

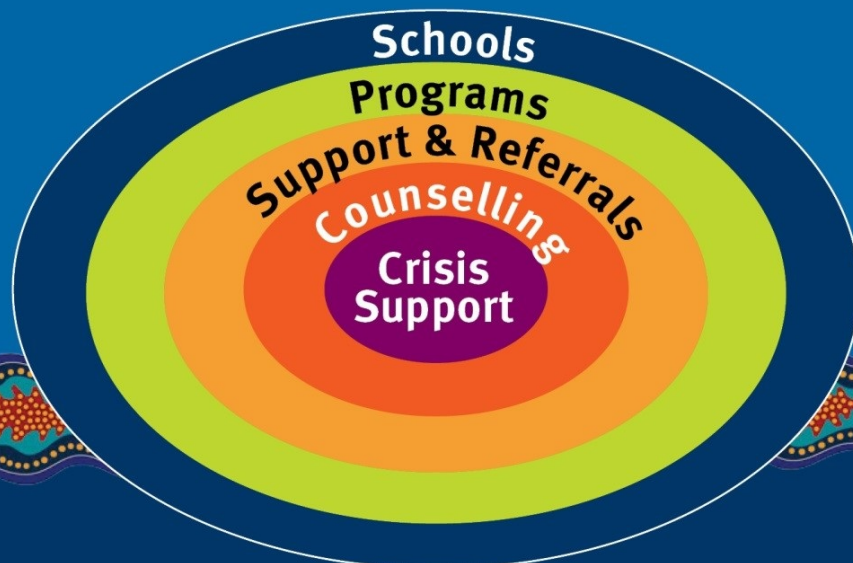


CQ Youth Connect Services Directory

2024

Connecting young people with services across
Central Queensland. Promoting social, emotional,
spiritual, educational and physical wellbeing.

Ensuring youth in CQ stay **connected**,
stay **informed**, stay **healthy** and stay **safe**!



www.health.qld.gov.au/cq | www.facebook.com/cqhealth
www.facebook.com/YouthLinkCQ

Generated 1 May 2024

The story behind the CQ Youth Connect Service Directory

As the name suggests, the role of the CQ Youth Connect Service Directory is to connect youth with service providers, service providers with each other, and to co-ordinate services and avoid duplication.

Having worked in various countries and Australian States, I realised a key to making a difference and to strengthen communities, is to find role models, and know providers and services available by location. I wanted to enable pathways and opportunities for place-based collaboration.

Whilst establishing a CQ Youth Connect Service, a needs analysis highlighted gaps in connectivity between youth and service providers. Therefore, establishing some resources that are user-friendly and sustainable was essential.

The CQ Youth Connect Service Directory was created as a resource to provide an overview of youth services by location, in turn connecting Youth Service Providers. It simultaneously provides a repertoire of services dedicated to Youth by location, increases efficiency, and create synergies across Central Queensland between Youth Workers, Health Providers and Educators.

The CQ Youth Connect Service Directory and Wall Charts assist with Health, Education and Employment pathways. Our CQ Youth Connect Team advocates for Physical, Social, Emotional and Spiritual Well-being. Ensuring Youth in Central Queensland Stay Connected, Stay Informed, Stay Healthy and Stay Safe, thus empowering staff and building healthy communities for today and tomorrow.

In 2014 the first edition was launched. Continuous improvement now affords the opportunity to launch a **6th edition** of the CQ Youth Connect Service Directory and Wall Charts in electronic format, ensuring youth related services across Central Queensland are listed and accessible in one place.

As the creator, I firstly would like to acknowledge my CQ Youth Connect team members, especially Darren Holzberger over the years who has supported this vision and assisted in the ongoing development of these vital resources.

I would also like to thank CQHHS Executive for the ongoing support for the CQ Youth Connect Program, and the Queensland Health Aboriginal and Torres Strait Islander Branch for their support of the Program.

Furthermore, our key partners, My Community Directory Executive Director Brentyn Parkin, and his Team (Community Information Support Services).

Friederike McCartney

Clinical Nurse Consultant / CQ Youth Connect program CQHHS Rockhampton QLD



The listings included in the CQ Youth Connect Services Directory are taken from My Community Directory.

If your listing doesn't appear and you are a youth service provider, find out how to get your listing included.

Contact My Community Directory:

Email: support@mycommunitydirectory.com.au

Web: <https://support.mycommunitydirectory.com.au/support/solutions>

Help Desk Support: 1300 762 515

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Crisis Support

Australia/State Wide

Abuse & Assault Services

Full Stop Australia

Telephone 1800 424 017
 Website fullstop.org.au

Full Stop Australia offers free confidential, trauma specialist counselling for people of all genders who are impacted by violence and abuse, as well as their friends, colleagues and family members.

National Disability Abuse and Neglect Hotline

Telephone 1800 880 052
 Fax (02) 9318 1372
 Website jobaccess.gov.au
 Email hotline@workfocus.com
 Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Hotline to report concerns about abuse or neglect of a person with a disability.

Translating and Interpreting: 13 14 50

Deaf/Hearing Impaired: 1800 535 677

Child Protection Services

K.I.N. Care Services (Qld) Pty Ltd

Website kincareservices.com.au

Email dee@kincareservices.com.au



IN HOME FAMILY SUPPORT

We work closely with the Department of Child Safety, Youth and Women to reunify families and do so in a way which supports their long-term safety and happiness.

We provide support in the following areas (including but not limited to):

- Domestic and family violence
- Youth justice
- Drug and alcohol dependency
- Childhood trauma
- Parenting skills
- Eating disorders
- Self-harming
- Assisting families on how to navigate NDIS
- Household and domestic tasks
- Future planning
- Community connections

Our program is unique and can be tailored to meet the individual needs of the families we support. Therefore, we have both Family Support Workers and Case Managers linked with a family for the duration of the support.

NDIS

K.I.N. Care Services is a registered NDIS provider and can support families in Qld across the following registrations groups:

- Assistance to access and maintain employment or higher education.
- Assistance in coordinating or managing life stages, transitions and supports
- Assistance with daily personal activities
- Assistance with travel/transport arrangements
- Assistance with daily life tasks in a group or shared living arrangement
- Innovative community participation
- Development of daily living and life skills
- Early intervention supports for early childhood
- Household tasks
- Participation in community, social and civic activities
- Therapeutic supports

We have a team of highly skilled professionals to support families and participants in ensuring they meet their full potential. In addition to working with participants across the state we also specialise in working with families and participants who are being supported by both Child Safety and NDIS together.

Specialist Services

Crisis Support

K.I.N. Care Services have a team of dedicated professionals available to provide individual and family therapy and counselling to children, young people, families, and participants engaged with our program. Our services include:

- Individual and Family Therapy
- Individual and Family Counselling
- Individual Counselling – Eating Disorders
- Narrative Therapy
- Dialectical Behaviour Therapy (DBT)
- Equine Therapy (Individual and Group Sessions; Sunshine Coast location)
- Theraplay (designed for children and their primary caregiver)

In addition, K.I.N. Care Services can also provide information, education and resources to parents and caregivers on the following topics, including:

- Positive Behaviour and Intervention Support Plans
- Trauma and Attachment
- Circle of Security (COS)
- Therapeutic Crisis Intervention (TCI)
- Non-Violent Crisis Intervention
- Bringing Up Great Kids
- 1-2-3 Magic

K.I.N. Care Services can also support the facilitation of referrals to specialists, government and non-government organisations, and agencies, in keeping with holistic service provision and person-centred practice.

Office Of The Public Guardian



Telephone	1300 653 187
Fax	(07) 3738 9496
Website	publicguardian.qld.gov.au
Email	publicguardian@publicguardian.qld.gov.au

The Public Guardian administers the Community Visitor Program for children and young people which plays an important role in supporting children and young people in the child protection system. Child visitors are available whenever a child or young person needs their help, support and advice; this could be about their care arrangements, their rights or simply matters that are concerning them. The Public Guardian has child advocates who protect the rights of children and young people in the child protection system, particularly in a legal context.

A child advocacy officer can:

- ensure their views are heard and taken into consideration when decisions are made that affect their care arrangements such as family group meetings, court hearings and tribunals
- provide support in court conferences and organise legal and other representation
- apply to the tribunal or court about changes to a placement, a contact decision or a change to a child protection order.

For more information about the Public Guardian please visit our website at www.publicguardian.qld.gov.au or phone 1800 661 533.

General Crisis and Emergency Services

LifeFlight Australia

Telephone (07) 3037 2299
Website lifeflight.org.au
Email info@lifeflight.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



For more than forty years, RACQ LifeFlight Rescue has been Queensland's leading community helicopter rescue service delivering emergency response, critical medical care and hospital airlifts to seriously ill and injured people. Now operating with an advanced fleet of helicopters and Air Ambulance jets, this vital rescue service provides the people of Queensland with the assurance that emergency me

Police Link

Telephone 13 14 44
Website police.qld.gov.au



Every day the Queensland Police Service, your police service, works tirelessly to ensure the safety and security of the community.

Team Rubicon Australia

Telephone (02) 8815 8113
Website disasterreliefaus.org
Email info@disasterreliefaus.org

Team Rubicon Australia unites the skills and experiences of Australian Defence Force veterans with first responders to rapidly deploy emergency response teams around the globe.

Hospitals

Chronic Disease Nurse

Telephone (07) 4624 2700
Website southwest.health.qld.gov.au
Email RomaMainReception@health.qld.gov.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Chronic Disease Nurses supports clients, their families, and carers with increasing health literacy to empower clients to proactively plan and manage their chronic disease condition. Chronic Disease Nurses works with clients and their healthcare team to manage the chronic disease condition and improve quality of life. Chronic disease may include diabetes, chronic kidney disease, cardiovascular or respiratory conditions.

Banana Shire

Emergency Departments

Emergency Department

Address Stopford Street, BARALABA QLD 4702
Telephone (07) 4998 2800
Website cq.health.qld.gov.au



CQ Health hospital emergency departments are open 24 hours a day, seven days a week, including public holidays. There is no need to call first, just arrive at the department at any time. You should always call Triple Zero (000) in a genuine health emergency.

When you arrive

When you arrive at the emergency department, please go straight to the reception counter. You will be “triaged” (categorised) by a qualified nurse who assesses the urgency of your condition. Patients are treated in order of priority; this ensures the sickest patients are seen first.

- It is important to let the triage nurse know any of the following information:
- previous health problems
- current medications
- if you are pregnant or breastfeeding
- recent overseas travel
- housing or social concerns
- if your pain or symptoms become worse.

A doctor or nurse will see you as soon as they are able. At any time, they may have to step away to treat a life-threatening condition. This will not affect your care, though it may mean a longer stay with us.

Options for non-urgent conditions include:

- a general practitioner—some of whom bulk bill
- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

Emergency Department

Address	2 Hospital Road, BILOELA QLD 4715
Telephone	(07) 4992 7000
Fax	(07) 4992 4857
Website	cq.health.qld.gov.au

CQ Health hospital emergency departments are open 24 hours a day, seven days a week, including public holidays. There is no need to call first, just arrive at the department at any time.

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- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

Emergency Department

Address	14 Nott Street, MOURA QLD 4718
Telephone	(07) 4997 2900
Fax	(07) 4997 1475
Website	cq.health.qld.gov.au

CQ Health hospital emergency departments are open 24 hours a day, seven days a week, including public holidays. There is no need to call first, just arrive at the department at any time. You should always call Triple Zero (000) in a genuine health emergency.

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Options for non-urgent conditions include:

- a general practitioner—some of whom bulk bill
- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

Emergency Department

Address Miller Street, TAROOM QLD 4420
Telephone (07) 4627 3177
Fax (07) 4628 6172
Website darlingdowns.health.qld.gov.au



An emergency department (ED) is part of a hospital that provides 24-hour emergency care to patients who need urgent medical attention. Most public hospitals in Australia have an emergency department. Only people with severe injury or illness should go to the ED.

What is an emergency department?

EDs have highly trained doctors and other health professionals on site to deal with emergencies. They assess, treat, stabilise, and start the health management of people who have come to the ED with a serious illness or injury.

Some emergency departments specialise. For example, there are emergency department attached to children's hospitals, some women's hospitals and some eye or ear hospitals. Most EDs, however, accept all emergencies.

When and why should you visit an ED?

You should go to a hospital ED if you or your child are seriously ill or injured.

People often take babies or children to public hospital EDs if they become ill suddenly. Many older people go there for urgent attention too.

Most people go to EDs with conditions that include:

- injuries from accidents, physical assaults or falls
- heart attack and stroke
- severe pain
- problems with breathing or bleeding
- broken bones
- loss of consciousness
- worsening of a serious illness
- drug overdoses or poisoning
- allergic reactions
- pregnancy complications
- mental illness
- burns

A GP can often deal with minor emergencies such as sprains and strains, bites, stings, viruses, infections, eye injuries and ongoing illness or injury. A pharmacy can help with colds and flu, skin conditions, allergies, headaches, diarrhoea, or constipation, or sleeping problems.

What happens first when you visit an ED?

When you go to an ED, the first step is usually for an administrative staff member to get your name, address, and Medicare number. This is important to make sure that you receive the treatment you need, and to avoid confusing your healthcare management with anybody else's. This step is bypassed (or skipped) in an emergency.

Alternatives to an ED

If you have a minor illness or injury that does not need emergency treatment, you can ask for an appointment with your GP during regular hours, or visit an after-hours medical centre.

Emergency Department

Address 87 The Boulevard, THEODORE QLD 4719
Telephone (07) 4990 3000
Fax (07) 4993 1610
Website cq.health.qld.gov.au

CQ Health hospital emergency departments are open 24 hours a day, seven days a week, including public holidays. There is no need to call first, just arrive at the department at any time. You should always call Triple Zero (000) in a genuine health emergency.

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Options for non-urgent conditions include:

- a general practitioner—some of whom bulk bill
- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

General Crisis and Emergency Services

Banana Shire Support Centre

Address 2B/56 Kariboe Street, BILOELA QLD 4715
Telephone (07) 4992 3322
Website bssc.org.au
Email admin@bssc.org.au
Hours of operation 9:00 AM to 12:30 PM Mon; 9:00 AM to 12:30 PM & 1:30 PM to 4:30 PM Tue-Fri



This program is to assist adults experiencing personal, family, relationship and/or financial issues. Support includes but is not limited to food parcels, food vouchers and payments to third parties. Our aim is to provide financial and material assistance and to increase financial resilience by referring service users to appropriate social support services.

Hospitals

Acute Inpatient Services

Address Stopford Street, BARALABA QLD 4702
Telephone (07) 4998 2800
Website cq.health.qld.gov.au



Acute inpatient services support people who cannot be assessed and treated safely and effectively in the community. General hospitals commonly provide acute inpatient services. Acute inpatient services provide a range of therapeutic interventions and programs to patients and their families to learn more about the impact of the illness, explore ways to better manage the illness, improve coping strategies and move towards recovery.

Acute Inpatient Services

Address 14 Nott Street, MOURA QLD 4718
Telephone (07) 4997 2900
Fax (07) 4997 1475
Website cq.health.qld.gov.au



Acute inpatient services support people who cannot be assessed and treated safely and effectively in the community. General hospitals commonly provide acute inpatient services. Acute inpatient services provide a range of therapeutic interventions and programs to patients and their families to learn more about the impact of the illness, explore ways to better manage the illness, improve coping strategies and move towards recovery.

Biloela Hospital

Address 2 Hospital Road, BILOELA QLD 4715
Telephone (07) 4992 7000
Fax (07) 4992 4857
Website cq.health.qld.gov.au
Hours of operation All Hours



Biloela Hospital provides a range of hospital and visiting specialist services to the Biloela and Banana region.



Emergency radiography services

Address Stopford Street, BARALABA QLD 4702
Telephone (07) 4998 2800
Website cq.health.qld.gov.au

Medical imaging, also known as radiology, is the field of medicine in which medical professionals recreate various images of parts of the body for diagnostic or treatment purposes. Medical imaging procedures include non-invasive tests that allow doctors to diagnose injuries and diseases without being intrusive.

Medical imaging is a central part of the improved outcomes of modern medicine. Different types of medical imaging procedures include:

- X-rays
- Magnetic resonance imaging (MRI)
- Ultrasounds
- Endoscopy
- Tactile imaging
- Computerized tomography (CT scan)

Emergency radiography services

Address 14 Nott Street, MOURA QLD 4718
Telephone (07) 4997 2900
Fax (07) 4997 1475
Website cq.health.qld.gov.au



Medical imaging, also known as radiology, is the field of medicine in which medical professionals recreate various images of parts of the body for diagnostic or treatment purposes. Medical imaging procedures include non-invasive tests that allow doctors to diagnose injuries and diseases without being intrusive.

