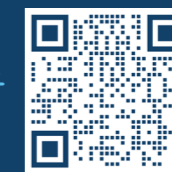




GCPHN Funded Services

Mental Health, Suicide Prevention, Alcohol and Other Drug Services, and Chronic Disease Management

Scan for more information



Gold Coast Primary Health Network has commissioned these free services to ensure availability across all levels of the stepped care model. For enquiries, contact the service providers or Head to Health (details below).

NEED	LEVEL 1: SELF-MANAGEMENT	LEVEL 2: LOW INTENSITY			LEVEL 3: MODERATE INTENSITY				LEVEL 4: HIGH INTENSITY		
SERVICE	HeadtoHealth.gov.au	NewAccess (Mental Health Coaching)	headspace	Psychological Services in Residential Aged Care Homes	Kalwun (Social and Emotional Wellbeing Program)	Supporting Minds (Situational Distress)	Supporting Minds (LGBTIQAP+)	Supporting Minds (First Nations Kids in Out of Home Care)	Lighthouse (Youth Clinical Care Coordination)	headspace (Early Psychosis)	Plus Social® (Adult Clinical Care Coordination)
TARGET AUDIENCE	People of all ages, at risk of developing, or with emerging mental health needs.	People 16 years and older who are finding it hard to manage life stress.	Young people 12-25 years with emerging mental health needs. <i>This service provides Level 2 and Level 3 intensity interventions.</i>	Older people living in Residential Aged Care Homes experiencing mild depression or anxiety and those having trouble adjusting to changes or coping with loss.	People of all ages impacted by alcohol or drugs, including impacts associated with mental health issues.	People (16-65 years) experiencing situational distress. This can include (but is not limited to) people: at risk of homelessness, experiencing domestic violence issues, in significant financial hardship, experiencing relationship issues, and experiencing social isolation.	People (12-65 years) who identify with the LGBTIQAP+ community and/or are questioning sexuality or gender.	Indigenous children and young people 0-19 years who are in a kinship or foster care arrangement who present with mild to moderate symptoms.	Young people 12-18 years with severe and/or complex mental health needs.	Young people 12-25 years at risk of, or experiencing a first episode of psychosis.	Adults 18 years and older who experience the impacts of severe mental illness, and who are not currently case-managed or accessing Gold Coast Health mental health services.
DESCRIPTION	HeadtoHealth.gov.au provides a range of mental health online services, programs, websites, chat groups, and apps. Online treatment programs can help individuals work through a range of mental health conditions and disorders like depression and anxiety.	A mental health coaching program, to provide accessible, quality structured psychological therapy services. People can access six coaching sessions delivered over the phone, via Skype or in person by trained mental health coaches.	An accessible 'one-stop-shop' for young people that supports early intervention with emerging mental health needs surrounding mental and physical health, work/study support, and alcohol and other drug issues.	Structured psychological therapies and support for people experiencing a dual diagnosis of mental health and dementia or neurocognitive disorder (including brain injury/developmental disability) where behaviours are identified as mental health related.	Treatment and support through an integrated clinical service for those who are struggling with their mental health, or seeking a suicide support service. Program works within a social and emotional wellbeing framework, using a person and family-centred approach with the ability to link to a range of internal and external support.	Short-term clinical and non-clinical, individual and/or group based psychological support. Situational factors include significant life transitions, trauma, experiencing harm from others, interpersonal or social difficulties, ability to or difficulty having basic physical, emotional, environmental, or material needs met, and legal issues.	Short-term clinical and non-clinical individual and/or group based psychological support to increase mental health and wellbeing, access a suite of interventions tailored to mental health needs, enhance relationships and connection to community, and provide a safe, supportive and welcoming environment.	Short-term support, group programs, outreach, and case management using an integrated, flexible, and holistic approach to promote social and emotional wellbeing. Provides tailored interventions for mental health and cultural needs, and improve relationships and community connections.	Provides trauma informed, recovery-orientated clinical care coordination and specialised treatment.	A multidisciplinary service of consultant psychiatrists, peer workers and clinicians to support young people aged 12-25 at risk of or experiencing a first episode of psychosis. The Early Psychosis team is equipped to intervene early to improve the lives of young people, and their families, impacted by psychosis.	Comprehensive, high intensity clinical care coordination support including structured, recovery and goal-oriented services to create significant improvements in quality of life, health and wellbeing.
PROVIDER(S)	Australian Government – Department of Health and Aged Care HeadtoHealth.gov.au 1800 595 212	Primary and Community Care Services (PCCS) 07 3186 4000 gctriage@pccs.org.au	Lives Lived Well headspace Southport 07 5509 5900 reception@headspacesouthport.org.au headspace Upper Coomera 07 5600 1999 reception@headspaceuc.org.au	Change Futures 07 5648 0424 racementalhealth@changeutures.org.au	Kalwun 07 5526 1112 sewb@kalwun.com.au	Wesley Mission Queensland 07 3151 3828 supportingminds@wmq.org.au	Wesley Mission Queensland 07 3151 3828 supportingminds@wmq.org.au	Kalwun 07 5578 3434 supportingminds@kalwun.com.au	Lives Lived Well 07 5699 8248 lighthouse@liveslivedwell.org.au	Lives Lived Well Early Psychosis Mobile Assessment and Treatment team 0423 614 781 earlypsychosis@headspacesouthport.org.au	Primary and Community Care Services (PCCS) 07 3186 4000 plussocialgc@pccs.org.au
REFERRAL INFO	Any source including self-referrals. GPs can direct individuals to HeadtoHealth.gov.au	Any source including GP or self-referrals. GPs can refer by calling or emailing.	GPs can refer by calling or emailing.	Any source including GP or self-referrals. GPs can refer by calling or emailing.	Any source including GP or self-referrals. GPs can refer through Head to Health or by calling or emailing.	GPs can refer through Head to Health or by calling or emailing.	GPs can refer through Head to Health or by calling or emailing.	Any source including GP or self-referrals. GPs can refer by calling or emailing.	Any source including GP or self-referrals. GPs can refer by calling or emailing.	Only GP or psychiatrist referrals are accepted. GPs or psychiatrists can refer by calling or emailing.	

