

## TOPIC #1 - Housing and Health

### DETAILS

The JRNA has identified people who are homeless as having barriers to health. People experiencing or at risk of homelessness often face tough decisions between securing safe housing and accessing essential needs, such as healthcare and medications. Vulnerable populations are disproportionately affected, leading to greater reliance on community health services, food banks, and clothing donations. There is an urgent need for comprehensive support systems to address both housing stability and health access.

### DISCUSSION

CAC members told us that GCPHN is doing the following well:

- Supporting the Workforce
- Collaborating and building partnerships with key stakeholders
- After Hours service
- Safe Space
- Advisory Groups
- Practice Nurse and GP Education
- Genuine Care

What we can improve on:

- Partnering with housing services
- Improve access
- Increasing warm referrals

CAC discussions highlighted that legal and geographic barriers force many into unsuitable living situations, especially those facing family and domestic violence or single parents with custody agreements often leading to unaffordable housing.

Challenges in accessing support programs include long wait times, complex processes, transportation issues, and instability from lacking a fixed address. Healthcare access is burdened by fewer bulk-billing doctors and the stigma of homelessness.

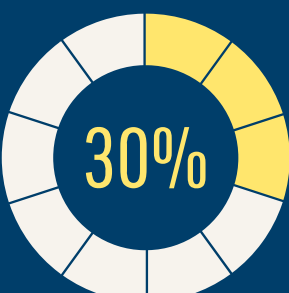
Privacy policies hinder information sharing, requiring proof of homelessness which can retraumatise individuals and affect mental health.

To address these issues, CAC members proposed offering primary care in non-traditional settings, providing access to mobile phones, medications, and essential healthcare resources.

They also explored the intersectionality of nutrition, housing, health, and employment, but struggled to prioritise a starting point.

### NEXT STEPS

Insights to be collated and used to inform potential program design for people experiencing or at risk of homelessness.



of the household income is recommended to be spent on rent to ensure enough income is left over for other essential expenses.

Housing affordability remains out of reach even at \$100,000 per year, where rent consumes



of earnings.

## TOPIC #2 - Suicide Prevention

DETAILS	<p>Prior to discussions commencing, CAC members were advised that the meeting was a safe space and that they were welcome to leave the room at any time.</p> <p>Participants discussed help seeking, capacity building and community action targeting suicide prevention.</p>
DISCUSSION	<p>CAC members identified a significant gap in mid-level mental health services, which creates challenges in addressing varying degrees of suicidality. Service availability fluctuates with the severity of needs differing between crisis and early intervention services.</p> <p>They discussed increasing GP and community awareness of supports for family and friends experiencing suicidality emphasising compassionate care and consistent referral pathways. CAC members also highlighted the importance of encouraging GP training on mental health services and how to effectively navigate the system. To reduce stigma, they proposed education initiatives to empower to have open discussions about suicidal thoughts, integrating suicide prevention training with first aid and CPR and offering affordable training to community groups, families and carers of people experiencing suicidality.</p> <p>Engaging youth through early intervention in schools and child services can normalise mental health conversations. Providing free Mental Health First Aid in schools and workplaces and developing digital platforms with educational videos on suicide prevention were suggested as options. Tools like a "feeling colour wheel" can help young people express their emotions effectively.</p>
NEXT STEPS	<p>The discussion will be included in the quarterly SPIG report and inform current and future targeted regional initiatives for suicide prevention on the Gold Coast.</p>

### RESOURCES AND TRAINING LINKS

[Mindframe Guidelines](#)

[#chatsafe Guidelines](#)

[#chatsafe Resources](#)

[Roses in the Ocean Resources Hub](#)

[Black Dog Institute](#)

[Supporting someone in distress | Queensland Mental Health Commission](#)

[Arafmi - Your are not alone](#)

[RITO Peer Care Companion](#)

### ADULT

Lifeline 13 11 14

TEXT 0477 13 11 14 (24/7) | [lifeline.org.au](https://lifeline.org.au)

13 YARN 13 92 76 | [13yarn.org.au](https://13yarn.org.au) (24/7)

Aboriginal and Torres Strait Islander service

Suicide Call Back Service

1300 659 467 | [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

Beyond Blue 1300 224 634 | [beyondblue.org.au/forms](https://beyondblue.org.au/forms)

Standby Support After Suicide 1300 727 247

QLIFE 1800 184 527 | [qlife.org.au](https://qlife.org.au)

LGBTIQ+ service available 3pm-midnight

Mensline 1300 78 99 78 | [mensline.org.au](https://mensline.org.au)

### YOUTH

Kids Helpline 1800 551 800 |

[kidshelpline.com.au](https://kidshelpline.com.au)

headspace 1800 650 890 | [headspace.org.au](https://headspace.org.au)

ReachOut | [reachout.com.au](https://reachout.com.au)

### OTHER RESOURCES

Medicare Mental Health Service

(Formerly Head2Health)

1800 595 212 | [medicarementalhealth.gov.au](https://medicarementalhealth.gov.au)

SANE online forums

[saneforums.org](https://saneforums.org) | 1800 187 236 (10am-10pm)

Embrace Multicultural Health

[embracementalhealth.org.au](https://embracementalhealth.org.au)