## **MENTAL HEALTH SUPPORT & SERVICE INFORMATION**



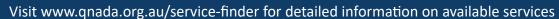
Visit www.mentalhealthgc.com.au or www.headtohealth.gov.au for links and information to local and national services and support options

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

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

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

## **ALCOHOL & OTHER DRUGS SUPPORT & SERVICE INFORMATION**





## 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.

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

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