

Supporting Minds

The Supporting Minds Program

is an initiative funded by Gold Coast PHN
and delivered by Wesley Mission Queensland.

Supporting Minds provides up to 3 months moderate-intensity mental health support for people experiencing mild to moderate symptoms.

Program structure:

- short-term (up to 3 months)
- clinical and non-clinical
- individual and group recovery-focused psychosocial support



An Australian Government Initiative

Presented by Brodie Luchetti | Program Manager



Supporting Minds

**HEAD TO
HEALTH**

1800 595 212

www.headtohealth.gov.au

Speak with a mental health professional to connect with the help and support you need. This may include being referred to Supporting Minds as below.

LGBTIQAP+ Stream Ages 12 - 65

- Connect with Wellbeing Consultants with lived experience in the community.
- From initial contact the consultants will provide ongoing psychosocial support for up to three months.

Situational Distress Stream Ages 16 - 65

- Connect with wellbeing consultants and access ongoing psychosocial support for up to three months.
- The consultants assist situational distress by providing psychoeducation and wellbeing support.

Wellbeing Consultants

- The wellbeing consultants will provide 1:1 sessions to identify the best option of support to meet needs.
- The consultants aims to improve psychosocial development and help connect with services to improve mental wellbeing.
- Ongoing support will be provided to the participants while accessing supporting minds.

Group Workshops

- Participants have access to a variety of therapeutic and psychoeducational workshops aimed at providing knowledge and skill around managing distress to improve wellbeing.
- Specific LGBTIQAP+ groups have been developed also.

Clinical Sessions

- Mental health clinicians available to provide therapeutic 1:1 support.
- A mental healthcare plan is not required for this service.
- Access to identified LGBTIQAP+ clinician available.



Outdoor Wellbeing

Life can be busy & sometimes even overwhelming. We all have times where each stressful situation is just another weight added to our backs.

The Wellbeing Outdoors workshop is comfortable & open program aimed at building social connections & peer supports.

Each week's meeting will be held in Colgate Park. Come along for some mindful walking & meaningful discussions, exploring different ways to reduce stress & improve wellbeing.

Let's get talking about health, social topics & much more.

All participants are welcome!

Henrique 0458 299 697
Hasina 0483 337 365

WHOLE:being

Have you ever struggled managing the different factors in your life?

Physical, mental, financial & emotional wellbeing are the make-up of a balanced & fulfilling life.

This group aims to create awareness in a safe & supportive environment to explore important factors to boost individual health.

This is a crash course around nutrition, physical activity, mental health, stress management, financial literacy, self-care & other topics to help improve individual's daily routines & overall quality of life.

Henrique 0458 299 697
Kehlan 0484 103 705

GenderTogether

Are you a parent/carer of a young person who identifies as transgender, gender diverse, or is questioning their gender? Join us in a supportive non-judgmental space, where we connect and explore experiences and challenges unique to this community and their loved ones.

Participants will have the opportunity to meet other parent/carers on a similar journey, hear and share stories, explore roles as a support person, expand professional and personal support networks and connect with caring staff with lived experiences.

Rachel 0498 879 807
Shari 0427 730 421

Do you ever feel like you are alone on the journey of boosting mental wellbeing? Or find that others do not understand what you are going through?

The LGBTIQAP+ Inside & Out workshops is a deep dive into mental health from a unique community-based lens. Join us in an educational & peer-based discussion group around a variety of mental health influences that impact wellbeing, how to utilise essential tools to manage various emotional states. This is a safe and open safe for all members of the LGBTIQAP+ community.

Shari 0427 730 421
Kehlan 0484 103 705

Inside & Out

Is your mind full all the time?

How would you like the opportunity to express your inner emotions?

Would you like more clarity?

Creative Mindfulness workshops are centered around a range of creative self-care mindful practices that inspires & empowers growth.

Suitable for everyone, topics include Guided Art Meditation- Create your own masterpiece, Art Journaling, Drumming, Manifestation, Goal setting & more.

