

Mental Health Services for Children and Young People

These are the free or low cost mental health support services available to children and young people (families and carers) on the Gold Coast. Select service based on the severity of mental health condition and other requirements. As of December 2019.

Online and telephone services

- **Websites** – [headspace](#); [Kids Helpline](#); [Youth beyondblue](#); [ehespace](#); [ReachOut](#)
- **Phone** – Kids Helpline 1800 551 800; Beyond Blue 1300 224 636; headspace 1800 650 890
- **Online counselling** - [beyondblue's online chat](#); [headspace's online chat](#)

Preventive and Early intervention

- [RaisingChildren.net.au](#)
- **Parenting programs** such as Circle of Security, Attachment and Biobehavioural catch up, and the Family Interaction Program. Carers can attend all parenting programs.

[Community Child Health Service](#), Gold Coast Health (various locations. Contact: 5687 9183)

[The Triple P Positive Parenting Program](#) (online course)

[Benevolent Society](#) (Nerang, Coomera, Labrador, Coolangatta)

[Communities for Children \(C4C\)](#), Oxenford/Coomera Community and Youth Centre

Family Interaction program, Griffith University Health Clinic (Southport, Contact: 5678 9105)

Centacare, Clear Island Waters (Contact: 5527 7211)

[Studio Village Community Centre](#) (Contact: 5529 8253)

[Palm Beach Neighborhood Centre](#) (Contact: 5598-1505)

[Accoras](#) (Southport, Tweed Heads. Contact: 5679 3300)

[Kalwun](#) parenting programs for Aboriginal Torres Strait Islander parents/carers

The Treehouse parenting programs, QuIHN, for people with current or past substance use (Contact: 1800 172 076)

[Act for Kids](#) (for clients only)

Mild-Moderate Mental Health Needs

- **Family Interaction Program** – DCSYW funded. Griffith University Health Clinic. Programs: Parent/Carer-child Interaction Therapy, Circle of Security, Regulating Overload and Rage. Age 1-12. Child Safety clients prioritised. Southport 5678 9105 Email: fip@griffith.edu.au
- **Flourish Child and Family Therapy (Act for Kids)** - Counselling for children, young people and their families who have experienced trauma or who are at risk of harm. Children in out-of-home care NOT eligible.
- **Pathways to Grow (UnitingCare)** - Specialist counselling for children, young people and their families who are experiencing issues such as parental separation, grief or behavioural problems. Children in out-of-home care NOT eligible.
- **HOPES Abuse Counselling (UnitingCare)** – DCSYW funded. Broadbeach and Oxenford. Child Safety clients only. 5579 6000 Email: hopesgc@uccommunity.org.au
- **Paradise Kids** - Grief and Loss support program, child-centred play therapy –small cost involved. Arundel 5625 1900

- **Bravehearts** - Sexual abuse counselling and support line 1800 272 831
- **Expanded Horizons** - various group programs for LGBTIQAP+ youth (12-25 years) to enhance pride in identity and buffer against issues of discrimination and homophobia/ transphobia.
- **Noffs Foundation** - Counselling and case management for young people aged 12-25 years for drug, alcohol and mental health issues. 1800 753 300
- **University Health Clinics** – Low cost unlimited sessions with student Psychologists and social workers supervised by clinical health professionals.
- **headspace** – Funded by the PHN. Age 12-25 mental health, physical health, work and study support and AOD services (Medicare's BetterAccess will be used for this service). Southport 5509 5900. Tweed Heads 5589 8700
- **Mental Health Treatment Plan through GP (Better Access)** - Medicare funded, need GP referral. Some services charge gap fee. See PHN for bulk billing service list and other Psychologists and their special interests. Up to 10 allied mental health services (psychiatrists, clinical psychologists, registered psychologists and appropriately trained social workers and occupational therapists) per calendar year for psychological therapy where there is a "clinically diagnosable disorder that significantly interferes with an individual's cognitive, emotional or social abilities". Patients will also be eligible to claim up to 10 separate services for the provision of group therapy. It is recommended that Better Access is used before below PSP program.
- **Psychological Services Program (PSP)** - funded by PHN. No gap fee. 21 providers funded for specific categories: Children (aged 0-12); LGBTIQAP+, Suicide prevention, homelessness and ATSI. Up to 6 sessions or for suicide prevention up to 8 three times a calendar year. Access is via a GP referral. More information here. If you think there is a need for more intensive therapy, for continuity of care it may be best to choose a one of the 21 PSP providers for the Better Access referral, then the child can see the same Psychologist for both funding streams.

Severe and Complex Mental Health Needs

- **Lighthouse (Lives Lived Well)** – Funded by PHN. Complex trauma therapy service for 12-18 year olds. Southport (outreach also available) 5699 8248.
- **headspace Early Psychosis** - Funded by PHN. Provides specialist mental health treatment services for young people aged 12-25 experiencing or at increased risk of psychosis. Eligibility: Presents with any attenuated psychotic symptoms such as: overvalued ideas, magical ideation, perceptual disturbances and/or decline in functioning over the last 3 months. 0423 614 781.
- **Child and Youth Mental Health Services Gold Coast Health** - severe / complex psychological, emotional and/or behavioural problems. 1300 642 255
- **Evolve** – DCSYW funded. Severe and complex mental health concerns that could benefit from a MDT approach. Child Safety clients only. Southport Health Precinct 5687 9300. You can call the office before putting referral in to discuss likelihood of eligibility and expected wait. Prior psychological interventions must have been tried.
- **Complex Needs Assessment Panel for Young people** - Where current service system has been unable to meet needs and a collaborative multi-agency approach is required (age 0- 18). More information.

Aboriginal and Torres Strait Islander children and young people

- **Social Health team at Kalwun** – Funded by the PHN for Aboriginal and Torres Strait Islander children and young people with social and emotional wellbeing needs. Can support whole family. Outreach services available (will go to client). Contact Kalwun social health team at socialhealth@kalwun.com.au or 5526 1112.

For Logan/Beenleigh area, Brisbane South PHN provides similar services for CYP.