Fellowship Queensland

1300 180 608

Please contact the service directly for referral pathways.

## Suicide Prevention Services for the LGBTIQ+ Community

### Queensland Council for LGBTI Health

07 3017 1777

Provides culturally inclusive, age appropriate support to LGBTIQ+ Sistergirl and Brotherboy people aged 16 years and over who are facing a suicide crisis or are bereaved community members.

### Open Doors Youth Service

07 3257 7660 

Wrap around support, for LGBTIQ+ people aged 12 – 24 years who have recently attempted suicide, are experiencing a suicidal crisis or have been impacted by suicide.

### Centre for Human Potential

3211 1117

Provides holistic support for LGBTIQ+ Sistergirl and Brotherboy people, over 12 years of age, following a recent suicide attempt or suicidal crisis.

## Suicide Prevention Services for the Aboriginal and Torres Strait Islander Community

### Kurbingui Youth Development

07 3156 4800

Delivers social and emotional wellbeing services to Aboriginal and Torres Strait Islander people who are experiencing a suicide crisis, have recently made a suicide attempt or have lost a loved one to suicide.


# ALCOHOL AND OTHER DRUG SERVICES

## ADIS 24/7 Alcohol and Drug Support

1800 177 833 


For referral, confidential information and counselling.

## Brisbane Youth Service

07 3620 2400 


AOD program/counselling service for young people with substance use and mental health problems (12-25 years).

## QuIHN - Queensland Injectors Health Network

1800 172 076 | 07 3620 8111 

Outpatient rehabilitation services for people experiencing co-occurring mental health and substance-related disorders.


## Lives Lived Well

1300 727 957 

Alcohol and other drug treatment located in Caboolture, Morayfield, Redcliffe and Strathpine.

## Queensland Aboriginal and Islander Corp. Alcohol and Drug Dependence Service (QAIAS)

07 3358 5111 

Outreach, day and residential rehabilitation services for Aboriginal and Torres Strait Islander people. 

-  helpline
-  support coordination
-  counselling
-  group support
-  digital
-  withdrawal
-  outpatient services
-  residential rehab

**phn**  
BRISBANE NORTH

An Australian Government Initiative