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- X-rays
 - Magnetic resonance imaging (MRI)
 - Ultrasounds
 - Endoscopy
 - Tactile imaging
 - Computerized tomography (CT scan)
-



Hospital

Address 14 Nott Street, MOURA QLD 4718
Telephone (07) 4997 2900
Fax (07) 4997 1475
Website cq.health.qld.gov.au

Moura Multipurpose Health Service provides an emergency department, inpatient and outpatient care and a range of health services.

Interpreter Services

Address 2 Hospital Road, BILOELA QLD 4715
Telephone (07) 4992 7000
Fax (07) 4992 4857
Website cq.health.qld.gov.au



We can provide a confidential and free interpreter during your stay in hospital if English is not your first language, or if you use sign language. We use fully accredited and qualified interpreters. Asking a relative or friend to interpret is often not in your best interests because this person may not be able to accurately translate complex medical information. If you would like an interpreter, please ask the nursing staff to arrange for one.

Interpreter Services

Address 87 The Boulevard, THEODORE QLD 4719
Telephone (07) 4990 3000
Fax (07) 4993 1610
Website cq.health.qld.gov.au



We can provide a confidential and free interpreter during your stay in hospital if English is not your first language, or if you use sign language. We use fully accredited and qualified interpreters. Asking a relative or friend to interpret is often not in your best interests because this person may not be able to accurately translate complex medical information. If you would like an interpreter, please ask the nursing staff to arrange for one.

Moura Hospital

Address 14 Nott Street, MOURA QLD 4718
Telephone (07) 4997 2900

Supports health and well-being in the local community.



Nurse and Midwife Navigators

Address 2 Hospital Road, BILOELA QLD 4715
Telephone (07) 4992 7012
Fax (07) 4992 4857
Website cq.health.qld.gov.au

Nurse and Midwife Navigators work with clients and their carers to help them understand and manage their health care needs, and empower them to make informed decisions on their health. The service is staffed by experienced nurses and midwives who:

- Coordinate care and ensure patients receive the most appropriate care at the right time in the right place with the right provider.
- Assist patients to navigate the health care system to and from their referring care provider or GP, through to hospital, community and back home again connecting them with services they need
- Provide health education
- Assist with advanced care planning

Who can access this service?

This service is for people with multiple chronic illness, those with a high need for health services, or those who have complex health conditions.

How to access this service

Referrals can come from private and public health care providers. We also welcome self-referrals and referrals from family, friends, and carers.

Outpatient

Address Miller Street, TAROOM QLD 4420
Telephone (07) 4627 3177
Fax (07) 4628 6172
Website darlingdowns.health.qld.gov.au



When you still need support, but you have not been admitted for treatment at the hospital, you are known as an outpatient. A specialist outpatient are services that are provided from a range of specialist medical and surgical services depending on the size of the hospital and community. You may need to visit your hospital doctor or visit a private specialist who comes to the hospital for scheduled sessions, like a doctor's appointment. You will need an appointment and/or a referral. Your GP or specialist will normally refer you to the nearest public hospital where services you need are provided.

Outpatients

Address Stopford Street, BARALABA QLD 4702
Telephone (07) 4998 2800
Website cq.health.qld.gov.au

When you come to hospital for a scheduled appointment, you are known as an "outpatient". You will receive a phone call, letter or SMS confirming your appointment date and time. As an outpatient you will usually see a specialist doctor and a range of other health professionals. You may require an x-ray or other tests.

When you arrive

We recommend that you arrive at the outpatient clinic approximately 15 minutes before your appointment time. Anyone entering our hospital and health services will be screened before entering. You will be required to sign in on entry by scanning a QR code via your phone camera or the free EVA check-in app. If you do not have a phone or are having trouble signing in, our friendly reception staff can help. After checking in please take a seat in the waiting area.

Appointment times

We recommend that you allocate at least two hours for your appointment (this may change depending on the clinic—please check with the clinic reception). Sometimes delays occur. Be assured that all appointments are individualised and patients are seen in order of their appointment times. There may be multiple clinics running at the same time. For this reason, you may notice that other patients are called in ahead of you. This can happen because different clinics take different times to see patients. If you need a medical certificate for work, please ask your doctor during your appointment.

After your appointment

At the end of your appointment, please check out at reception. If you require another appointment the receptionist will book you in. In some cases you will be given a Medicare Billing slip to sign and hand to our reception staff. If your doctor decides you require surgery, you may be added to the elective surgery wait list. We will send you a letter to confirm you are on the elective surgery wait list. It is important for us to have your most up-to-date contact details. Please contact the hospital/outpatient department if any of your details have changed.

If you are unable to attend your appointment

If you are unable to attend your appointment for any reason, please contact us as soon as possible on the number printed on the front of your appointment letter. This will ensure we are able to offer your appointment to another person on the wait list.

Outpatients

Address	14 Nott Street, MOURA QLD 4718
Telephone	(07) 4997 2900
Fax	(07) 4997 1475
Website	cq.health.qld.gov.au

When you come to hospital for a scheduled appointment, you are known as an "outpatient". You will receive a phone call, letter or SMS confirming your appointment date and time. As an outpatient you will usually see a specialist doctor and a range of other health professionals. You may require an x-ray or other tests.

When you arrive

We recommend that you arrive at the outpatient clinic approximately 15 minutes before your appointment time. Anyone entering our hospital and health services will be screened before entering. You will be required to sign in on entry by scanning a QR code via your phone camera or the free EVA check-in app. If you do not have a phone or are having trouble signing in, our friendly reception staff can help. After checking in please take a seat in the waiting area.

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If you are unable to attend your appointment

If you are unable to attend your appointment for any reason, please contact us as soon as possible on the number printed on the front of your appointment letter. This will ensure we are able to offer your appointment to another person on the wait list.

Theodore Multipurpose Health Service

Address 87 The Boulevard, THEODORE QLD 4719
Telephone (07) 4990 3000
Fax (07) 4993 1610
Website cq.health.qld.gov.au
Hours of operation All Hours



Theodore Multipurpose Health Service provides an emergency department, inpatient and outpatient care and a range of health services.

Central Highlands

Abuse & Assault Services

CatholicCare Central Queensland - Blackwater

Address LOT 15 Kurrajong Street, BLACKWATER QLD 4717
Telephone 1300 523 985
Website catholiccarecq.com
Email blackwater@catholiccarecq.com



Aim of Program: Provide Domestic Violence Counselling, Support and Information.

CatholicCare Central Queensland - Emerald

Address 141 Egerton Street, EMERALD QLD 4720
Telephone 1300 523 985
Website catholiccarecq.com
Email emerald@centacare.net
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Provides information on domestic violence and the effects on children.
Referral email - referral@centacare.cq.com

Emergency Departments

Emergency Department

Address 41 MacKenzie Street, BLACKWATER QLD 4717
Telephone (07) 4980 1800
Website cq.health.qld.gov.au



CQ Health hospital emergency departments are open 24 hours a day, seven days a week, including public holidays. There is no need to call first, just arrive at the department at any time. You should always call Triple Zero (000) in a genuine health emergency.

When you arrive

When you arrive at the emergency department, please go straight to the reception counter. You will be “triaged” (categorised) by a qualified nurse who assesses the urgency of your condition. Patients are treated in order of priority; this ensures the sickest patients are seen first.

- It is important to let the triage nurse know any of the following information:
- previous health problems
- current medications
- if you are pregnant or breastfeeding
- recent overseas travel
- housing or social concerns
- if your pain or symptoms become worse.

A doctor or nurse will see you as soon as they are able. At any time, they may have to step away to treat a life-threatening condition. This will not affect your care, though it may mean a longer stay with us.

Options for non-urgent conditions include:

- a general practitioner—some of whom bulk bill
- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

Emergency Department

Address	69 Hospital Road, EMERALD QLD 4720
Telephone	(07) 4987 9400
Fax	(07) 4982 3860
Website	cq.health.qld.gov.au

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A doctor or nurse will see you as soon as they are able. At any time, they may have to step away to treat a life-threatening condition. This will not affect your care, though it may mean a longer stay with us.

Options for non-urgent conditions include:

- a general practitioner—some of whom bulk bill
- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.



Emergency Department

Address 21 Woodbine Street, SPRINGSURE QLD 4722
Telephone (07) 4984 1200
Website cq.health.qld.gov.au

CQ Health hospital emergency departments are open 24 hours a day, seven days a week, including public holidays. There is no need to call first, just arrive at the department at any time.

You should always call Triple Zero (000) in a genuine health emergency.

When you arrive

When you arrive at the emergency department, please go straight to the reception counter. You will be “triaged” (categorised) by a qualified nurse who assesses the urgency of your condition. Patients are treated in order of priority; this ensures the sickest patients are seen first.

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- previous health problems
- current medications
- if you are pregnant or breastfeeding
- recent overseas travel
- housing or social concerns
- if your pain or symptoms become worse.

A doctor or nurse will see you as soon as they are able. At any time, they may have to step away to treat a life-threatening condition. This will not affect your care, though it may mean a longer stay with us.

Options for non-urgent conditions include:

- a general practitioner—some of whom bulk bill
- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

Hospitals



Acute Inpatient Services

Address 41 MacKenzie Street, BLACKWATER QLD 4717
Telephone (07) 4980 1800
Website cq.health.qld.gov.au

Acute inpatient services support people who cannot be assessed and treated safely and effectively in the community. General hospitals commonly provide acute inpatient services. Acute inpatient services provide a range of therapeutic interventions and programs to patients and their families to learn more about the impact of the illness, explore ways to better manage the illness, improve coping strategies and move towards recovery.

Crisis Support

Central Highlands District Mental Health Services

Address 69 Hospital Road, EMERALD QLD 4720
Telephone (07) 4983 9700
Fax (07) 4983 9719

Supports health and well-being in the local community.

Emerald Hospital

Address 69 Hospital Road, EMERALD QLD 4720
Telephone (07) 4987 9400
Fax (07) 4982 3860
Website cq.health.qld.gov.au
Hours of operation All Hours



Emerald Hospital provides a range of hospital and visiting specialist services to the Emerald and Central Highlands region.

Our vision, outlined in our Destination 2030: Great Care for Central Queenslanders strategy is for Emerald Hospital to be the Central Highlands hub for emergency, maternity, diagnostic and some surgical services. We will invest in Telehealth technology to provide local access to services wherever possible.

Emergency radiography services

Address 41 MacKenzie Street, BLACKWATER QLD 4717
Telephone (07) 4980 1800
Website cq.health.qld.gov.au



Medical imaging, also known as radiology, is the field of medicine in which medical professionals recreate various images of parts of the body for diagnostic or treatment purposes. Medical imaging procedures include non-invasive tests that allow doctors to diagnose injuries and diseases without being intrusive.

Medical imaging is a central part of the improved outcomes of modern medicine. Different types of medical imaging procedures include:

- X-rays
- Magnetic resonance imaging (MRI)
- Ultrasounds
- Endoscopy
- Tactile imaging
- Computerized tomography (CT scan)



Interpreter Services

Address	69 Hospital Road, EMERALD QLD 4720
Telephone	(07) 4987 9400
Fax	(07) 4982 3860
Website	cq.health.qld.gov.au

We can provide a confidential and free interpreter during your stay in hospital if English is not your first language, or if you use sign language. We use fully accredited and qualified interpreters. Asking a relative or friend to interpret is often not in your best interests because this person may not be able to accurately translate complex medical information. If you would like an interpreter, please ask the nursing staff to arrange for one.

Nurse and Midwife Navigators



Address	69 Hospital Road, EMERALD QLD 4720
Telephone	(07) 4987 9400
Fax	(07) 4982 3860
Website	cq.health.qld.gov.au

Nurse and Midwife Navigators work with clients and their carers to help them understand and manage their health care needs, and empower them to make informed decisions on their health. The service is staffed by experienced nurses and midwives who:

- Coordinate care and ensure patients receive the most appropriate care at the right time in the right place with the right provider.
- Assist patients to navigate the health care system to and from their referring care provider or GP, through to hospital, community and back home again connecting them with services they need
- Provide health education
- Assist with advanced care planning

Who can access this service

This service is for people with multiple chronic illness, those with a high need for health services, or those who have complex health conditions.

How to access this service

Referrals can come from private and public health care providers. We also welcome self-referrals and referrals from family, friends, and carers.

Outpatients

Address	69 Hospital Road, EMERALD QLD 4720
Telephone	(07) 4987 9400
Fax	(07) 4982 3860
Website	cq.health.qld.gov.au

When you come to hospital for a scheduled appointment, you are known as an "outpatient". You will receive a phone call, letter or SMS confirming your appointment date and time. As an outpatient you will usually see a specialist doctor and a range of other health professionals. You may require an x-ray or other tests.

When you arrive

We recommend that you arrive at the outpatient clinic approximately 15 minutes before your appointment time. Anyone entering our hospital and health services will be screened before entering. You will be required to sign in on entry by scanning a QR code via your phone camera or the free EVA check-in app. If you do not have a phone or are having trouble signing in, our friendly reception staff can help. After checking in please take a seat in the waiting area.

Appointment times

We recommend that you allocate at least two hours for your appointment (this may change depending on the clinic—please check with the clinic reception). Sometimes delays occur. Be assured that all appointments are individualised and patients are seen in order of their appointment times. There may be multiple clinics running at the same time. For this reason, you may notice that other patients are called in ahead of you. This can happen because different clinics take different times to see patients. If you need a medical certificate for work, please ask your doctor during your appointment.

After your appointment

At the end of your appointment, please check out at reception. If you require another appointment the receptionist will book you in. In some cases you will be given a Medicare Billing slip to sign and hand to our reception staff. If your doctor decides you require surgery, you may be added to the elective surgery wait list. We will send you a letter to confirm you are on the elective surgery wait list. It is important for us to have your most up-to-date contact details. Please contact the hospital/outpatient department if any of your details have changed.

If you are unable to attend your appointment

If you are unable to attend your appointment for any reason, please contact us as soon as possible on the number printed on the front of your appointment letter. This will ensure we are able to offer your appointment to another person on the wait list.

Outpatients

Address 21 Woodbine Street, SPRINGSURE QLD 4722
Telephone (07) 4984 1200
Website cq.health.qld.gov.au

When you come to hospital for a scheduled appointment, you are known as an "outpatient". You will receive a phone call, letter or SMS confirming your appointment date and time. As an outpatient you will usually see a specialist doctor and a range of other health professionals. You may require an x-ray or other tests.

When you arrive

We recommend that you arrive at the outpatient clinic approximately 15 minutes before your appointment time. Anyone entering our hospital and health services will be screened before entering. You will be required to sign in on entry by scanning a QR code via your phone camera or the free EVA check-in app. If you do not have a phone or are having trouble signing in, our friendly reception staff can help. After checking in please take a seat in the waiting area.

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If you are unable to attend your appointment

If you are unable to attend your appointment for any reason, please contact us as soon as possible on the number printed on the front of your appointment letter. This will ensure we are able to offer your appointment to another person on the wait list.

Pre-admission Clinic

Address 69 Hospital Road, EMERALD QLD 4720
Telephone (07) 4987 9400
Fax (07) 4982 3860
Website cq.health.qld.gov.au

If you are booked in for an operation, you may be asked to attend a pre-admission clinic one to two weeks prior to your operation. The pre-admission clinic will do a thorough assessment of your health and your current and past medical history. You will also be given information about what to expect up to and following your surgery.

What to bring

- Your appointment letter
- Medicare card
- concession cards such as Healthcare card or Veterans Affairs card
- any forms that you have been asked to fill in
- a list of any medicines you are taking regularly

If you are unable to attend your appointment

If you are unable to attend your appointment for any reason, please contact us as soon as possible on the number printed on the front of your appointment letter. If you do not arrive for your appointment, you may be taken off the waiting list for the surgery/procedure if you do not advise our booking office.

Change of details

Please contact the main hospital phone number or the clinic if you have recently changed your address or contact details.

Springsure Hospital

Address 21 Woodbine Street, SPRINGSURE QLD 4722
Telephone (07) 4984 1200

Supports health and well-being in the local community.

Wound Care

Address 21 Woodbine Street, SPRINGSURE QLD 4722
Telephone (07) 4984 1200
Website cq.health.qld.gov.au

Wound Care services are offered to clients with chronic and complex wounds to provide comprehensive and cohesive care to optimise wound healing. Wound Care services are provided in collaboration with other allied health services.

Gladstone

Child Protection Services

Real Support Services - Gladstone Central

Website realsupportservices.com.au
Email admin@realsupportservices.com.au
Hours of operation All Hours

REAL Support Services delivers five different types of support:

Intensive Intervention Support

REAL Support Facilitators work with families in their homes. Support is tailored to assist Reunifications, Intervention with Parental Agreements, Kin and Foster Placements. Client-Centered Plans seek to address areas of concern with a view to implementing strategies, building skills to increase capacity and stability, repairing relationships, and sustaining the family unit. REAL Support can link families with a variety of affiliated services to ensure proactive and responsive service delivery.