HEAD TO HEALTH

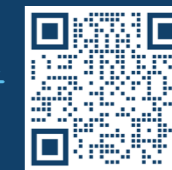
If you are unsure if this service is the right fit, you can refer to **Head to Health on 1800 595 212 between Monday to Friday, 8.30am-5pm (excluding public holidays).** A mental health clinician will complete an initial assessment and referral into an appropriate service or resource that matches a person's needs.



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NEED	SUICIDE PREVENTION COMMUNITY SUPPORT	ALCOHOL AND OTHER DRUG SERVICES			ENGAGEMENT SUPPORT				PRIMARY AND COMMUNITY CHRONIC DISEASE SERVICES
SERVICE	The Way Back Support Service (TWBSS) (Post-hospital Discharge Community Support)	QuiHN (Adult AOD Support)	Lives Lived Well (Youth, Family and Adult AOD Support)	Kalwun (Social and Emotional Wellbeing Program)	CÛRA Community Pathway Connector	Krurungal Community Pathway Connector	After Hours Safe Space	Psychosocial Support	Turning Pain into Gain (Persistent Pain Program)
TARGET AUDIENCE	Adults 18 years and older that have presented to or been discharged from either Robina or Gold Coast University Hospital following a suicide attempt or suicidal crisis.	Adults 18 years and older impacted by alcohol or drugs, including impacts associated with mental health issues.	People 12 years and older impacted by alcohol or drugs, including impacts associated with mental health issues.	People of all ages impacted by alcohol or drugs, including impacts associated with mental health issues.	People of all ages from culturally and linguistically diverse backgrounds.	People of all ages who identify as Aboriginal and Torres Strait Islander or their family members/spouse/carer.	People 18 years and older who require a brief intervention to support de-escalation of their mental health concern and are safe and suitable to attend a community-based support service. This service can be used as a safe alternative to hospital presentations when not in crisis.	People 16 years and older who experience severe and complex mental health concerns and who do not have an NDIS package.	People with persistent pain for more than 3-6 months and are not suitable for surgical or urgent pain specialist interventions.
DESCRIPTION	Personalised non-clinical psychosocial support for up to three months after hospital discharge. This service supports people to stay safe, keep connected with others, and access health and community services as part of their recovery.	Treatment and support to reduce problematic substance use and achieve recovery goals. Services include harm reduction, outreach in-home support, group programs, long term case management, and counselling.	Short to medium term treatment and support to reduce problematic substance use via access to all Lives Lived Well programs, including family support and therapy, dual-diagnosis and complex care, residential rehabilitation, and transitional housing support.	Treatment and support to reduce problematic substance use . Program works within a social and emotional wellbeing framework, using a person and family-centred approach with the ability to link to a range of internal and external support.	A culturally safe connection point and referral service , to assist people from culturally and linguistically diverse backgrounds, with tailored information, one-on-one support to navigate the services system, working with interpreters, and linking with cultural awareness education as needed.	A culturally safe connection point and referral service , to assist Aboriginal and Torres Strait Islander people through tailored information and one-on-one support to navigate the services system.	After Hours Safe Space is a confidential, low intensity , after-hours mental health service for people experiencing mental health distress. Services are delivered by clinical and lived experience staff at Mermaid Beach (2580 Gold Coast Highway) and Southport (Level 3, Southport Health Precinct building. 16-30 High Street), Mon-Fri 6pm-9pm, Sat and Sun 12pm-8pm.	Moderate intensity (non-clinical) individual and group-based psychosocial support to assist individuals achieve their recovery goals by building personal capacity and stability in one or more of the following skill areas: health and wellbeing; independence; confidence and resilience; daily living; social; relationship; finance; and vocational.	Supports people explore a range of different strategies through education programs, individual case management, peer support , goal setting and improved use of community health services. Offers psychological support to clients experiencing anxiety due to pain who may need additional mental health support.
PROVIDER(S)	Wesley Mission Queensland 07 5569 1850 thewaybackservice@wmq.org.au	QuiHN 07 5520 7900 quihn@quihn.org	Lives Lived Well 1300 727 957 info@liveslivedwell.org.au	Kalwun 07 5526 1112 sewb@kalwun.com.au	Multicultural Communities Council Gold Coast 07 5527 8011 info@curacares.com	Krurungal Aboriginal and Torres Strait Islander Corporation 07 5536 7911 reception@krurungal.com.au	Primary and Community Care Services (PCCS) 07 3186 4000	Primary and Community Care Services (PCCS) 07 3186 4000 gctriage@pccs.org.au	Pain Wise 0412 327 795 tpigpainprogram@painwise.com.au
REFERRAL INFO	Referrals can only be made via Gold Coast Health Acute Care Team. <i>This service is included here for GP and health professional awareness.</i>	Any source including GP or self-referrals. GPs can refer by calling or emailing.			Any source including GP or self-referrals. GPs can refer by calling or emailing.		This is a walk-in service. GPs can contact the After Hours Safe Space provider by calling.	Any source including GP or self-referrals. GPs can refer by calling or emailing.	GP referral is required. GPs can refer by calling or emailing.