

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

Mental Health Services – Gold Coast

Gold Coast Mental Health <i>Advice, Referrals, Crisis, Support. 24/7 Acute Care Team.</i>	1300 642 255 www.goldcoast.health.qld.gov.au/our-services/mental-health
Primary and Community Care Service (PCCS) <i>Clinical care coordination & wellbeing program focused on creating significant improvements in quality of life, health & wellbeing. For ages 12 - 65 years.</i>	(07) 3186 4000 www.gc.pccs.org.au
NewAccess Program <i>NewAccess has been developed by beyondblue to provide free & confidential support to help tackle day-to-day pressures.</i>	1800 010 630 www.beyondblue.org.au/newaccess
Aftercare <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>	(07) 5562 4300 www.aftercare.com.au
Richmond Fellowship Queensland (RFQ) <i>Provides recovery-orientated support that promotes personal growth for people experiencing mental health concerns.</i>	(07) 5563 8855 www.rfq.com.au
Headspace Southport <i>Headspace supports young people aged 12 - 25 years who are experiencing mental health concerns.</i>	(07) 5509 5900 www.headspace.org.au
Kalwun <i>A unique combination of primary health care and community-based services to the Gold Coast Aboriginal & Torres Strait Islander community.</i>	(07) 5526 1112 socialhealth@kalwun.com.au www.kalwun.com.au
Krurungal <i>Community based support service for the Aboriginal & Torres Strait Islander community.</i>	(07) 5536 7911

Mental Health Services – National Support

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

ALCOHOL & OTHER DRUGS SUPPORT & SERVICE INFORMATION

Visit www.qnada.org.au/service-finder for detailed information on available services

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.

Gold Coast Health Alcohol & Other Drugs Service (AODS) <i>AOD specialist treatment & counselling. Services are based at Southport Health Precinct & Palm Beach.</i>	(07) 5687 9119 www.goldcoast.health.qld.gov.au/our-services/alcohol-and-other-drugs-service-aods
QuiHN <i>QuiHN provides a range of free services for people seeking support around their drug use, with case management, long term counselling & group programs.</i>	(07) 5520 7900 quihn@quihn.org www.quihn.org
Lives Lived Well <i>Community based services for individuals & groups, including residential rehabilitation services, youth outreach programs & transitional housing.</i>	1300 727 957 info@liveslivedwell.org.au www.liveslivedwell.org.au
Goldbridge <i>Residential rehabilitation service using a therapeutic community treatment program.</i>	(07) 5503 1255 intake@goldbridge.com.au www.goldbridge.com.au
Krurungal <i>Community based support service for the Aboriginal & Torres Strait Islander community across the Gold Coast for drug & alcohol support.</i>	(07) 5536 7911 aodsmale-support@krurungal.com.au aods-female-support@krurungal.com.au
Kalwun - Drug and Alcohol Support <i>The Kalwun Social Health team provides brief intervention, counselling, case management, referrals and holistic support for people experiencing harm from substance use.</i>	(07) 5526 1112 socialhealth@kalwun.com.au www.kalwun.com.au
Pathways - Gold Coast Recovery Services <i>Drug & alcohol treatment service run by the Salvation Army. The Pathways office provides assessment/admissions for Fairhaven (rehab and detox unit Mt Tamborine).</i>	1300 111 827 www.pathways-gold-coast-recovery.business.site/
Family Drug Support <i>Support for family members through group support & information sessions, & access to 24/7 phone support.</i>	1300 368 186 www.fds.org.au
Noffs Foundation (Street University Qld) <i>Counselling & case management for young people aged 12 - 25 years for drug, alcohol & mental health issues.</i>	1800 753 300 qldreferrals@noffs.org.au www.noffs.org.au
Amend - Anglicare Southern Qld <i>Home-based relapse prevention & parenting enhancement program for pregnant & parenting women experiencing drug & alcohol & mental health concerns.</i>	(07) 3028 4600 amendgoldcoast@anglicaresq.org.au www.betterrelationships.org.au/services/counselling/amend/
Currumbin Clinic <i>Currumbin Clinic is a 104 bed private facility with inpatient & outpatient services for a range of mental health & addiction disorders.</i>	(07) 5534 4944 www.currumbinclinic.com.au/
Healthy Options Australia (HOA) – Drug ARM <i>The Southport Creating Options Program provides information & support for individuals & families experiencing difficulties with alcohol, tobacco & other drugs.</i>	(07) 3620 8800 www.hoa.drugarm.com.au

Alcohol & Other Drugs - Online & Phone Support

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