

# MENTAL HEALTH SUPPORT & SERVICE INFORMATION

Visit [www.mentalhealthgc.com.au](http://www.mentalhealthgc.com.au) or [www.headtohealth.gov.au](http://www.headtohealth.gov.au) for links and information to local and national services and support options

## Mental Health Services – Crisis Support

<b>Emergency Services</b> <i>Call 000 if you are in an emergency, or at immediate risk of harm to yourself or others.</i>	<b>000</b>
<b>Gold Coast Mental Health</b> <i>24/7 Acute Care Team for the Gold Coast Community.</i>	<b>1300 642 255</b>
<b>Lifeline</b> <i>24/7 crisis support &amp; suicide prevention services. A confidential, online Crisis Support Chat service is also available.</i>	<b>13 11 14</b> <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
<b>Kid's Helpline</b> <i>Kids Helpline is Australia's only free, private &amp; confidential telephone &amp; online counselling service specifically for young people aged 5 - 25 years.</i>	<b>1800 550 1800</b> <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>

## Mental Health Services – Gold Coast

<b>Gold Coast Mental Health</b> <i>Advice, Referrals, Crisis, Support. 24/7 Acute Care Team.</i>	<b>1300 642 255</b> <a href="http://www.goldcoast.health.qld.gov.au/our-services/mental-health">www.goldcoast.health.qld.gov.au/our-services/mental-health</a>
<b>Primary and Community Care Service (PCCS)</b> <i>Clinical care coordination &amp; wellbeing program focused on creating significant improvements in quality of life, health &amp; wellbeing. For ages 12 - 65 years.</i>	<b>(07) 3186 4000</b> <a href="http://www.gc.pccs.org.au">www.gc.pccs.org.au</a>
<b>NewAccess Program</b> <i>NewAccess has been developed by beyondblue to provide free &amp; confidential support to help tackle day-to-day pressures.</i>	<b>1800 010 630</b> <a href="http://www.beyondblue.org.au/newaccess">www.beyondblue.org.au/newaccess</a>
<b>Aftercare</b> <i>Provides a full range of services designed to support those experiencing mental health concerns, so that they can go on to lead fulfilling, independent lives.</i>	<b>(07) 5562 4330</b> <a href="http://www.aftercare.com.au">www.aftercare.com.au</a>
<b>Richmond Fellowship Queensland (RFQ)</b> <i>Provides recovery-orientated support that promotes personal growth for people experiencing mental health concerns.</i>	<b>(07) 5563 8855</b> <a href="http://www.rfq.com.au">www.rfq.com.au</a>
<b>Ozcare</b> <i>Programs for ages 16+ who are struggling with their mental health. The programs are designed to support clients on their journey to recovery.</i>	<b>(07) 5569 6228</b> <a href="http://www.ozcare.org.au">www.ozcare.org.au</a>
<b>Headspace Southport</b> <i>Headspace supports young people aged 12 - 25 years who are experiencing mental health concerns.</i>	<b>(07) 5509 5900</b> <a href="http://www.headspace.org.au">www.headspace.org.au</a>
<b>Kalwun</b> <i>A unique combination of primary health care and community-based services to the Gold Coast Aboriginal &amp; Torres Strait Islander community.</i>	<b>(07) 5578 3434</b> <a href="http://www.kalwun.com.au">www.kalwun.com.au</a>
<b>Krurungal</b> <i>Community based support service for the Aboriginal &amp; Torres Strait Islander community.</i>	<b>(07) 5536 7911</b>

## Mental Health Services – National Support

<b>Beyondblue</b> <i>Information &amp; support service about depression, anxiety &amp; suicide prevention. 24/7 Phone &amp; email support or chat online 3pm - 12am (AEST).</i>	<b>1300 224 636</b> <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
<b>MensLine Australia</b> <i>Information &amp; support service for Australian men. 24/7 Phone support.</i>	<b>1300 789 978</b> <a href="http://www.mensline.org.au">www.mensline.org.au</a>
<b>SANE Australia</b> <i>Information about symptoms &amp; treatments related to mental illness. Where to go for support, help for carers &amp; how to look after yourself.</i>	<b>1800 187 263</b> <a href="http://www.sane.org">www.sane.org</a>
<b>eheadspace</b> <i>Online &amp; phone support to young people aged 12 – 25 years &amp; their family &amp; friends.</i>	<b>1800 650 890</b> <a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>
<b>Suicide Call Back Service</b> <i>Free phone, video &amp; online counselling for anyone affected by suicide.</i>	<b>1300 659 467</b> <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
<b>NDIS</b> <i>National Disability Insurance Scheme supports people with disability in Australia.</i>	<b>1800 800 110</b> <a href="http://www.ndis.gov.au">www.ndis.gov.au</a>

## Alcohol & Other Drugs Services – Gold Coast

The alcohol and other drugs treatment sector on the Gold Coast is a mix of public, private and non-government organisations, which includes residential, detox, counselling services, relapse prevention, and youth specific services.