Residential Placement Support and Independent Living Skills

REAL Support Facilitators assist Young People who struggling within residential placements, requiring assistance to transition to independent living models or stabilise in care homes. Facilitators work alongside existing supports, creating a collaborative group of service professionals to wrap around the Young Person holistically.

Youth Engagement: Outreach, Mentoring and Diversionary Support for Young People

REAL Support Facilitators assist Young People who are disengaged from their placements and schooling, at risk of homelessness, and under Youth Justice orders. REAL Support Facilitators 'go to' the Young Person; meeting with them to ensure general welfare and wellbeing is maintained. REAL Support Facilitators can link these clients with any necessary networks such as Centrelink, doctors, counseling, work experience items, and can transport to any necessary appointments (Youth Justice, job seeking, medical etc.). REAL Support Facilitators engage in diversionary and activity based-therapy (including access to trauma informed fitness program), role-modeling and mentoring, using a strengths-based approach to encourage Young People to succeed in their endeavours and redirect to more positive life choices and outcomes.

Transportation Assistance and Supervised Contacts

REAL Support Facilitators can provide basic transport assistance for clients to appointments, including practical support to and from school, supervised contact arrangements and other.

Weekend Respite and Emergency Response

REAL Support Facilitators can provide weekend respite and emergency response to placements and young people in distress. This includes after hour emergency support, and weekend hours wherein Young People can engage in activities outside the placement to allow Carers and Young People time for self-care, de-escalation of high stress situations and preservation of relationships.

Emergency Departments

Emergency Department

Address	20 Park Street, WEST GLADSTONE QLD 4680
Telephone	(07) 4976 3200
Fax	(07) 4972 3776
Website	cq.health.qld.gov.au



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When you arrive

When you arrive at the emergency department, please go straight to the reception counter. You will be “triaged” (categorised) by a qualified nurse who assesses the urgency of your condition. Patients are treated in order of priority; this ensures the sickest patients are seen first.

- It is important to let the triage nurse know any of the following information:
- previous health problems
- current medications
- if you are pregnant or breastfeeding
- recent overseas travel
- housing or social concerns
- if your pain or symptoms become worse.

A doctor or nurse will see you as soon as they are able. At any time, they may have to step away to treat a life-threatening condition. This will not affect your care, though it may mean a longer stay with us.

Options for non-urgent conditions include:

- a general practitioner—some of whom bulk bill
- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

Hospitals

Cancer Care

Address	20 Park Street, WEST GLADSTONE QLD 4680
Telephone	(07) 4976 3200
Fax	(07) 4972 3776
Website	cq.health.qld.gov.au



Our aim within Cancer Care Services is to provide holistic care focusing on both the emotional and physical wellbeing of our patients. We strongly encourage the support and input of close family and friends, and we endeavor to provide a personal and friendly service.

Gladstone Hospital

Address 20 Park Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3200
Fax (07) 4972 3776
Website cq.health.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri

24 hour Emergency Department, Outpatients, General medicine and surgery, (including day surgery), Basic orthopaedic, Hospital in the Home, Clinical measurements (Holter monitoring and stress tests), Obstetrics and Gynaecology, High dependency unit and Coronary care, Anaesthetic clinic, Palliative care, Medical imaging, including on-site CT Scanner, Pharmacy, Pathology, Paediatrics, Satellite renal dialysis, Chemotherapy, Diabetes service, including diabetes in pregnancy.

Specialty services: The specialty services available at Gladstone Hospital are listed above, a referral may be required from your treating health professional before an appointment can be made.

Medical Oncology

Address 20 Park Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3200
Fax (07) 4972 3776
Website cq.health.qld.gov.au

Our Medical Oncology team provides a range of services to care for people affected by cancer and to look after the needs of their families and carers. We work in partnership with various teams including surgeons and radiation oncologists to provide the highest standard of care.

We have a number of outpatient clinics, an inpatient ward, as well as 'day only' areas for people coming to hospital for day therapy (e.g. chemotherapy).

Services

Chemotherapy is a collective term used to describe drugs that are toxic to cells, and can assist with reducing or eliminating cancerous cells. Chemotherapy is used with the intention of:

- curing or slowing the progress of cancer
- helping to reduce painful or unwanted side effects
- increasing the effectiveness of other therapies such as radiation

The type of chemotherapy recommended to you will depend upon the:

- type of tumour/cancer
- size of tumour
- location of tumour
- spread of tumour

Chemotherapy may be given in many forms, including:

- as a tablet or capsule
- intravenously into a vein or artery
- injected into the abdomen
- injected into the central nervous system (Lumbar puncture)

If you are having chemotherapy, you will have access to a range of expert health professionals including doctors, nurses, care coordinators, social workers, pharmacists, dietitians, physiotherapists, and occupational therapists.

These staff can answer any questions you have about your treatment.

How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to the hospital. If there is a waiting list, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

Nurse and Midwife Navigators

Address 20 Park Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3134
Fax (07) 4972 3776
Website cq.health.qld.gov.au

Nurse and Midwife Navigators work with clients and their carers to help them understand and manage their health care needs, and empower them to make informed decisions on their health.

The service is staffed by experienced nurses and midwives who:

- Coordinate care and ensure patients receive the most appropriate care at the right time in the right place with the right provider.
- Assist patients to navigate the health care system to and from their referring care provider or GP, through to hospital, community and back home again connecting them with services they need
- Provide health education
- Assist with advanced care planning

Who can access this service?

This service is for people with multiple chronic illness, those with a high need for health services, or those who have complex health conditions.

How to access this service

Referrals can come from private and public health care providers. We also welcome self-referrals and referrals from family, friends, and carers.

Pre-admission Clinic

Address	20 Park Street, WEST GLADSTONE QLD 4680
Telephone	(07) 4976 3200
Fax	(07) 4972 3776
Website	cq.health.qld.gov.au

If you are booked in for an operation, you may be asked to attend a pre-admission clinic one to two weeks prior to your operation. The pre-admission clinic will do a thorough assessment of your health and your current and past medical history. You will also be given information about what to expect up to and following your surgery.

What to bring

- Your appointment letter
- Medicare card
- concession cards such as Healthcare card or Veterans Affairs card
- any forms that you have been asked to fill in
- a list of any medicines you are taking regularly

If you are unable to attend your appointment

If you are unable to attend your appointment for any reason, please contact us as soon as possible on the number printed on the front of your appointment letter. If you do not arrive for your appointment, you may be taken off the waiting list for the surgery/procedure if you do not advise our booking office.

Change of details

Please contact the main hospital phone number or the clinic if you have recently changed your address or contact details.

Renal Services

Address 20 Park Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3200
Fax (07) 4972 3776
Website cq.health.qld.gov.au

Renal medicine is a medical specialty concerned with the kidneys. The kidneys are vital organs that filter the bloodstream, clearing waste products and controlling the body's level of water and chemicals. Chronic kidney disease is a condition where a person has evidence of kidney damage or reduced kidney function.

People with end-stage kidney disease require dialysis or a kidney transplant to stay alive.

Renal services are at Rockhampton Hospital, with a community dialysis on the corner of East and Archer Streets, Rockhampton, and Satellite Dialysis at Woorabinda and Gladstone Hospital.

Services

- In centre dialysis (acute and chronic) at Rockhampton Hospital
- chronic kidney disease management
- management of acute kidney injury (including administration of cytotoxic therapy)
- haemodialysis (acute and chronic)
- continuing care of patients who have had renal transplants
- self-care dialysis unit at Rockhampton Community Dialysis Service and at Woorabinda
- remote satellite dialysis at Gladstone and Woorabinda Hospitals
- Advanced Indigenous Health worker education, support and follow up for our Aboriginal and Torres Strait Islander community in Central Queensland
- home therapy patients in Central Queensland and Central West region.

How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to Rockhampton Hospital. The Renal Service takes patients from the Central Queensland and Central West regions. If there is a waiting list*, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

*Wait times will vary at our outpatient clinics with urgent appointments seen as soon as possible.

Respiratory tests (lung testing) - Clinical Measurement Department

Address 20 Park Street, WEST GLADSTONE QLD 4680

Telephone (07) 4976 3200

Fax (07) 4972 3776

Website cq.health.qld.gov.au

Our respiratory service investigates diseases and other disorders of the lungs, including:

- lung cancer
- pulmonary nodules
- pleural effusion
- interstitial lung disease
- pulmonary embolism
- pulmonary hypertension
- asthma
- chronic obstructive pulmonary disease (COPD)
- bronchiectasis
- chronic cough
- haemoptysis
- occupational lung disorders
- respiratory infection
- pulmonary sarcoidosis
- pulmonary TB and LTBI
- home oxygen assessment
- chronic respiratory failure
- suspected sleep disordered breathing

Services

- Spirometry (pre and post bronchodilator)
- Complex pulmonary and lung function testing
- DLCO/lung volume
- 6-minute walking test (6 MWT)
- Overnight oximetry (blood oxygen level test)
- Bronchoprovocation (testing to diagnose asthma)
- Flexible bronchoscopy

How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to the hospital. If there is a waiting list, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment. If you are an inpatient in hospital, you may be referred to this service by a hospital clinician.

Livingstone Shire

Emergency Departments

Emergency Department

Address 8 Hoskyn Drive, YEPPOON QLD 4703
Telephone (07) 4913 3000
Website cq.health.qld.gov.au



CQ Health hospital emergency departments are open 24 hours a day, seven days a week, including public holidays. There is no need to call first, just arrive at the department at any time. You should always call Triple Zero (000) in a genuine health emergency.

When you arrive

When you arrive at the emergency department, please go straight to the reception counter. You will be “triaged” (categorised) by a qualified nurse who assesses the urgency of your condition. Patients are treated in order of priority; this ensures the sickest patients are seen first.

- It is important to let the triage nurse know any of the following information:
- previous health problems
- current medications
- if you are pregnant or breastfeeding
- recent overseas travel
- housing or social concerns
- if your pain or symptoms become worse.

A doctor or nurse will see you as soon as they are able. At any time, they may have to step away to treat a life-threatening condition. This will not affect your care, though it may mean a longer stay with us.

Options for non-urgent conditions include:

- a general practitioner—some of whom bulk bill
- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

Hospitals

Acute Inpatient Services

Address 8 Hoskyn Drive, YEPPPOON QLD 4703
Telephone (07) 4913 3000
Website cq.health.qld.gov.au



Acute inpatient services support people who cannot be assessed and treated safely and effectively in the community. General hospitals commonly provide acute inpatient services. Acute inpatient services provide a range of therapeutic interventions and programs to patients and their families to learn more about the impact of the illness, explore ways to better manage the illness, improve coping strategies

Rehabilitation

Address 8 Hoskyn Drive, YEPPPOON QLD 4703
Telephone (07) 4913 3000
Website cq.health.qld.gov.au



We care for people who need rehabilitation after a disabling illness or injury. Our service works closely with other services across the hospital to ensure patients are given the best opportunity to reach their full potential.

Who can access this service

This service is for adults of all ages who have intensive rehabilitation therapy needs.

How to access this service

You can be referred by a hospital clinician while you are staying in hospital. You can also access this service via referral from your GP or medical practitioner. If there is a waiting list, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

Rockhampton

Abuse & Assault Services

Helem Yumba - Central Queensland Healing Centre

Address 14 Fitzroy Street, ROCKHAMPTON QLD 4700
Telephone 1800 776 727
Fax (07) 4921 3877
Website cqhealing.com.au
Email admin@cqhealing.com.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri

Some Helem Yumba's services include:

Counselling, mediation for couples, families and Community groups, Family support, prevention and Early Intervention programs for children and young people; Male Behaviour Change program; and Facilitating Elders Gatherings.

Child Protection Services

Australian Red Cross - Nalu Bulba

Address 4 Aquatic Place, PARK AVENUE QLD 4701
Telephone (07) 4836 4980
Fax (07) 4927 5420
Website redcross.org.au
Email ifsrockhampton@redcross.org.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



To support families with children who have had, or are at risk of having, involvement in the statutory child protection system.

Primarily referrals are made by the Department of Child Safety, the Department of Education (guidance counsellors) and Queensland Health (child health nurses and social workers) for families identified as not needing protection but still have high and complex needs.

Self-referrals are also accepted when we have the capacity to accept them.

Crisis Support

Carinity Communities - Wahroonga

Address 114 Fitzroy St, ALLENSTOWN QLD 4700
Telephone (07) 4922 5226
Fax (07) 4922 5277
Website carinity.org.au
Email Wahroonga.admin@carinity.org.au



Carinity Communities - Wahroonga provides child protection counselling, assessment and support for children who have experienced or are at risk of abuse and neglect. Counselling, therapy and support group sessions are also available for parents, guardians, carers, school affiliates or anyone who lives or works with a child or young person who has been through these experiences.

Day to Day Living - Rockhampton

Address 10 Albert Street, ROCKHAMPTON CITY QLD 4700
Telephone 1800 580 580
Website livebetter.org.au
Email info@livebetter.org.au



Who can receive help from LiveBetter?
We assist people to maintain their independence. You may be able to receive help:

- If you are getting a bit older now and need help with some of the things you used to be able to do for yourself;
- If you have a disability that makes it harder for you to do things for yourself;
- If you care for someone else and you need a break;
- If you have a mental illness and you need help to regain some of your skills or to develop new skills;
- If you are a child with a disability and you or your family need some help; or
- If you are in the care of Child Safety Services.

Foster and Kinship Care

Address Community Inclusion and Enterprise Centre - Building 26,
Darumbal Road, NORTH ROCKHAMPTON QLD 4702
Telephone (07) 4920 0000
Fax (07) 4920 0010
Website cqid.com.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Foster and kinship care service provides a range of services including: • Foster and kinship recruitment • Foster care training • Foster and kinship carer support • Placement of children and young people & other child protection support services.

Emergency Departments



Emergency Departments

Address	Black Street, MOUNT MORGAN QLD 4714
Telephone	(07) 4912 5100
Fax	(07) 4920 7558
Website	cq.health.qld.gov.au
Email	cqoralhealth@health.qld.gov.au

CQ Health hospital emergency departments are open 24 hours a day, seven days a week, including public holidays. There is no need to call first, just arrive at the department at any time. You should always call Triple Zero (000) in a genuine health emergency.

When you arrive

When you arrive at the emergency department, please go straight to the reception counter. You will be “triaged” (categorised) by a qualified nurse who assesses the urgency of your condition. Patients are treated in order of priority; this ensures the sickest patients are seen first.

- It is important to let the triage nurse know any of the following information:
- previous health problems
- current medications
- if you are pregnant or breastfeeding
- recent overseas travel
- housing or social concerns
- if your pain or symptoms become worse.

A doctor or nurse will see you as soon as they are able. At any time, they may have to step away to treat a life-threatening condition. This will not affect your care, though it may mean a longer stay with us.

Options for non-urgent conditions include:

- a general practitioner—some of whom bulk bill
- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

Emergency Departments

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

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- a general practitioner—some of whom bulk bill
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General Crisis and Emergency Services

RACQ CapRescue

Address Canoona Road, Canoona Rd, ROCKHAMPTON QLD 4700
Telephone (07) 4922 9093
Website caprescue.org.au
Email caitlinb@chrs.org.au
Hours of operation 8:30 AM to Midnight Mon-Fri

RACQ CapRescue provides the fastest and most efficient means of rapid deployment of medical and rescue teams to major accidents, workplace incidents, inter-hospital transfers, counter disaster and search and rescue missions.

Hospitals

Acute Inpatient Services

Address Black Street, MOUNT MORGAN QLD 4714
Telephone (07) 4912 5100
Fax (07) 4920 7558
Website cq.health.qld.gov.au
Email cqoralhealth@health.qld.gov.au



Acute inpatient services support people who cannot be assessed and treated safely and effectively in the community. General hospitals commonly provide acute inpatient services. Acute inpatient services provide a range of therapeutic interventions and programs to patients and their families to learn more about the impact of the illness, explore ways to better manage the illness, improve coping strategies

Cancer Care

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



Our aim within Cancer Care Services is to provide holistic care focusing on both the emotional and physical wellbeing of our patients. We strongly encourage the support and input of close family and friends, and we endeavor to provide a personal and friendly service.

Haematology (blood disorders)

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



We specialise in care and treatment for a wide range of conditions and diseases related to the blood.

This includes:

- anemia and other abnormal blood counts
- most bleeding and clotting disorders including deep vein thrombosis
- most cancers related to the blood including lymphomas (cancer of the lymph nodes), myeloma (cancer of plasma cells), myelodysplastic syndromes (bone marrow conditions) and leukemia.
- myeloproliferative disorders (bone marrow condition)

Services

- comprehensive diagnosis (including bone marrow biopsy)
- management of patients staying at the hospital
- treatment including chemotherapy, venesection, iron infusion, blood transfusion and intravenous immunoglobulin therapy
- consultative service across different specialties at the hospital outpatient clinics

How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to the hospital. If there is a waiting list, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

Hospital

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



Rockhampton Hospital is the largest hospital in Central Queensland and the main referral hub for the region.