Hasina 0483 337 365
Michelle 0418 586 840

Creative Mindfulness

We all experience loss at some point in our lives.

Some events & experiences are more painful than others. It may be the sadness of losing a loved one, a pet that you loved or the dispossession of life's treasures – everyone grieves different things in different forms.

This group's aim is to support people's own journey of the changes that loss brings.

It is an informative session with loads of supportive discussions to help people find their own pace in adapting to life's changes.

Julia 0458 240 489
Michelle 0418 586 840

Life & Loss

SUPPORTING MINDS DIRECT REFERRAL FORM

By consenting to this referral, the person is consenting to the sharing of their personal information. The information contained in the referral is used by the Supporting Minds Intake team to deliver intake services. This information will be used to assess initial eligibility for the program and Supporting Minds will contact the person for intake if eligible.

Please indicate the information in this form has been discussed with, and provided to the client, and the client is aware deidentified data is shared with GCPHN for monitoring, reporting and evaluation purposes to improve quality and access to care Y N

Patient or Parent/Guardian/Carer consents to Referral? Y N

Consent to sharing Y N

Referral Information		Client Personal Information		
Date of Referral:		Legal Name:		
Supporting Minds Eligibility and Streams:		Date of Birth:		
<p>Confirmation of Eligibility *Must Confirm*</p> <p><input type="checkbox"/> Resides in Gold Coast Region</p> <p><input type="checkbox"/> Benefit from Short Term Intervention</p> <p>Situational Distress (16-65yrs):</p> <p><input type="checkbox"/> Mild to Moderate emergent decline in Mental Health due to situational distress</p> <p>LGBTIQAP+ (12-65yrs):</p> <p><input type="checkbox"/> Residing in the Gold Coast region, who identify with the LGBTIQAP+ community and/or are questioning sexuality or gender identity, requiring culturally specific support.</p>		Preferred Name:		
		Gender:		
		Pronouns:		
		Country of Birth:		
		Main Language Spoken at Home:		
	Client Residence Information			
		Address:		
		Suburb:		
		Postcode:		
	Client Contact Information			
	Phone:			
	Is it safe to call/text? <input type="checkbox"/> Yes <input type="checkbox"/> No			
	Notes:			
Referrer Name:		GP Contact Details		
Name of Service:		Provider Name:		
Service Phone:		Practice Address:		
Aboriginal/Torres Strait Islander Status:		Provider Phone Number:		
<input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander <input type="checkbox"/> South Sea Islander		Provider Email:		
Other:		Emergency Contact Information		
Health Care Card/Pension Card:		Name of Emergency Contact:		
<input type="checkbox"/> Yes <input type="checkbox"/> No		Relationship:		
Expiry:		Contact Details:		
GP Mental Health Treatment Plan		Name used with Emergency Contact		
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unsure		Consent to Contact?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Is your Emergency Contact aware of your situational factors?			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Is your Emergency Contact aware of your engagement with Supporting Minds?			<input type="checkbox"/> Yes <input type="checkbox"/> No	

Risk of Harm
Please note this is not a crisis service. If assessed at very high risk of harm, please contact emergency services on 000 or acute care team on 1300 642 255
Potential for harm to self or others <input type="checkbox"/> Yes <input type="checkbox"/> No IF YES PLEASE ATTACH RISK ASSESSMENT AND PROVIDE DETAILS BELOW
Notes:

Known Mental Health Diagnosis:
Primary Diagnosis:
Secondary Diagnosis:

Reason for Referral:

Client Goals for Short Term Intervention Service:

Barriers That May Impact Goals:

Other Services Being Accessed and Additional Notes:

Please attach any additional information or documents if required and return to the Supporting Minds team on supportingminds@wmq.org.au



ENQUIRIES

E: Supportingminds@wmq.org.au

Program Manager: bluchetti@wmq.org.au

<https://www.wmq.org.au/mental-health/supporting-minds>