<b>Gold Coast Health Alcohol &amp; Other Drugs Service (AODS)</b> <i>AOD specialist treatment &amp; counselling. Services are based at Southport Health Precinct &amp; Palm Beach.</i>	<b>(07) 5687 9119</b> <a href="http://www.goldcoast.health.qld.gov.au/our-services/alcohol-and-other-drugs-service-aods">www.goldcoast.health.qld.gov.au/our-services/alcohol-and-other-drugs-service-aods</a>
<b>QuiHN</b> <i>QuiHN provides a range of free services for people seeking support around their drug use, with case management, long term counselling &amp; group programs.</i>	<b>(07) 5520 7900</b> <a href="mailto:quihn@quihn.org">quihn@quihn.org</a> <a href="http://www.quihn.org">www.quihn.org</a>
<b>Lives Lived Well</b> <i>Community based services for individuals &amp; groups, including residential rehabilitation services, youth outreach programs &amp; transitional housing.</i>	<b>1300 727 957</b> <a href="mailto:info@liveslivedwell.org.au">info@liveslivedwell.org.au</a> <a href="http://www.liveslivedwell.org.au">www.liveslivedwell.org.au</a>
<b>Goldbridge</b> <i>Residential rehabilitation service using a therapeutic community treatment program.</i>	<b>(07) 5503 1255</b> <a href="mailto:intake@goldbridge.com.au">intake@goldbridge.com.au</a> <a href="http://www.goldbridge.com.au">www.goldbridge.com.au</a>
<b>Krurungal</b> <i>Community based support service for the Aboriginal &amp; Torres Strait Islander community across the Gold Coast for drug &amp; alcohol support.</i>	<b>(07) 5536 7911</b> <a href="mailto:aodsmale-support@krurungal.com.au">aodsmale-support@krurungal.com.au</a> <a href="mailto:aodsfemale-support@krurungal.com.au">aodsfemale-support@krurungal.com.au</a>
<b>Pathways - Gold Coast Recovery Services</b> <i>Drug &amp; alcohol treatment service run by the Salvation Army. The Pathways office provides assessment/admissions for Fairhaven (rehab and detox unit Mt Tamborine).</i>	<b>1300 111 827</b> <a href="http://www.pathways-gold-coast-recovery.business.site/">www.pathways-gold-coast-recovery.business.site/</a>
<b>Family Drug Support</b> <i>Support for family members through group support &amp; information sessions, &amp; access to 24/7 phone support.</i>	<b>1300 368 186</b> <a href="http://www.fds.org.au">www.fds.org.au</a>
<b>Noffs Foundation (Street University Qld)</b> <i>Counselling &amp; case management for young people aged 12 - 25 years for drug, alcohol &amp; mental health issues.</i>	<b>1800 753 300</b> <a href="mailto:qldreferrals@noffs.org.au">qldreferrals@noffs.org.au</a> <a href="http://www.noffs.org.au">www.noffs.org.au</a>
<b>Amend - Anglicare Southern Qld</b> <i>Home-based relapse prevention &amp; parenting enhancement program for pregnant &amp; parenting women experiencing drug &amp; alcohol &amp; mental health concerns.</i>	<b>(07) 3028 4600</b> <a href="mailto:amendgoldcoast@anglicaresq.org.au">amendgoldcoast@anglicaresq.org.au</a> <a href="http://www.betterrelationships.org.au/services/counselling/amend/">www.betterrelationships.org.au/services/counselling/amend/</a>
<b>Currumbin Clinic</b> <i>Currumbin Clinic is a 104 bed private facility with inpatient &amp; outpatient services for a range of mental health &amp; addiction disorders.</i>	<b>(07) 5534 4944</b> <a href="http://www.currumbinclinic.com.au/">www.currumbinclinic.com.au/</a>
<b>Healthy Options Australia (HOA) – Drug ARM</b> <i>The Southport Creating Options Program provides information &amp; support for individuals &amp; families experiencing difficulties with alcohol, tobacco &amp; other drugs.</i>	<b>(07) 3620 8800</b> <a href="http://www.hoa.drugarm.com.au">www.hoa.drugarm.com.au</a>

## Alcohol & Other Drugs - Online & Phone Support

<b>Alcohol &amp; Drug Information Service (ADIS) 24/7 Support</b> <i>ADIS provides 24/7 support, information &amp; advice to anyone in Queensland with alcohol &amp; drug issues, their family &amp; friends, &amp; health professionals.</i>	<b>1800 177 833</b> <a href="http://www.adis.health.qld.gov.au">www.adis.health.qld.gov.au</a>
<b>Daybreak Program - Hello Sunday Morning</b> <i>A free treatment and early intervention mobile-app providing around-the-clock support to individuals through Daybreak health coaches &amp; online community.</i>	<a href="http://www.hellosundaymorning.org">www.hellosundaymorning.org</a>
<b>Family Drug Support</b> <i>24/7 phone support for families affected by alcohol &amp; other drugs.</i>	<b>1300 368 186</b>