Medical Oncology

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

Our Medical Oncology team provides a range of services to care for people affected by cancer and to look after the needs of their families and carers. We work in partnership with various teams including surgeons and radiation oncologists to provide the highest standard of care.

We have a number of outpatient clinics, an inpatient ward, as well as 'day only' areas for people coming to hospital for day therapy (e.g. chemotherapy).

Services

Chemotherapy is a collective term used to describe drugs that are toxic to cells, and can assist with reducing or eliminating cancerous cells. Chemotherapy is used with the intention of:

- curing or slowing the progress of cancer
- helping to reduce painful or unwanted side effects
- increasing the effectiveness of other therapies such as radiation

The type of chemotherapy recommended to you will depend upon the:

- type of tumour/cancer
- size of tumour
- location of tumour
- spread of tumour

Chemotherapy may be given in many forms, including:

- as a tablet or capsule
- intravenously into a vein or artery
- injected into the abdomen
- injected into the central nervous system (Lumbar puncture)

If you are having chemotherapy, you will have access to a range of expert health professionals including doctors, nurses, care coordinators, social workers, pharmacists, dietitians, physiotherapists, and occupational therapists.

These staff can answer any questions you have about your treatment.

How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to the hospital. If there is a waiting list, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

Mount Morgan Hospital / Mount Morgan Multipurpose Health Service

Address Black Street, MOUNT MORGAN QLD 4714
Telephone (07) 4924 8600
Website hearing.com.au
Email info@hearing.com.au

Supports health and well-being in the local community.

Outpatients

Address	Black Street, MOUNT MORGAN QLD 4714
Telephone	(07) 4912 5100
Fax	(07) 4920 7558
Website	cq.health.qld.gov.au
Email	cqoralhealth@health.qld.gov.au

When you come to hospital for a scheduled appointment, you are known as an "outpatient". You will receive a phone call, letter or SMS confirming your appointment date and time. As an outpatient you will usually see a specialist doctor and a range of other health professionals. You may require an x-ray or other tests.

When you arrive

We recommend that you arrive at the outpatient clinic approximately 15 minutes before your appointment time. Anyone entering our hospital and health services will be screened before entering. You will be required to sign in on entry by scanning a QR code via your phone camera or the free EVA check-in app. If you do not have a phone or are having trouble signing in, our friendly reception staff can help. After checking in please take a seat in the waiting area.

Appointment times

We recommend that you allocate at least two hours for your appointment (this may change depending on the clinic—please check with the clinic reception). Sometimes delays occur. Be assured that all appointments are individualised and patients are seen in order of their appointment times. There may be multiple clinics running at the same time. For this reason, you may notice that other patients are called in ahead of you. This can happen because different clinics take different times to see patients. If you need a medical certificate for work, please ask your doctor during your appointment.

After your appointment

At the end of your appointment, please check out at reception. If you require another appointment the receptionist will book you in. In some cases you will be given a Medicare Billing slip to sign and hand to our reception staff. If your doctor decides you require surgery, you may be added to the elective surgery wait list. We will send you a letter to confirm you are on the elective surgery wait list. It is important for us to have your most up-to-date contact details. Please contact the hospital/outpatient department if any of your details have changed.

If you are unable to attend your appointment

If you are unable to attend your appointment for any reason, please contact us as soon as possible on the number printed on the front of your appointment letter. This will ensure we are able to offer your appointment to another person on the wait list.

Outpatients

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

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If you are unable to attend your appointment

If you are unable to attend your appointment for any reason, please contact us as soon as possible on the number printed on the front of your appointment letter. This will ensure we are able to offer your appointment to another person on the wait list.

Pre-admission clinic

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

If you are booked in for an operation, you may be asked to attend a pre-admission clinic one to two weeks prior to your operation. The pre-admission clinic will do a thorough assessment of your health and your current and past medical history. You will also be given information about what to expect up to and following your surgery.

What to bring

- Your appointment letter
- Medicare card
- concession cards such as Healthcare card or Veterans Affairs card
- any forms that you have been asked to fill in
- a list of any medicines you are taking regularly

If you are unable to attend your appointment

If you are unable to attend your appointment for any reason, please contact us as soon as possible on the number printed on the front of your appointment letter. If you do not arrive for your appointment, you may be taken off the waiting list for the surgery/procedure if you do not advise our booking office.

Change of details

Please contact the main hospital phone number or the clinic if you have recently changed your address or contact details.

Radiation Oncology (cancer care)

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4932 5000
Website cq.health.qld.gov.au

Radiation Oncology services are provided by GenesisCare at Rockhampton Hospital. This service treats a variety of common cancers, in their early stages and after they have started to spread. It can also be used to relieve pain and discomfort from cancer that has spread.

GenesisCare works in partnership with various teams including surgeons and medical oncologists to provide the highest standard of care.

Services

GenesisCare offers:

- radiation therapy for cancer
- Deep inspiration breath hold (DIBH)

Visit tGenesisCare for more information.

How to access this service

You can be referred by a hospital clinician while you are staying in hospital. You can also access this service via referral from your GP or medical practitioner. If there is a waiting list, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

Rehabilitation

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

We care for people who need rehabilitation after a disabling illness or injury. Our service works closely with other services across the hospital to ensure patients are given the best opportunity to reach their full potential.

We care for people living with:

- amputation (if not being referred to the amputee service).
- stroke.
- brain injury.
- spinal cord dysfunction.
- orthopaedic conditions
- deconditioning following surgery or prolonged medical illness

The rehabilitation team includes the following disciplines:

- Medical
- Nursing
- Physiotherapy
- Occupational Therapy
- Speech Pathology
- Pharmacy
- Social Work
- Nutrition and Dietetics
- Psychology
- Recreational officers

Geriatric and Rehabilitation Services (GARS) is located at Rockhampton Hospital. GARS offers:

- Inpatient rehabilitation, where patients stay in the inpatient unit to undertake intensive rehabilitation with daily help from our team
- Day Hospital Rehabilitation, where patients visit the hospital to do rehabilitation with our team
- outreach service to Mt Morgan, Capricorn Coast and Gladstone
- Living with Amputation service

Who can access this service

This service is for adults of all ages who have intensive rehabilitation therapy needs.

How to access this service

You can be referred by a hospital clinician while you are staying in hospital. You can also access this service via referral from your GP or medical practitioner. If there is a waiting list, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

Renal Services

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

Renal medicine is a medical specialty concerned with the kidneys. The kidneys are vital organs that filter the bloodstream, clearing waste products and controlling the body's level of water and chemicals. Chronic kidney disease is a condition where a person has evidence of kidney damage or reduced kidney function.

People with end-stage kidney disease require dialysis or a kidney transplant to stay alive.

Renal services are at Rockhampton Hospital, with a community dialysis on the corner of East and Archer Streets, Rockhampton, and Satellite Dialysis at Woorabinda and Gladstone Hospital.

Services

- In centre dialysis (acute and chronic) at Rockhampton Hospital
- chronic kidney disease management
- management of acute kidney injury (including administration of cytotoxic therapy)
- haemodialysis (acute and chronic)
- continuing care of patients who have had renal transplants
- self-care dialysis unit at Rockhampton Community Dialysis Service and at Woorabinda
- remote satellite dialysis at Gladstone and Woorabinda Hospitals
- Advanced Indigenous Health worker education, support and follow up for our Aboriginal and Torres Strait Islander community in Central Queensland
- home therapy patients in Central Queensland and Central West region.

How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to Rockhampton Hospital. The Renal Service takes patients from the Central Queensland and Central West regions. If there is a waiting list*, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

*Wait times will vary at our outpatient clinics with urgent appointments seen as soon as possible.

Respiratory tests (lung testing)

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

Our respiratory service investigates diseases and other disorders of the lungs, including:

- lung cancer
- pulmonary nodules
- pleural effusion
- interstitial lung disease
- pulmonary embolism
- pulmonary hypertension
- asthma
- chronic obstructive pulmonary disease (COPD)
- bronchiectasis
- chronic cough
- haemoptysis
- occupational lung disorders
- respiratory infection
- pulmonary sarcoidosis
- pulmonary TB and LTBI
- home oxygen assessment
- chronic respiratory failure
- suspected sleep disordered breathing

Services

- Spirometry (pre and post bronchodilator)
- Complex pulmonary and lung function testing
- DLCO/lung volume
- 6-minute walking test (6 MWT)
- Overnight oximetry (blood oxygen level test)
- Bronchoprovocation (testing to diagnose asthma)
- Flexible bronchoscopy

How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to the hospital. If there is a waiting list, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment. If you are an inpatient in hospital, you may be referred to this service by a hospital clinician.

Rheumatology

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 7242
Website cq.health.qld.gov.au



We care for patients living with conditions affecting their joints, muscles, and bones. These conditions include arthritis, autoimmune connective tissue diseases, soft tissue disorders, metabolic bone disorders such as osteoporosis, and chronic musculoskeletal pain syndromes.

Services

- Advice on the best non-medication treatments
- Medicine-based treatments
- Local corticosteroid injections
- Advice to GPs

How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to Rockhampton Hospital. If there is a waiting list*, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

*Wait times will vary at our outpatient clinics with urgent appointments seen as soon as possible.

Phone: (07) 4920 7242

Fax: 1300 017 155

Smoking cessation

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



CQ Health has an ambitious plan to reduce the number of adult smokers from 40,000 (Census 2016) down to 20,000 by the year 2030. Since 50% of smokers in Central Queensland die prematurely, this plan aims to save 10,000 lives and provide additional health and wellbeing benefits to the CQ community over time.

For more information about the 10,000 Lives Program, visit: <https://www.health.qld.gov.au/cq/10000-lives>

Smoking Cessation—10,000 Lives

10,000 Lives Program enquiries

10,000 Lives Project Officer (Smoking Cessation)

Phone: 07 4920 6989

Urology

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

We provide specialist assessment and surgical services to people with disorders of the urinary tract.
Services

We treat patients with diseases of the urinary tract and male reproductive system including:

- prostate cancer
- bladder cancer
- kidney cancer
- stone disease (kidney stones and bladder stones)
- bladder outlet obstruction
- urethral strictures
- bladder dysfunction and incontinence

How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to the Hospital. If there is a waiting list, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment. You can also access this service when you are staying in hospital or if you have been referred by a hospital clinician.

Woorabinda Aboriginal Shire

Emergency Departments

Emergency Department

Address	1 Munns Drive, WOORABINDA QLD 4713
Telephone	(07) 4913 2800
Fax	(07) 4935 0130
Website	cq.health.qld.gov.au



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- 13 HEALTH (13 43 25 84) for non-urgent health advice from a qualified nurse.

Hospitals

Acute Inpatient Services

Address 1 Munns Drive, WOORABINDA QLD 4713
Telephone (07) 4913 2800
Fax (07) 4935 0130
Website cq.health.qld.gov.au



Acute inpatient services support people who cannot be assessed and treated safely and effectively in the community. General hospitals commonly provide acute inpatient services. Acute inpatient services provide a range of therapeutic interventions and programs to patients and their families to learn more about the impact of the illness, explore ways to better manage the illness, improve coping strategies and move towards recovery.

Outpatients

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Telephone (07) 4913 2800
Fax (07) 4935 0130
Website cq.health.qld.gov.au



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How to access this service

To access this service, your GP or medical practitioner will need to send a referral letter to Rockhampton Hospital. The Renal Service takes patients from the Central Queensland and Central West regions. If there is a waiting list*, you will receive a confirmation letter and be advised on what to do next. If there is no waiting list, you will receive an appointment booking letter or we will contact you to arrange a suitable time for your appointment.

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Counselling

Australia/State Wide

Aboriginal Support Services & Counselling

ADIS

Telephone	1800 177 833
Website	metronorth.health.qld.gov.au

Adis has operated for over 30 years as Queensland's first port of call for anyone with alcohol and drug concerns. We are a 24 hour, 7 day a week confidential support service offering support for people in Queensland with alcohol and other drug concerns, their loved ones and health professionals. With our experience and information, we help find the pathway that works best for you and your loved ones.

Child (and Parent) Information & Counselling

Camp Quality Queensland

Telephone (07) 3216 0299
Fax (07) 3216 0365
Website campquality.org.au
Email reception@campquality.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



What we do

Camp Quality gives kids facing cancer the chance to be kids again.

Camp Quality's services and programs are created specifically to support children aged up to 15 years, who are dealing with their own cancer diagnosis, or the diagnosis of someone they love, like a brother, sister, mum, dad or carer.

Camp Quality provides kids, their siblings and parents, with fun experiences, education, specialised cancer care, counselling and a supportive community; in-hospital, online, at school and away from it all on camps and at our retreats.

Camp Quality services and programs help kids and families at every stage of the cancer experience in the following ways:

In hospital: The Camp Quality Puppets provide fun and distraction for kids at their hospital bedsides, which boosts their mental wellbeing. Camp Quality sponsored Child Life Therapists support children undergoing cancer treatment to reduce anxiety and the need for sedation.

Online: Live streamed Puppet Digital Playdates bring the Camp Quality Puppets to children isolated by cancer, on their personal electronic device. The Kids' Guide to Cancer and New Normal Navigator apps provide cancer education and trusted resources. The Happiness Hub website is home to kids' activities and wellbeing content; Interactive Virtual Camps allow children to enjoy the camp experience online.

At school: The Camp Quality Puppets present the Primary School Cancer Education Program to dispel cancer myths, create an inclusive school community and prevent bullying.

Away from it all: Our Kids' Camps and Family Camps give children and their families a break from cancer. As do our memorable one-day events, Family Fun Days and Family Experiences. We also provide respite in the most difficult stages of cancer at our Retreats.

Camp Quality raises funds to ensure the 8,900 kids facing cancer, who are registered for our services and programs, have the chance to just be kids again and create positive memories that change their cancer story.

We rely almost entirely on the generosity of everyday Australians, major donors, corporate partners, trusts and foundations, to help us provide our services and programs free of charge.

To learn more about Camp Quality visit campquality.org.au
Follow us on Twitter @Camp_Quality / Facebook @CampQualityAU / Instagram @camp_quality /
Linkedin Camp Quality / Tik Tok @campquality

Child Support Agency

Telephone 13 12 72
Website servicesaustralia.gov.au



Assisting separated families to transfer money to each other for the support of their children & linking people to support services in Biloela, Rockhampton, Emerald, Gladstone & Longreach

Children By Choice Association Incorporated

Telephone (07) 3357 5377
Fax (07) 3857 6246
Website childrenbychoice.org.au
Email advocacy@childrenbychoice.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

Children by Choice provide a Queensland wide telephone counselling, information and referral service on issues relating to unplanned pregnancy. We offer genuine support and unbiased, non-judgmental services on all unplanned pregnancy options. Face to face counselling services are available in the Brisbane region by appointment.

We also provide sexuality education to young people and professional development training for health and community sector professionals. We work to advance Queenslanders' reproductive choices, and to improve access to safe and legal abortion.

Children's Contact Service

Telephone (07) 3497 2812

Email contactus@kindredconnect.com.au

Hours of operation 9:00 AM to 6:00 PM Mon; 8:00 AM to 6:00 PM Tue-Sun



Kindred Connect assists families who have gone through separation. We support children and parents in establishing and maintaining positive, safe and healthy contact – vitally important for the happiness and well-being of everyone involved, and crucial to the children's emotional health and future. We understand the importance such relationships have for all children, in developing a strong and healthy sense of identity and belonging.

These are are services;

Supervised Contact

We provide a safe and pleasant meeting ground for parent and child, with an independent and unbiased observer on hand. While we can provide off-site services, we encourage families to take advantage of our Children's Contact Centre, located in Dayboro – 20km west of Strathpine, Brisbane. Our child-focused approach includes preparing the child for the visit, ensuring the safety of all parties through adequate security controls, monitoring contacts, recording observations, supervising and terminating visits and providing reports to the Court when necessary.

Specialist Support

Kindred Connect offers specialist support for families/individuals experiencing complex issues and/or who are receiving support or intervention from Child Safety, or other statutory child protection authorities. Please contact our office to discuss requirements and options.

Magic Coat for Kids Pty Ltd

Telephone 0477 997 661

Website themagiccoat.com

Email admin@themagiccoat.com



The Magic Coat is a tool that has been developed to help create confident, calm and caring kids who know how to problem solve, feel safe and manage their emotions appropriately so that they have good mental health and well being.

The Magic Coat is based on the analogy that children put on an imaginary coat with a number of characters inside the pockets, to remind them of the different strategies they have available to help them feel calm, confident and resilient.

The simple and effective language and strategies provide parents with a tool to communicate with their children in a way that will grow the parent/child bond and also prevent mental health becoming an issue as children get older.

The Magic Coat program helps children learn to take control and responsibility for their own world and to create positive relationships with adults and children around them. Focusing on prevention rather than cure, it provides children with social and emotional strategies from a young age, which can have a significant impact on mental health in later years.

The Magic Coat is a multifaceted program which incorporates:

- Children's books;
- Parenting books;
- School presentations;
- Community and Parenting seminars;
- Unique and interactive Workshops for both parents and children to attend together (where children will learn the strategies and tools to help them deal with issues such as worry and anxiety, friendships and bullying, and anger management);
- Dedicated Workshops just for children;
- Focused workshops, seminars and presentations on "Using the Magic Coat to Support Children with Special Needs";
- In depth 6-10 week after school programs (run each school term in WA by Direction Psychology);
- Teacher training and a workbook to enable the program to be run in classrooms;
- Online Training Options;
- One-On-One Coaching Sessions; and
- A growing range of merchandise.

The Magic Coat is a social enterprise, with a variety of both corporate and charity partners who provide sponsorship support to ensure that we are reaching the families in our community who need our services the most. **Make A Difference WA** support us to reach many schools, families and community organisations in need, along with a list of Corporate sponsors who can be found on our webpage.

We are therefore able, on a case-by-case basis, to provide **many of the above services** including school presentations, community and parenting seminars, workshops & teacher training, either **FREE OF CHARGE** or on a subsidised basis to participants, schools and community organisations.

Counselling

Parentline

Telephone 1300 301 300
Website parentline.com.au
Email admin@parentline.com.au
Hours of operation 8:00 AM to 10:00 PM Every day



Sometimes you just need to talk to someone. Sometimes you need guidance. You can talk to our qualified Parentline counsellors about challenges you're facing as a parent or about issues affecting your family.

Whether it's support for challenging behaviour, your relationship with your children, co-parenting guidance or mental health help, Parentline is here for you.

All parents want to do the best for their children. However, sometimes we need help with this due to things outside our control. From newborns to teenagers, whatever it is. Talking things over with a trained Parentline counsellor, who can offer guidance and support, may help you understand what your loved ones need.

Kids do better when their parents feel supported, Parentline is here to support parents 8am-10pm, 7 days a week.

Pregnancy Birth and Baby

Telephone 1800 882 436
Website pregnancybirthbaby.org.au
Email info@nhccn.com.au
Hours of operation All Hours



Pregnancy, Birth and Baby provides free, non-judgemental emotional support and reassurance. We provide guidance on children's growth, behaviour and development and are able to refer parents to local services. Our maternal child health nurses work with parents to ensure the health and wellbeing of their children and family.

Guidance and emotional support provided includes areas such as:

- pregnancy planning - fertility, unexpected outcomes, planning for pregnancy
- healthy pregnancy - decision making in pregnancy, relationship changes, having a healthy pregnancy, check-ups, common pregnancy discomforts
- newborn essentials - preparing for birth, feeding and settling your baby, when birth doesn't go to plan, you and your baby after the birth
- becoming a parent - adjusting to parenthood, fathers, parenting styles, anxiety and postnatal depression
- parenting (up to 5 years) - baby's health and safety, all stages of your child's development – eating, sleeping, walking and talking, toddler tips for tantrums and toilet training and preschool preparation.

Counselling

Reachout Australia

Telephone (02) 8029 7777
Website about.au.reachout.com
Email info@reachout.com

ReachOut Parents Coaching is for any Australian parent with teenagers aged between 12–18 years, with access to a computer. If you're worried or want to build on your relationship with your teenager, we provide a free one-on-one online coaching program. ReachOut Parents Coaching is a free service with sessions that are personalised to suit your individual needs and concerns. With coaches from

The Aussie Hands Foundation Inc

Website aussiehands.org
Email info@aussiehands.org
Hours of operation 10:00 AM to 3:00 PM Mon-Fri



- * Supporting children and adults who have been born with a hand difference or have an acquired hand injury.
- * Providing opportunities for networking and exchange of information.
- * Supporting research initiatives focussing on hand differences.

General Support Services & Counselling

Amputees Queensland

Telephone (07) 3290 4293
Website amputeesqld.org.au
Email admin@afsg.org.au
Hours of operation 9:00 AM to 5:00 PM Every day



Amputees and Families Support Group offers individual and family support, hospital visitation, advocacy, social activities, information and referral. Medical aids to new amputees are also provided.

Anchoring Your Life Counselling

Telephone 0490 061 761
Website anchoringyourlife.com
Email debra@anchoringyourlife.com
Hours of operation 9:00 AM to Midnight Mon-Fri

I provide counselling support to couples, adults and teenagers. These services can be provided both in my private practice or online for those who may have mobility issues or prefer the sanctity of their own home. I am a private healthcare provider and work with NDIS participants who are self or plan managed.

Community-Based Mental Health

Telephone	1300 707 655
Website	bridgeshcc.org.au
Email	enquiries@bas.org.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri

What we offer

We will help you identify your unique recovery goals and create an agreed recovery plan.

Bridges approach

Bridges focuses on what you need to help you when you're not feeling well or are experiencing barriers in your life and are seeking additional support.

We work alongside people who identify as having a mental illness. Such condition may be, schizophrenia, bi-polar disorder, depression, anxiety, and/or personality disorders.

We also support those with mental ill-health without a diagnosis who experience barriers, issues, or have adverse life events.

It is our role to help you identify what you need to lead a productive health and fulfilling life. These are determined by you, not us. We capture this in your recovery plan to track progress and build your capacity and connection to your community.

Our service

Our commitment is to work alongside you to build your confidence and access the resources and supports that you need, providing varying levels of support where and when required.

Our community-based mental health team comprises of professionally trained and qualified mental health professionals.

We offer short term interventions and assistance and longer-term support where required. Our services are voluntary, and individually tailored to suit your needs.

To accommodate, there are three programs that our clients will be referred into:

- Individual Recovery Support Program (IRSP)
- Commonwealth Psychosocial Support Program (CPS)

Bridges 'No Wrong Door' policy means we will link you in with our other specialist services such as our drug and alcohol treatment service if this is an issue for you.

Referrals & fees

Bridges adult mental health team receives referrals into the respective program from various agencies. These include:

Commonwealth Psychosocial Support Program (CPS) receives referrals from:

- The Primary Health Network (PHN)
- Government and non-government services, GP's carers etc but must have your consent to refer to us.
- You, as a person who chooses to self-refer

Individual Recovery Support Program (IRSP) can only receive referrals from our local Hospital and Health Service (HHS).

Clients who engage in these Bridges services do not need to pay any fee.

Counselling

To start your journey, contact our team about the Bridges mental health services. Ph: 1300 707 655

Where Bridges community-based mental health services are delivered

Our community-based mental health services and programs are available in the following Queensland locations.

- Bundaberg Region: Bundaberg, Childers, Gin Gin
- Burnett Region: Gayndah, with outreach to the North Burnett: Mundubbera and Monto
- Fraser Coast Region: Maryborough, Hervey Bay
- Central Queensland Region: Gladstone, Rockhampton

Funding acknowledgement

The Bridges Community-Based Mental Health Services receives funds from Queensland Health Mental Health & Specialised Services Branch and the Central Queensland, Wide Bay, Sunshine Coast PHN.

Counselling and Coaching with Astuteology

Telephone 0426 952 757

Website astuteology.com



As your qualified registered ACA counsellor and coach, I will work with you to help you overcome your problems, and grow your strengths and talents, so you enjoy better relationships and achieve your lifetime goals. All your counselling and coaching needs will be met, either by phone, Skype or Zoom no matter where you are in the world. Let's work on a plan to build a happier more contented you!

Counselling Services Hervey Bay

Telephone 0458 431 919

Website counsellingservicesherveybay.com.au

Email patriciaf20101@outlook.com



NDIS Provider- Counselling Individuals, Children and Couples, Clinical Family Therapy, Energy Psychology-Kinesiology and Theta Healing- By Appointments Saturdays and Mondays - Natural Therapies. Passionate about helping people to achieve their goals and having a happier healthier life. Registered Mediator and Family Dispute Resolution Practitioner including a child inclusive process when required.

Diverse Communities and Social Services (DCSS Australia Inc.) Indigenous and LGBTIQA+ Community Justice and Social Services Charity / Not-For-Profit and Charity Community Consultants (NFPCCC) Indigenous DGR PBI Charities

Telephone (03) 6185 0292
Website dcss.org.au
Email Info@dcssaustralia.org
Hours of operation 10:00 AM to 6:00 PM Mon-Fri; 11:00 AM to 4:00 PM Sat-Sun

Diverse Communities and Social Services (DCSS Australia) is a National Not-for-Profit Community Justice and Social Services Charity Organisation throughout Australia, which is a Public Benevolent ACNC Charity Institution.

Diverse Communities and Social Services (DCSS Australia) is the leading National Aboriginal and Torres Strait Islander (Indigenous), LGBTIQA+ (Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual or other gender and sexual diversities), Culturally and Linguistically Diverse (CALD), Diversity and Inclusion focused organisation which delivers the Not-for-Profit Community Justice and Social Services Program operating across Australia.

DCSS Australia delivers this program in close partnership with the Victorian (VIC) Department of Justice - Fines Victoria (WDP Team), New South Wales (NSW) Revenue Office (WDO Team), Western Australia (WA) Department of Justice, Queensland (QLD) Fines Enforcement, as well as many of our other Community Partners.

DCSS – We stand for Diversity & Inclusion, supporting Indigenous and LGBTIQA+ Communities through Community Justice and Social Welfare Services.

Charity Consultants – We stand for Australian Allyship, helping you help the underprivileged people and communities through Not-for-Profit/Charity and Business Consultancy/Development Services.

Our Vision: Spreading Wisdom of respectfully knowing how to live well in a world worth living in!

Our Mission: Break patterns of systemic underprivileged by Promoting Allyship, Diversity & Inclusion!

DCSS Australia was established in 2014, Incorporated in 2016, Registered Charity Fundraiser in 2018, Registered Charity in 2019.

Our Values are: Trust - Respect - Integrity - Belief - Equality (T.R.I.B.E.)

Diverse Communities and Social Services (DCSS Australia) is a unique organisation as we are not limited to a specific community & social support services sector. Therefore, we are able to be able to assist the community wherever it is required, and in alignment with the capabilities of our team.

Diverse Communities and Social Services (DCSS Australia) focus is to provide personalised assistance to those who are most in need of support. The people of the community whom we serve, are people with psycho-social and physical health difficulties and we assist them to better manage the challenges of everyday life in a safe and non-judgmental environment.

Diverse Communities and Social Services (DCSS Australia) approach utilises the unique perspectives of the direct personal life experiences of each of our volunteers. We are rapidly expanding our services and programs, as well as partnering with other community organisations to help people within the community to reach their goals!

Counselling

Dr Julie-May Brown

Telephone 0421 778 204
Fax (07) 3112 4059
Website jmbpsychology.com.au
Email jmbpsychology@hushmail.com
Hours of operation 8:30 AM to 4:00 PM Tue-Fri

Dr Julie-May Brown is a Clinical Psychologist, having completed eight years of University training, including a Bachelor Degree, Honours Degree, Clinical Doctorate and joint Sociology Degree. More than twenty years of experience includes work in both private and public sectors, including former service as a Military Psychologist (CAPT), Centrelink, Disability Services Qld, Employee Assistance Services, eight years as a voluntary expert consultant for the EMDRAA Accreditation and Standards Committee, and fifteen years in private practice. Julie-May completed EMDR training in 2008 and is acknowledged by the EMDR Association of Australia (EMDRAA) as an accredited EMDR Practitioner and Consultant/Supervisor for clinicians. She is also regarded within Australia and New Zealand as a master EMDR clinician, who works within an ethical, multidisciplinary, solution focused framework.

Eating Disorders Assoc

Telephone (07) 3844 6055
Fax (07) 3394 3663
Website eatingdisordersqueensland.org.au
Email admin@edq.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Providing information, short term support and referrals to individuals with eating disorders, their carers and health professionals.

Family Relationship Advice Line

Telephone 1800 050 321
Website familyrelationships.gov.au



For those seeking help, information, support and referral to a range of services that can prevent family breakdown or ease the difficulties associated with separation and divorce.

Healing Beyond Discovery

Website healingbeyonddiscovery.org
Email info@healingbeyonddiscovery.org

Our group focuses on providing confidential support and information to heterosexual people who discover their partner is gay, lesbian, bisexual or transgender. Our private peer to peer support group offers a safe space to share your story and for you to gain support from people who understand.

Holistic Lifestyle Practice

Telephone 0459 946 832
Email admin@holisticlifestylepractice.com.au



Kellie Hansen is an Accredited Mental Health Social Worker, Somatic Experiencing Practitioner and Credentialed Eating Disorder Clinician who provides evidence based psychological therapy for mental health and wellbeing for adolescents and adults in person or via telehealth (phone or video link) with rebates under Medicare and NDIS funding (where eligible).

Make It Happen Hypnotherapy

Telephone 0475 159 415
Website mihh.com.au
Email sandy@make-it-happen-hypnotherapy.com
Hours of operation 8:00 AM to 6:00 PM Tue-Fri,Sun



Established in 2018, Make It Happen Hypnotherapy is a premier Holistic Wellness Centre. Our mission is to inspire individuals to unlock their full potential through neuroscience-oriented brain training. Our transformative methodology encourages individuals to tap into the power of their subconscious minds, connect with their higher selves, and effect enduring change. Over the last 5 years, we have had the privilege of serving over 700 clients, both face-to-face and online, through our one-on-one services and transformative workshops. Ready to be a better version of yourself? Book a FREE Consultation with us now!

Counselling

MensLine Australia

Telephone 1300 789 978
Website mensline.org.au
Hours of operation All Hours



MensLine Australia is the nationwide telephone and online support, information and referral service for men with family and relationship concerns. The service is available from anywhere in Australia and is staffed by professional counsellors, experienced in men's issues.

MensLine Australia provides:

- A safe and private place to talk about concerns
- Confidential, anonymous and non-judgmental support
- Coaching and practical strategies for managing personal relationship concerns
- Relevant information and links to other appropriate services and programs as required
- Callers have access to 24-hour support, anywhere anytime.

Our MensLine professional counsellors are experts in men's mental health, anger management, family violence (using and experiencing), substance abuse, healthy relationships and integrated wellbeing.

MensLine Australia is for all men and all types of relationships. This includes:

- Men who want to enhance or better manage difficulties in a relationship with their wife, partner, children, work colleagues or anyone else in their lives
- Men who have concerns about being a dad and want to improve their parenting skills
- Men who are dealing with a separation or family breakdown and want some support to manage this critical time
- Men who have concerns about emotional wellbeing or anger management issues
- Men who are dealing with family violence
- Anyone who is worried about a male family member, partner or friend
- Professionals working with men who have family or relationship difficulties.

When faced with a problem, men are often more focused on solutions than talking about their feelings. Our counsellors recognise this preference and offer a practical approach to counselling, while also encouraging men to deal with important emotional issues.

Nicole Ivens Holistic Counselling

Telephone 0400 280 475
Website nicoleivens.com
Email info@nicoleivens.com
Hours of operation 10:00 AM to 7:00 PM Thu-Fri; 9:00 AM to 1:00 PM Sat



Counselling Service for Women. Specialising in: Anxiety, Stress, Self-care, Improving Self-confidence, Relationships, Grief & Loss, and Trauma

Northern Beaches Counselling and Family Therapy

Telephone 0432 244 070

Email northernbeachescounselling@outlook.com

Hours of operation 9:00 AM to 7:00 PM Mon-Fri



Counselling and Mediation services in a strictly confidential environment.

Down to earth yet professional approach to counselling.

Adolescents + Adults + Anxiety + Depression + Family Therapy + Grief & Loss + Relationships + Stress.

Face to Face, Walk N Talk, Online and Telehealth appointments available Mon - Fri 9am-7pm.

Australian Counselling Association Member + National Mediator Accreditation Standards Member

Sometimes we need help to get through a difficult time.

Northern Frontiers Mediation and Counselling Mediation and Counselling

Telephone 1300 908 170
Website northernfrontiers.com.au
Email reception@northernforntiers.com.au
Hours of operation 7:30 AM to 5:00 PM Mon-Fri



About us

Based in Cairns, Far North Qld, Northern Frontiers Mediation & Counselling provides a wide range of professional services that can be provided in-person, or via phone and videochat platforms Australia-wide. We engage with a number of suitably qualified and experienced professionals to provide our suite of services, and further details can be provided when making a booking.

Mediation:

- Family Law Mediation
- Parenting Mediation
- Property Mediation
- Workplace Mediation Cairns
- Parenting Agreement Coaching
- Property Agreement Coaching
- Mediation Service Locations
- Cairns
- Darwin
- Port Moresby

Counselling:

- Marriage & Relationship Counselling Cairns
- Individual Counselling
- Pre-Marriage Counselling Cairns
- Employee Assistance Programme EAP
- Anger Management Action Plan Cairns
- Family Violence Awareness Program Cairns
- Service Locations

Opening Hours

- Mon-Fri: 7.30 am – 5:00 pm, by appointment only. Limited face-to-face sessions available during the week. Phone and videochat (MS Teams, Skype, Zoom etc) available each weekday. Last-minute sessions are sometimes available for urgent matters.

Please note: To ensure client confidentiality all bookings are strictly by appointment only therefore we do not accept walk-ins or unannounced requests for service, including for new enquiries.

Counselling

Not My Closet

Website notmycloset.com
Email karen@notmycloset.com



Counselling and coaching throughout Australia for straight spouses who've discovered their partner is a closeted lesbian, gay, bisexual or transgender person.

Nova Psychology

Telephone 0418 936 120
Website novapsychology.com.au
Email hello@novapsychology.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



We are a diverse team of experienced therapists offering support for a broad range of mental health and life concerns. We are able to book clients an appointment for a telehealth consultation anywhere in Australia within one to two weeks. So we provide convenience, flexibility and accessibility with no long wait times. We welcome you to get in touch. Let's have a chat about how we can help (:

Pregnancy Counselling and Education Services Inc.

Telephone 1800 777 690
Website pcl.org.au
Email info@pcl.org.au



All pregnancy options, pregnancy loss & post abortion issues. Professional, non-directive counselling.

Sallyanne Keevers - TalkWise Counselling and Psychotherapy

Telephone 0401 045 995
Website talkwise.com.au
Email sal@talkwise.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Thu



Hello, I'm Sallyanne Keevers a registered professional counsellor and psychotherapist with over 10 years of experience in the mental health and wellbeing field. I hold postgraduate qualifications in counselling and have completed additional studies in mental health and education.

Throughout my career, I have had the opportunity to work with a wide range of individuals dealing with various challenges, such as anxiety, depression, trauma, grief, and relationship issues. My therapeutic approach is client-centered and strengths-based, which means that I strive to create a warm and compassionate environment that is tailored to meet each client's unique needs.

I use a variety of evidence-based techniques and modalities, to help clients develop skills and achieve their goals. I strongly believe in the power of the therapeutic relationship and am committed to building a collaborative partnership with my clients.

My clients describe me as warm, compassionate, and non-judgmental. I am passionate about helping individuals overcome obstacles and achieve their full potential. I am dedicated to creating a safe and supportive space where my clients can explore their thoughts, feelings, and behaviours, without fear of judgment.

If you're ready to begin your journey towards healing and growth, I am here to support you. Please feel free to reach out to me to schedule an appointment or to learn more about how I can help you achieve your goals.

Salt Counselling

Telephone 0411 940 665
Fax (07) 3607 2478
Website saltcounselling.com
Email counsellingatsalt@gmail.com
Hours of operation 9:00 AM to 6:00 PM Mon-Tue,Thu

Salt Counselling provides compassionate and professional counselling for Individuals aged 13years to adults.

Issues covered include: stress, anxiety, grief and loss, parents and families of children with special needs, trauma, depression workplace stresses, relationship issues.

Kathryn is an accredited mental health Social Worker with over 20 years experience.

Call or email for a free 15 minute discovery chat today

0411940665 or counsellingatsalt@gmail.com.

Counselling

Start from Within

Telephone (02) 8971 7392
Website startfromwithin.com.au
Email admin@startfromwithin.com.au
Hours of operation 8:00 AM to 6:00 PM Mon-Fri; 9:00 AM to 4:00 PM Sat

Start from Within provides Counselling and Grief Peer Support Groups. We work together on a wide range of issues (anxiety, depression, stress, self-esteem, life transitions, grief, and loss) and help you figure out your next steps forward, through, or beyond. Healing can be messy, scary, and joyful and I am here to hold space for all of it. Reach out anytime. ~Fouz Fatima, Counsellor

talklink

Telephone (03) 7064 9528
Website talklink.com.au
Email hey@talklink.com.au

The logo for talklink, featuring the word "talklink" in a lowercase, orange, handwritten-style font.

An online mental health directory connecting Australians with mental health support. We have available psychologists, counsellors, and psychotherapists available nationwide to help people with mental health concerns. All of our mental health practitioners are available online.
www.talklink.com.au

The Butterfly Foundation National Helpline

Telephone 1800 334 673
Website butterfly.org.au
Email support@thebutterflyfoundation.org.au

The Butterfly Foundation operates a National Helpline that includes support over the phone, via email and online, reaching 20,000 people each year. The Helpline is staffed by trained counsellors experienced in assisting with eating disorders and body image issues. We also provide a wide range of programs for service providers and recovery groups.

Counselling

Transformative Place Counselling Service

Telephone 0418 961 475
Website transformativeplace.com.au
Email counsellortpcs@gmail.com
Hours of operation 9:00 AM to 8:00 PM Mon-Fri



Welcome, I'm Ketura, counsellor at Transformative Place Counselling Service, an online counselling service for Australian adults.

If you're ready to address or overcome:

Trauma

Grief

Major

Addiction

&

life

loss

transitions

Mental health concerns or want to improve resiliency and self-esteem

Transformative Place Counselling Service is the place for you!

Allow me to guide you in finding your voice and making yourself be heard. Together, let's explore your values and work on strategies and solutions to improve your resiliency & adaptability to life.

Intrigued? Want to know more? Contact me & let's start you on your way to living the kind of life you envision.

Sessions	run	for	an	hour:
Full		paying:		\$100
Concession:				\$60
Cancellation fee (under 24hrs): \$50				

UnitingCare Country Callback

Telephone (07) 3253 4000
Fax (07) 3236 0929
Website unitingcareqld.com.au



Country Callback is a 24/7 telephone support service for drought affected and isolated communities within rural Queensland. The service offers targeted emotional support to rural Queenslanders and the ability to call you back for additional support and check-ins. The service is available to people experiencing personal, social, financial and emotional difficulties as a result of the prolonged drought and rural hardship. The Country Callback service is available 24 hours a day, 7 days a week. This confidential service provides:

- Information, advice and referral
- Counselling support for individuals and families experiencing personal, social, financial and emotional difficulties as a result of prolonged drought and rural hardship
- Debriefing / supervision support for staff and volunteers.

This service has been established by UnitingCare Community.

Walking Life's Path Counselling Service

Telephone 0411 513 430
 Website liferestored.me
 Email walkinglifesp@liferestored.me



The role of counselling is to neither lead nor follow, though sometimes both are necessary, but to “walk alongside”, going where the counselee wants to go, exploring what they want to explore. Walking Life's Path was created in order to “walk” with those seeking help, to clarify and set about reaching their goals, with the primary objective being to empower them to make the right decisions in order to reach said goals, and to be able to “walk away” more self-reliant, with a new or revised set of skills and a greater sense of hope for the future. Counselling can be particularly helpful if an issue is difficult to face alone or you are unsure how to deal with an issue, it's about working with you on strategies to overcome obstacles and personal challenges that you are facing. It's not always a matter of being 'unable to cope' but needing the right tools to deal with a situation or issue, whatever that may be. Counselling gives you an opportunity to talk to someone outside the issue which will help you gain clarity on the situation. At Walking Life's Path we seek to help clients identify goals and potential solutions to problems which cause emotional turmoil; seek to improve communication and coping skills; strengthen self-esteem; and promote behaviour change and optimal mental health; addressing concerns across many lifestyle and life stage events and circumstances.

Common reasons why people seek out counselling include, but not limited to:

- Relationship difficulties, e.g. frequent fights, extramarital affairs, sexual worries, loss of intimacy.
- Illness, grief and loss.
- Life transition and adjustment issues.
- Personal growth and understanding.
- Addictive behaviours.
- Sexuality and sexual identity.
- Anxiety, stress or depression.
- Individuals or couples considering marriage.
- New parents facing change.
- Bringing up teenagers.
- Separation or divorce issues.
- Loneliness.
- Adjustment to step-family arrangements.
- Violence and abuse in the relationship.
- Workplace problems, retrenchment or retirement.

Text or email Danielle-Marie at Walking Life's Path today with any questions you may have or to make a booking.

Wide Bay Social Work Services

Telephone (07) 4159 3691
Fax (07) 4145 5360
Website widebaysocialwork.com.au
Email info@widebaysocialwork.com.au

NDIS Registered Provider

Wide Bay Social Work Services is NDIS Registered for Therapeutic Supports. We also provide Support Coordination for Plan and Self Managed Participants.

Our specialisations: Mental Health, Brain Injury, MND, Dementia, ASD

Counselling

Wide Bay Social Work Services offers counselling support from an Accredited Mental Health Social Worker. Accredited Mental Health Social Workers are registered providers with Medicare.

Wide Bay Social Work Services can help with depression and other mood disorders, anxiety, suicidal thoughts, relationship problems, life crisis, adjustment issues, grief and loss, family and work conflicts, trauma, psychosis and personality disorders, stress, self-esteem, phobias, addictions and school and workplace issues.

Our Accredited Mental Health Social Worker will draw on a range of interventions to assist with the above including cognitive behavioural therapy, behavioural and cognitive interventions, relaxation strategies, anger management, problem solving, skills training, social skills, stress management, narrative therapy, parenting skills, motivational interviewing and interpersonal therapy.

In a safe, confidential, caring environment, Wide Bay Social Work Services will work with you to help explore your feelings, behaviours and beliefs, set personal goals, work through challenges and better understand yourself.

Suicide & Self Harm Information

ConNetica Consulting

Telephone (07) 5491 5456
Website connetica.com.au



ConNetica is recognised and awarded in Australia and internationally for our thought leadership in mental health and suicide prevention, comprehensive approach to service mapping, collaboration and integration, stakeholder engagement, suicide prevention training programs, advocacy and research.

Counselling

LivingWorks Education Australia

Telephone 1300 738 382
Website livingworks.com.au
Email info@livingworks.com.au



LivingWorks is the world's leading provider of suicide intervention training. For more than thirty years, we have developed and delivered programs of the highest quality with the goal of saving lives from suicide. Praised by the international community and supported by numerous studies, our workshops help people become more willing, ready, and able to intervene with someone at risk.

Marcus Mission

Telephone 0419 750 607
Website wmq.org.au
Email contactus@wmq.org.au



Suicide is the leading cause of death for Australian men aged 18-44 years. Marcus Mission aims to reduce the risk of suicide for young men in this age group.

Banana Shire

Child (and Parent) Information & Counselling

Australian Breastfeeding Association - Biloela

Address 27 Prospect Street, BILOELA QLD 4715
Telephone 0419 745 340
Website breastfeeding.asn.au



Support for mothers who wish to breastfeed as well as friendly and informal discussion.

Australian Breastfeeding Association - Moura

Telephone (07) 4997 1430
Website breastfeeding.asn.au



Free 24 hour counselling on all aspects of breastfeeding. Ante natal breastfeeding classes, health professional talks. School talks, small group discussions available, especially for expectant and new mothers. Support and encouragement for all aspects of the parenting role.

General Support Services & Counselling

Counselling - Alcohol and Other Drugs - Youth - Wakai Waian Healing

Address 64 Callide Street, BILOELA QLD 4715
Telephone 0477 012 836
Fax (07) 4979 0967
Website wakai-waian.com.au
Email info@nhulundu.com.au



Provides Counselling - Alcohol & Other Drugs - Youth across various regions of Queensland.
(Provided by Wakai Waian Healing)

New Access Program - Lives Lived Well Taroom

Telephone 1300 971 309
Website liveslivedwell.org.au
Email kylie.lamb@liveslivedwell.org.au



- NewAccess is an early intervention program designed to provide easily accessible, free and quality services for people with mild to moderate depression and/or anxiety
- The program aims to assist people who are not currently accessing mental health services through Low Intensity Cognitive Behaviour Therapy (LiCBT)
- Developed by *beyondblue*, the program has been commissioned by the Darling Downs and West Moreton Primary Health Network and is delivered by Mental Illness Fellowship Queensland and Lives Lived Well.
- The program includes up to six free sessions
- This includes an assessment, five subsequent sessions and a review of LiCBT delivered by specifically trained and clinically supervised 'Coaches'
- The first appointment is normally between 45-60 minutes and subsequent sessions are 20-30 minutes
- Sessions are flexibly delivered via face-to-face or telehealth modalities, including but not limited to Skype and Facetime

NewAccess is:

- Suited to individuals experiencing symptoms of mild to moderate depression and/or anxiety
- Suited to individuals aged 12 plus
- Not suited to individuals currently receiving other psychological intervention but they can pause this treatment and work with our coaches
- No waiting list

Referrals can be also be made via:

- **Beyond Blue:** <https://www.beyondblue.org.au/get-support/newaccess/where-are-your-access-coaches-located> or 1300 224 636.
- **Lives Lived Well:** <https://www.liveslivedwell.org.au/our-services/qld/mental-health/newaccess/> or call 1300 727 957.
- **Local NewAccess Coach:** Kylie Lamb: mobile: 0447 193 939; email: kylie.lamb@liveslivedwell.org.au; fax: 07 3539 9875.

The New Access Program is available in a wide range of locations, please call 1300 971 309 to enquire about services in your area.

Central Highlands

Child (and Parent) Information & Counselling

CatholicCare Central Queensland 123 Magic

Address LOT 15 Kurrajong Street, BLACKWATER QLD 4717
Telephone 1300 523 985
Website catholiccarecq.com
Email blackwater@catholiccarecq.com



The Aim of the program is to provide information to parents about the 123 system and Emotion coaching.

CatholicCare Central Queensland 123 Magic

Address 141 Egerton Street, EMERALD QLD 4720
Telephone 1300 523 985
Website centacarecq.com
Email emerald@centacare.net



Provide information to parents about the 123 system and Emotion coaching

CatholicCare Central Queensland Triple P Seminars

Address LOT 15 Kurrajong Street, BLACKWATER QLD 4717
Telephone 1300 523 985
Website catholiccarecq.com
Email blackwater@catholiccarecq.com



Aim of Program: Provide information to parents about: • Positive parenting • Raising competent and confident children • Raising resilient children

Counselling

CatholicCare Central Queensland Triple P Seminars

Address 141 Egerton Street, EMERALD QLD 4720
Telephone 1300 523 985
Website catholiccarecq.com
Email emerald@centacare.net
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



We Provide information to parents about: • Positive parenting • Raising competent and confident children • Raising resilient children

UnitingCare - Emerald

Address 124 Borilla St, EMERALD QLD 4720
Telephone (07) 4982 3730
Fax (07) 4982 0399
Website unitingcareqld.com.au



Provides assistance in the Central Highlands region. Focus is families with children aged 0-18. Proactively assists young people. Visits families in their home. Supports parenting skills, provides information, stress relief, referrals, community education and human services networking. Supports Community Services NGO's in awareness campaigns and events

General Support Services & Counselling

Capella Tieri Middlemount Community Support Network Inc. - Capella

Address 41 Peak Downs Street, CAPELLA QLD 4723
Telephone (07) 4984 9526
Email admin@ctmlinks.com.au



Capella Tieri Middlemount Community Support Network Assist and plan workshops, conduct needs analysis, facilitate community education and networking, information and referral for government and non government services, emergency relief funding and assist with funding applications

CatholicCare Central Queensland - Blackwater

Address LOT 15 Kurrajong Street, BLACKWATER QLD 4717
Telephone 1300 523 985
Website catholiccarecq.com
Email blackwater@catholiccarecq.com



Counselling sessions are approx. 1 hour, held in a respectful, non-judgemental, genuine, confidential manner. Can provide help with many issues including:

- Personal development issues e.g. Self-esteem or assertiveness
- Grief and loss
- Stress management
- Conflict resolution
- Separation or divorce
- Step-family adjusting together
- Communication
- Parenting issues
- Any other issues that is negatively affecting your life or relationships

CatholicCare Central Queensland - Emerald

Address 141 Egerton Street, EMERALD QLD 4720
Telephone 1300 523 985
Website catholiccarecq.com
Email emerald@centacare.net



Counselling sessions are approx. 1 hour, held in a respectful, non-judgemental, genuine, confidential manner. Can provide help with many issues including:

- Personal development issues e.g. Self-esteem or assertiveness
 - Grief and loss
 - Stress management
 - Conflict resolution
 - Separation or divorce
 - Step-family adjusting together
 - Communication
 - Parenting issues
 - Any other issues that is negatively affecting your life or relationships
-

CatholicCare Central Queensland Family Support

Address LOT 15 Kurrajong Street, BLACKWATER QLD 4717
Telephone 1300 523 985
Website catholiccarecq.com
Email blackwater@catholiccarecq.com



Support families in need. Issues could be: Mental health, Behavioural, Exposure to DV, Self-esteem, Child abuse, Effects of separation/divorce, Parenting issues, and any other family issues

CatholicCare Central Queensland Family Support

Address 141 Egerton Street, EMERALD QLD 4720
Telephone 1300 523 985
Website catholiccarecq.com
Email emerald@centacare.net
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Support families in need. Issues could be: Mental health, Behavioural, Exposure to DV, Self-esteem, Child abuse, Effects of separation/divorce, Parenting issues, and any other family issues.

Emerald Neighbourhood Centre

Address 17 Yamala Street, EMERALD QLD 4720
Telephone (07) 4982 1696
Fax (07) 4982 3710
Website emeraldneighbourhoodcentre.org.au
Email reception@emeraldnc.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Neighbourhood Centre provides information, referral and support, as well as crisis counselling and emergency relief. The centre operates a Community Visitors Scheme for volunteers to visit elderly people in residential care.

Power On Family Services

Telephone 0428 629 375
Email poweroncounselling@bigpond.com



Power On Family Services provides a full range of Counselling and Family Therapy services plus Mediation of the Family Dispute Resolution kind.

Rita Klar is an experienced counsellor and family therapist - see her profile at the Australian Counselling Association - <http://www.theaca.net.au/find-registered-counsellor.php>

Bernie Klar is an experienced legal practitioner, counsellor and family dispute resolution practitioner and is accredited by the Federal Attorney-General's Department.

Services are provided in Emerald on an appointment basis for counselling and family therapy by Skype or Zoom and on an pre-arranged appointment basis for mediation / family dispute resolution services.

Services are provided also in North Brisbane at all other times.

The Domestic Violence Service of Central QLD

Address 141 Egerton Street, EMERALD QLD 4720
Telephone 1300 523 985
Website catholiccarecq.com
Email emerald@centacare.net
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Domestic Violence Service of Central QLD offers information and referral on domestic violence issues for women and children affected by domestic violence.

Services provided include:

- * Counselling;
- * Court Support;
- * Crisis Intervention;
- * Groups.

The service also provides training, professional development, resources and consultations for service providers and the community.

Gladstone

Child (and Parent) Information & Counselling

AnglicareCQ Child protection counselling and Intervention

Address 50 Young Street, GLADSTONE QLD 4680
Telephone 1300 769 814
Website anglicarecq.org.au



A specialist service for children and young people in care, their foster or kinship carers and biological parents

CatholicCare Central Queensland Family Relationship Centre - Gladstone

Address 38 Herbert Street, GLADSTONE CENTRAL QLD 4680
Telephone 1300 523 985
Website catholiccarecq.com
Email gladstone@catholiccarecq.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Family Relationship Centres offer information, support and referral to families at all stages of their lives. They promote healthy family relationships, help to prevent conflict, encourage agreement rather than litigation, and promote the right of children to have meaningful relationships with both parents.

Puberty Clues

Address 65 Central Lane, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4979 1456
Website gladstonewomenshealth.org.au
Email info@gladstonewomenshealth.org.au
Hours of operation 9:00 AM to 4:30 AM Mon-Fri



DURING THE 2 HOURS WORK SHOP WE LOOK AT:

- What is puberty?
- The physical & emotional changes during puberty of both males and females.
- The reproductive system.
- The menstrual cycle/myths of menstruation.
- Sanitary protection.
- Validating mothers & experience.
- Questions and Answers

Strong Communities

Address 1 Pengelly Street, WEST GLADSTONE QLD 4680
Telephone 0433 019 172
Website strongcommunities.org.au
Email admin@strongcommunities.org.au
Hours of operation 9:00 AM to 3:00 PM Mon-Fri



We are a not for profit social enterprise promoting wellness for children, parents, families and organisations in regional and remote communities. Any profits made from our charity are repurposed back into tackling tough social issues families face.

Empowering - Are you a parent, caregiver or child looking to be empowered? We facilitate evidenced based group programs that empower parents, adults and children.

Educating - Are you a school, childcare centre or university? We're on a mission to build resilience, connection and growth through educational programs.

Collaborating - Are you a professional, organisation, agency or other community group looking to strengthen, connect or empower your workplace or community?

Our services - <https://strongcommunities.org.au/services/>

Our workshops empower parents, caregivers and children with the tools they need to thrive and succeed in their personal lives and create positive long-term impacts on their wellbeing. Our workshops are evidence-based courses that will assist in a number of areas such as emotional coaching, stronger connections, dealing with change, grief and loss and promoting positive behaviours.

General Support Services & Counselling

A New Day Counselling

Telephone 0404 934 250
Email sandybeak@gmail.com



Need help with life? Psychotherapist with over 12 yrs experience providing caring and relevant strategies for couples, families and individuals. Offering hope, real life strategies in a confidential and safe environment. Seeking help takes courage! Comprehensive notes are emailed to you following each session.

Converge International

Address 34 Tank Street, GLADSTONE CENTRAL QLD 4680
Telephone 1300 687 327
Fax (07) 4972 4188
Website convergeinternational.com.au
Email info@convergeinternational.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Converge International provides workplace and personal counselling, training and consultancy as well as full Employee Assistance Program service. Private counselling as well.

Counselling - Alcohol and Other Drugs - Youth - Wakai Waian Healing

Address 27-29 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone 0477 012 836
Fax (07) 4979 0967
Website wakai-waian.com.au



Provides Counselling - Alcohol & Other Drugs - Youth across various regions of Queensland.
(Provided by Wakai Waian Healing)

Gladstone District Schools Chaplaincy Committee

Telephone 0417 424 942

Chaplaincy committee for the Gladstone schools district.

Counselling

Gladstone Women's Health Centre

Address 65 Central Lane, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4979 1456
Website gladstonewomenshealth.org.au
Email info@gladstonewomenshealth.org.au



Providing safe, confidential, affordable and effective counselling for women in the Gladstone region. We have a number of professional counselors available to provide individual counselling to women over the age of 15.

What is Counselling?

Counselling provides a safe, supportive, non-judgmental environment for you to discuss your emotions, feelings, needs and experiences, as well as exploring your strengths and abilities.

Can Counselling Help?

Sometimes you need to talk to someone about your problems. Past or present experiences might be making you unhappy, you could be concerned about your emotional wellbeing, or you might need help with a specific problem such as abuse.

All of our counsellors are qualified, professionally supervised and belong to a professional body. However, not every counsellor will be right for you and we are happy to provide alternative arrangements or refer you to a more appropriate service.

Sessions are by appointment and free of charge. Please try to give us at least one working day for cancellations.

To book or for more information please call the centre at 4979 1456

Healthy Communities

Address 1a Manning Street, SOUTH GLADSTONE QLD 4680
Telephone (07) 4903 1931
Website integreatqld.org.au
Email admin@integreatqld.org.au



Integreat Queensland opens up opportunities for everyone from everywhere to get involved, feel welcome, learn new things, and contribute to a strong, thriving local community.

For over 10 years, we've been helping **new and existing residents** across central Queensland to come together and enrich their lives through these connections. We **support people** from **different countries, backgrounds and parts of Australia** to confidently settle in, make friends, share their skills and culture, and build relationships with local people that benefit everyone.

Through our range of programs, services, events and networks, you can get involved in four key ways:

- **Healthy families** – join with newcomers and local families to develop skills and experiences, meet with other families, and learn how to make your family more resilient. (Please contact us for program availability - programs may include: Circle of Security Parenting, Seasons for Growth (Child & Adult), 1-2-3® Magic & Emotion Coaching,)
- **Community participation** – come and meet interesting people from all backgrounds and cultures through local initiatives and events • **Learning for the future** – take part in our education programs to get the skills you need, boost employment options, and create new opportunities
- **Learning for the future** – offering education programs and support so people can get the skills they need, boost employment options, and create new opportunities
- **Strengthening networks** – get alongside special interest groups and other local organisations to help them achieve their goals for our community.

We believe that by joining together, our region is stronger. By tapping into the richness of what every person has to offer, we're helping shape a diverse, inclusive community where people want to live.

Introspect Therapy and Connections

Address	97 Rocky Crossing Road, ROUND HILL QLD 4677
Telephone	0457 238 264
Website	introspecttherapy.com.au
Email	introspecttherapy@gmail.com
Hours of operation	9:00 AM to 5:00 PM Tue,Thu

Introspect Therapy & Connections is a Counselling and Mental Health Practice based in Agnes Water / Seventeen Seventy, Queensland. Rebecca Chapman, an Accredited Mental Health Social Worker provides specialised counselling and therapeutic support Services that address the emotional, social, behavioural and psychological needs of individuals, families and workplaces. Flexible service delivery is available including face-to-face, phone and tele-health options.

Rebecca is trained to support you with a range of issues, some are listed here below but please know this is not an exhaustive or comprehensive list, your concern may not be listed here however, this does not mean Rebecca is not able to support you. Counselling is provided in a confidential space; your privacy is paramount. It's important that you feel comfortable to work with the therapist you are seeing, Let's connect to see if we are the best fit for each other.

I am seeking support with:

- Grief & Loss
- Depression
- Anxiety
- Stress management
- Post & Peri-natal Emotional and Mental Health
- Post-Traumatic Stress
- Specialised Mental Health Support
- Trauma – this can relate to any adversity in a person's life that has had a negative impact, it does not have to mean a specific event
- Historical Abuse / Sexual Assault (Complex Trauma)
- Addiction
- Co-Dependence / Unhealthy Relationships
- Self-esteem / Confidence skill building
- Workplace concerns
- Life Transitions / Goal Setting
- Anger management skills
- Behaviour management support
- General Parenting Support

How to access support from Introspect Therapy:

I accept self referrals and referrals by GP's and Other Health Professionals with your consent.

Your GP can refer you with a Mental Health Care Plan if you are eligible which provides you an eligible referral under Medicare and DVA programs allowing you to access a rebate on fees. Speak further with your GP about accessing these funding programs.

Currently you can access services from me under NDIS if you are on a self-managed or managed plan (non NDIA plan).

Counselling

Lives Lived Well - Gladstone



Address 147 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone 1300 727 957
Website liveslivedwell.org.au
Email info@liveslivedwell.org.au

Lives Lived Well run a range of community and residential programs across Queensland, helping thousands of people each year deal with alcohol and drug problems and move forward in life.

All of our services are delivered professionally, and in confidence. Our support is free, though our residential services incur a small charge.

Services include:

- Counselling and support
- Live-in residential programs
- Working with young people
- Support for family and friends
- Working with Aboriginal and Torres Strait Islander people
- Prison and court programs
- Community outreach.

Relationships Australia Gladstone

Address 10 Tank Street, GLADSTONE QLD 4680
Telephone 1300 364 277
Website raq.org.au



Services Domestic and Family Violence Prevention Family Dispute Resolution (FDR) Gambling Help Program (GHS) Parenting Orders Program (POP) Rainbow Counselling Service Supporting Children After Separation Program (SCaSP) Victims Counselling and Support Service

Livingstone Shire

Child (and Parent) Information & Counselling

Family Relationship Centre - Yeppoon

Address Unit 5, 15 James Street, YEPPOON QLD 4703
Telephone 1300 523 985
Website catholiccarecq.com
Email yeppoon@catholiccarecq.com



Family Relationship Centres offer information, support and referral to families at all stages of their lives. They promote healthy family relationships, help to prevent conflict, encourage agreement rather than litigation, and promote the right of children to have meaningful relationships with both parents.

Rockhampton

Aboriginal Support Services & Counselling

Gumbi Gumbi Aboriginal and Torres Strait Islander Corporation -Rockhampton

Address 25 George Street, ROCKHAMPTON QLD 4700
Telephone (07) 4922 8355
Website gumbigumbirockhampton.com
Email admin@gumbi.com.au



We offer support, individual counselling, group therapy, health and hygiene, and education programs to our clients to encourage clients to confront and resolve past issues such as loss of identity and grief and loss counselling to minimise the risk of alcohol, drug and other substance abuse and encourage a lifestyle that promotes a more social, emotional wellbeing for our clients.

Child (and Parent) Information & Counselling

Act For Kids - Rockhampton Intensive Family Support

Address 2, 233 Musgrave Street, BERSERKER QLD 4701
Telephone (07) 4860 8100
Website actforkids.com.au
Email rockhampton@actforkids.com.au



Act for Kids - Rockhampton is a free service that helps families under pressure. Raising kids can be really hard; all families go through times of stress and may need a little extra help to work through challenges. Our Intensive Family Support services are tailored for families that have multiple and complex needs.

We can help with:

- Addressing issues such as domestic violence, mental health and substance abuse.
- Developing stronger life skills such as setting routines, budgeting and managing the household.
- Parenting support and strategies to build positive family relationships
- Managing stress to cope with daily pressures.
- Providing child health and wellbeing resources.
- Linking into services that support your child's development.
- Connecting you with local services, playgroups and other social networks
- Supporting families with their cultural needs.
- Anything else that worries you.

It's a voluntary program. You don't have to work with us. If you choose to work with us, you might find ways to strengthen and enjoy your family more.

Affirm Wellness

Address 55 Painswick Street, BERSERKER QLD 4701
Telephone 0429 888 823
Email karenjoncour@hotmail.com
Hours of operation 10:00 AM to 5:00 PM Mon,Wed; 8:30 AM to 5:00 PM Sat



Welcome to Affirm Wellness, a psychology practice operated by Karen Joncour, a registered psychologist working with adults and children. Areas of specialization include working with parents and carers seeking support with their children's sleep, emotional regulation, behaviour and anxiety challenges. I work with families who have a child with issues including autism, ADHD, foetal alcohol spectrum disorder, trauma, anxiety and cognitive impairment. I am trained in Triple P and Circle of Security parenting programs and the FRIENDS anxiety program for children. Assessments for Autism, ADHD, anxiety and trauma are available.

I also provide services to people with anxiety, depression, perinatal issues, weight management, and workplace challenges. Apart from self-funding, clients can also choose from other funding options such as self and plan managed NDIS, Medicare, and private health insurance. I also have an interest in Health Psychology and have delivered healthy lifestyle group programs. Prior to becoming registered, I worked in the occupational rehabilitation area assisting people with disabilities to expand their employment options.

Face to face, telehealth and telephone sessions are available.

Australian Breastfeeding Association - Rockhampton

Address 82 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 1800 686 268
Website breastfeeding.asn.au
Email abarockycapcoast@yahoo.com.au



We provide Parenting services to the Community within the Rockhampton Region. Please contact us for more information.

Australian Red Cross Society - Mount Morgan HIPPY

Address 32 Thompson Avenue, MOUNT MORGAN QLD 4714
Telephone 0477 734 215
Website redcross.org.au



The Home Interaction Program for Parents and Youngsters (HIPPY) is a home-based early learning and parenting program for families with young children. Families start HIPPY the year before their child starts school (usually around 4 years old) and continue during their first year of school

Counselling

Binbi Wudhala Health Clinic

Address 155 Alma Street, ROCKHAMPTON QLD 4700
Telephone (07) 4921 9800
Website livebetter.org.au



Relating to or during period around childbirth up to one year after. Access is available to all immediate family members. (*must have a referral from GP to access)

CatholicCare Central Queensland 123 Magic

Address 16 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 1300 523 985
Fax (07) 4927 9209
Website catholiccarecq.com
Email referral@catholiccarecq.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Provide information to parents about the 123 system and Emotion coaching

CatholicCare Central Queensland Family Relationship Centre

Address 16 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 1300 523 985
Fax (07) 4927 9209
Website catholiccarecq.com
Email referral@catholiccarecq.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Focus on providing family dispute resolution (mediation) to enable separating families achieve workable parenting arrangements outside the Court system.

Family Relationship Advice Line - Rockhampton

Address 10 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 1800 050 321
Website familyrelationships.gov.au



Family Relationship Advice Line is available to give advice on strengthening family relationships, helping families stay together and assisting families through separation.

Life Without Barriers - Out of Home Care

Address 194 Alma Street, ROCKHAMPTON CITY QLD 4700
Telephone (07) 4921 1475
Fax (07) 4921 4346
Website lwb.org.au
Email Rocky.admin@lwb.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



LWB recognise that healthy families are the key to strong and vibrant communities. Our Family Support Services reach out to families at risk of having a child placed in care or support families who already have a child in care. Where a decision is made to pursue reunification of a family we work closely with the family to identify your strengths and develop a stable and supportive home environment. Through our Family Support Services we also help families relieve stress, conflict and anxiety and we work with you with respect to parenting practices and household routines. When a child or young person cannot live at home we provide out-of-home care services including residential care or supported accommodation

For young people not suited to foster care we offer residential care with 24hour on-site trained carers and extra staff or specialist support as required. We also arrange family contact, educational planning, clinical support services, cultural planning, transition support and respite as part of our wrap-around support model.

St Vincent de Paul - Allenstown

Address 69 Gladstone Rd, ALLENSTOWN QLD 4700
Telephone (07) 4927 5171
Website vinnies.org.au
Email state.admin@svdpqld.org.au



Many of these services fill the gaps in people's lives in various ways whether it is through the provision of food, funds, companionships or counselling. They help ease the pressures within families and communities. We also operate a range of accommodation and support initiatives for people who experience homelessness; providing help with issues such as general health concerns, drug and alcohol abuse, employment education and training options, and social exclusion and isolation.

UnitingCare - Mount Morgan

Address 55 Morgan St, MOUNT MORGAN QLD 4714
Telephone (07) 4938 1163
Website unitingcareqld.com.au



Rural Family Support – Mt. Morgan – 4970 7321 - helps families when they are going through times of stress and assists families address challenges that impact families.

General Support Services & Counselling

Australian Red Cross - Rockhampton

Address 1 Canning St, ROCKHAMPTON QLD 4700
Telephone (07) 3367 4736
Website redcross.org.au
Email qldrockhamptonbranch@redcross.org.au



Red Cross Community Partnerships and Development Officer for Central Queensland covers from Marlborough in the North to Maryborough in the South and out west, activities/programs include: Save a Mate (Youth AODS program), Talk-out-loud (Youth Mental health program), FoodRedi, Rediplan - preparedness for emergencies, Emergency Services and Volunteering Recruitment and support of volunteers.

Life Without Barriers Home Support Program

Address 194 Alma Street, ROCKHAMPTON CITY QLD 4700
Telephone (07) 4921 1475
Fax (07) 4921 4346
Website lwb.org.au
Email Rocky.admin@lwb.org.au



You tell us what you want, and we will do our best to do it. We work with you to understand what support you feel you'd like and we then match you with one of many experienced staff, who become your regular support worker. All of our staff are caring, punctual and professional in everything they do – they are like an extra pair of invisible hands. As a tailored service, how we might help you will be unique to you, but services we provide for other older people in the community include: Domestic assistance:

- General cleaning
- Changing bed linen
- Laundry
- Meal preparation Social support:
- Friendly visits • Shopping support
- Outings • Transport to appointments
- Regular phone chats

YOUR HOME CARE, YOUR WAY LIFE WITHOUT BARRIERS HOME SUPPORT PROGRAM IS Home and garden maintenance:

- Lawn mowing
- Whipper snipping
- Pruning and hedging
- Changing light bulbs
- Replacing tap washers
- Some minor household repairs

Nurture and Thrive Psychology Rockhampton

Address 85 Denham Street, ROCKHAMPTON QLD 4700
Telephone (07) 4817 3510
Fax (07) 4817 3546
Website nurtureandthrive.com.au
Email admin@nurtureandthrive.com.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri



Nurture and Thrive Psychology Rockhampton are a team of registered psychologists who offer a holistic range of evidence-based interventions. It is our objective to tailor therapy to the client's needs, considering developmental stages and presenting problems. We support children, adolescents, adults and families in Rockhampton through a range of psychological services including assessment, psycho-education, individual counselling, family counselling and group sessions.

Queensland Human Rights Commission

Address Level 1, 209 Bolsover Street, ROCKHAMPTON CITY QLD 4700
Telephone (07) 4933 5104
Website qhrc.qld.gov.au



A free state wide telephone enquiry service Free 2 hour training session is provided for ATSI communities to better understand the Anti Discrimination Act and how it applies in the workforce.

Relationships Australia - North Rockhampton

Address 119 High Street & Berserker Street, FRENCHVILLE QLD 4701
Telephone 1300 364 277
Fax (07) 4926 9954
Website raq.org.au
Email rockhamptonadmin@raq.org.au



Relationships Australia offer: • Family dispute resolution • Relationship counselling for individuals, couples and families • Domestic violence prevention groups for men • Parental mediation • Education sessions on relationships and gambling • Financial counselling • Counselling for gamblers and families • Free for victims of crimes, parenting orders and parenting (free), mediation (fee involved), relationship counselling (fee involved), children's contact (fee involved). Relationships Australia will negotiate fees with client.

Counselling

Rural Health Connect

Address 212 Quay Street, ROCKHAMPTON QLD 4700
Telephone 0427 692 377
Website ruralhealthconnect.com.au
Email megan@ruralhealthconnect.com.au

A telehealth platform to access bulk billed psychology sessions. No waitlists. Referral from GP and Mental Health Care Plan needed. Committed to supporting rural and remote Australians in their own home. Book an appointment on our website or ask your GP to refer.

Wellways Australia - Rockhampton

Address 168 Denison Street, ROCKHAMPTON QLD 4700
Telephone 1300 111 400
Website wellways.org
Email enquiries@wellways.org



We work with a diverse range of people living with mental health issues or various disabilities. We connect people, strengthen families and transform communities. We work with individuals of all ages experiencing disabilities or challenges to their social and emotional wellbeing. This can include creating a home, securing a job and building meaningful relationships.

Suicide & Self Harm Information

Domestic and Family Violence Court Assistance

Address 225 Bolsover St, ROCKHAMPTON QLD 4700
Telephone (07) 3917 6700
Website legalaid.qld.gov.au



One on one walk through of court process. Information and advice provided, and support provided during court. No cost.

Woorabinda Aboriginal Shire

General Support Services & Counselling

Counselling - Alcohol and Other Drugs - Youth - Wakai Waian Healing

Address 112 Munns Drive, WOORABINDA QLD 4713

Telephone 0477 012 836

Website wakai-waian.com.au

Email reception@ysw.org.au



Provides Counselling - Alcohol & Other Drugs - Youth across various regions of Queensland.
(Provided by Wakai Waian Healing)

Support and Referrals

Support and Referrals

Australia/State Wide

Child Youth & Family Health

Leukodystrophy Resource and Research organisation

Telephone (07) 4627 1092
Website leukodystrophyresourceresearch.org
Email bobwyborn@bigpond.com



Leukodystrophy is a group of some 50 to 60 genetic progressive neurodegenerative disorders that are terminal. We support families, scientists, clinicians and allied health.

General Advocacy Services

Advocacy on behalf of our Members

Telephone (07) 3394 8480
Website qamh.org.au
Email admin@qamh.org.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



QAMH influences stakeholders' appreciation of the Community Mental Health and Wellbeing Sector's unique contribution within the mental health ecosystem and wider community. QAMH is a key driver of community mental wellbeing policy and service system reform in Queensland. QAMH works hard to advocate on behalf of our members, facilitating connections with stakeholders and other service providers and providing training with events that add valuable knowledge and skills within the community mental health and wellbeing workforce. QAMH collaborates and seeks insights from Members and partners to ensure sector challenges and reforms are part of a broader state and national agenda.

Elder Abuse Prevention Unit Help Line

Telephone 1300 651 192
Website eapu.com.au
Email eapu@ucommunity.org.au

The Elder Abuse Helpline promotes the right of older people to live free from abuse.

Support and Referrals

Mental Health Court registry

Telephone (07) 3082 0554
Website courts.qld.gov.au
Email registrarmhc@health.qld.gov.au

The Mental Health Court decides the state of mind of people charged with criminal offences. The court hears matters in Brisbane and also conducts hearings via videoconferencing. A criminal case can be referred to the Mental Health Court if it is believed that the alleged offender: is mentally ill was mentally ill has an intellectual disability; and at the relevant time was deprived of a relevant capacity (Criminal Code Act 1899, s. 27). The court will decide if the alleged offender was of unsound mind when they committed the offence. The court also hears appeals from the Mental Health Review Tribunal and inquires into the lawfulness of patients' detention in authorised mental health facilities. The following legislation may assist you: Mental Health Act 2000 Health and Other Legislation Amendment Act 2007 Mental Health and Other Legislation Amendment Act 2007 Criminal Code Act 1899

Office Of The Public Guardian



Telephone 1300 653 187
Fax (07) 3738 9496
Website publicguardian.qld.gov.au
Email publicguardian@publicguardian.qld.gov.au

The Office of the Public Guardian is an independent body, working to protect the rights and interests of adults who have an impaired decision-making capacity and children and young people in out-of-home care (foster care, kinship care), residential care, youth detention and other supported accommodation.

Support and Referrals

TASC Legal and Social Justice Services – Bundaberg

Telephone (07) 4616 9700
Website tascnational.org.au
Email reception@tascnational.org.au
Hours of operation 9:00 AM to 4:30 PM Mon-Fri



TASC Disability Advocates support justice, equity and fair treatment for people with a disability and for people experiencing mental health challenges.

Our team speaks, writes and acts for individuals to ensure their needs are met and their rights are upheld in the wider community. We support people to advocate for themselves to the greatest extent possible.

People with disability or mental illness, their families and carers can contact a TASC Disability Advocate with any concerns about how an individual is being treated. We support people throughout Toowoomba, Ipswich, Wide Bay and rural and regional areas in South West Queensland.

If you would like an in-person appointment, we have advocates to assist at our Toowoomba, Ipswich, Hervey Bay, Bundaberg and Gympie offices. For other locations we offer phone and video appointments.

General Welfare & Support Services

National Perinatal Support Program

Telephone 1300 140 212
Website thebabesproject.com.au
Email info@thebabesproject.com

The Babes Project works with women who are seeking additional support during pregnancy. We run a National support service providing our Perinatal Support Program via phone and video calls for pregnant and early parenting women across Australia, who cannot access one of the Centres. Delivered by trained volunteers our program offers holistic support by assisting women to address challenging circumstances and engage with other healthcare and supporting agencies, and by providing life skills and baby care workshops.

Saver Plus

Telephone 1300 610 355
Website bsl.org.au
Email saverplus@bsl.org.au



Saver Plus is a 10-month matched savings program that helps individuals and families to build their financial skills, establish a savings goal and develop long term saving habits. Upon completion, participants receive up to \$500 in matched savings which can be used for education costs such as computers and tablets, text books and uniforms.

Support and Referrals

St John Qld Telephone Services

Telephone	1300 785 646
Fax	(07) 3632 9900
Website	stjohnqld.com.au
Email	enquiries@stjohnqld.com.au



We provide regular and pre-scheduled telephone reassurance services to suit your needs. All calls are made by friendly staff and volunteers, so you can look forward to a familiar and friendly voice on the other end of the line.

How we can connect:

- **Friendship calls**
Enjoy a friendly chat over the telephone with a like-minded companion and improve your social connections.
- **Security calls**
We'll call you daily to check-in on your wellbeing. If there's no answer, we will take action to make sure everything is OK, including calling emergency contacts. If necessary, we'll ask Queensland Ambulance Service to do a welfare check.
- **Respite calls**
Respite calls can be made after your return home from hospital, or while family or friends are away to ensure you're always being heard.

This service is available throughout Queensland.

Youth Information & Counselling

eheadspace

Telephone	1800 650 890
Website	headspace.org.au
Hours of operation	9:00 AM to 1:00 AM Mon-Fri

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help. You can talk 1-on-1 with an eheadspace clinician via an online chat, email or over the phone. You can also join group chats which cover a variety of helpful topics and are a great way to learn from other people's experiences.

Support and Referrals

Youth In Motion

Website youthinmotion.org.au
Email caitlin.tanaka@youthinmotion.org.au



The Learning Project provides free 1-1 tutoring to students who might be having a hard time. Our students experience disadvantage in many ways – from learning and attention difficulties to mental health issues. We make sure no student is left behind.

Youth Insearch

Telephone 1800 805 635
Website youthinsearch.org.au
Email admin@youthinsearch.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri

Australia's leading peer-led youth trauma recovery organisation, dedicated to supporting at-risk youth aged 12-25. We run Weekend Workshops, Weekly Support Groups and Individual Support for young people to connect and develop life skills. Our programs are delivered with youth, supported by expert adults.

Support and Referrals

Banana Shire

Child Youth & Family Health

Antenatal, Maternal and Child Health

Address	64 Callide Street, BILOELA QLD 4715
Telephone	(07) 4800 3167
Fax	(07) 4979 0967
Website	nhulundu.com.au
Email	info@nhulundu.com.au



Antenatal care is the care you receive during pregnancy and child health supports children from birth to 18 years of age.

What is antenatal care?

Antenatal care is the care you receive during pregnancy. If you have just found out you are pregnant, it's important to see your doctor (GP) or midwife to start your antenatal care. Antenatal appointments are important even if you are healthy and your pregnancy is going well.

They allow your midwife or GP to check your health and your baby's health so they can find and treat any problems early on. These appointments are also a good opportunity for you to ask questions and talk about any concerns you have.

Types of services the child health team can help with are:

- Well health checks
- Developmental assessments
- Immunisations
- Catch up immunisations
- Breastfeeding information
- Sleep settling information
- Circle of security
- Self-weigh facilities

Support and Referrals



Child and Family Health

Address 2 Hospital Road, BILOELA QLD 4715
Telephone (07) 4992 7000
Fax (07) 4992 4857
Website cq.health.qld.gov.au

We provide a range of community health and support services for children and their parents or carers to give every child the best possible start in life.

Services may be offered in the home, or in community health centres and clinics. Care is provided by a multidisciplinary team of child health nurses, health workers and early intervention clinicians (either social workers or psychologists).

Services

- Health assessments, surveillance, and screening
- Growth and developmental checks
- Early feeding support
- Nutritional information
- Immunisation information
- Parenting support (seminars, groups, and individual interventions)
- Referrals to other services
- School based youth health service

Child and Family Health



Address 87 The Boulevard, THEODORE QLD 4719
Telephone (07) 4990 3000
Fax (07) 4993 1610
Website cq.health.qld.gov.au

We provide a range of community health and support services for children and their parents or carers to give every child the best possible start in life. Services may be offered in the home, or in community health centres and clinics. Care is provided by a multidisciplinary team of child health nurses, health workers and early intervention clinicians (either social workers or psychologists).

Services

- Health assessments, surveillance, and screening
- Growth and developmental checks
- Early feeding support
- Nutritional information
- Immunisation information
- Parenting support (seminars, groups, and individual interventions)
- Referrals to other services
- School based youth health service

Support and Referrals



Maternity

Address 2 Hospital Road, BILOELA QLD 4715
Telephone (07) 4992 7000
Fax (07) 4992 4857
Website cq.health.qld.gov.au

The mission of our unit is to provide the highest standard of care to mothers and babies, before, during and after the birth, promoting the health and well-being of the family unit.

When to come to hospital

Please present yourself to the maternity unit immediately if:

- Your waters have broken
- You have bleeding from the vagina
- You are having regular pains or contractions 5-10 minutes apart
- You have severe abdominal pain
- There are any changes in your baby's movements. For example, if the movements are less frequent, more than usual or if you have any other concerns around your baby's movements.

Please phone the maternity unit before coming in, if you have time.

Maternity

Address 87 The Boulevard, THEODORE QLD 4719
Telephone (07) 4990 3000
Fax (07) 4993 1610
Website cq.health.qld.gov.au



The mission of our unit is to provide the highest standard of care to mothers and babies, before, during and after the birth, promoting the health and well-being of the family unit.

When to come to hospital

Please present yourself to the maternity unit immediately if:

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- You have severe abdominal pain
- There are any changes in your baby's movements. For example, if the movements are less frequent, more than usual or if you have any other concerns around your baby's movements.

Please phone the maternity unit before coming in, if you have time.

Support and Referrals

General Advocacy Services

Callide Dawson Chamber of Commerce

Address PO Box 187, Kariboe Street, BILOELA QLD 4715
Telephone 0407 647 602
Email admin@callidedawsonchamber.com.au

CDCCIQ's mission statement is Developing and promoting Callide Dawson businesses, working together for the improvement of the region.

Specialist Homelessness Services

Banana Shire Support Centre

Address 2B/56 Kariboe Street, BILOELA QLD 4715
Telephone (07) 4992 3322
Website bssc.org.au
Email admin@bssc.org.au
Hours of operation 9:00 AM to 12:30 PM Mon; 9:00 AM to 12:30 PM & 1:30 PM to 4:30 PM Tue-Fri



The Centre provides support to those who are homeless or at risk of homelessness. BSSC provides 11 units of crisis accommodation in Biloela, catering for homeless individuals and families, and funded by the Queensland Government through the Department of Communities, Housing and Digital Economy?.

Support and Referrals

Youth Information & Counselling

Anglicare Youth Support

Address 79 Kariboe Street, BILOELA QLD 4715
Telephone 1300 769 814
Fax (07) 4992 4063
Website anglicarecq.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Youth Support

Aim of program: Supporting youth from 12 to 18 years.

We provide early intervention for young people at risk to prevent harm, homelessness and negative health outcomes, and keep you an engaged and actively contributing member of your community.

Our youth support services work towards helping you:

- Have positive relationships with family and community
- Engage in education, training or employment
- Lead a healthy, violence free life
- Have a safe and stable place to live

Our Youth Workers have a broad knowledge of other services and resources available in our communities so that we can offer collaborative approaches that are responsive to young people's needs.

Eligibility criteria and fee:

- Disconnecting from family, community or support networks
- Disengaging from school, training or employment
- At risk of harm, including self-harm
- Homeless or at risk of homelessness

Biloela High School Chaplain

Address Cnr Scoria Street and Gladstone Road, BILOELA QLD 4715
Telephone (07) 4992 8666
Fax (07) 4992 8600
Email admin@biloelashs.eq.edu.au

Providing pastoral care and support to students and their families.

Central Highlands

Child Youth & Family Health

Antenatal Care

Address	3 Talagai Street, TIERI QLD 4709
Telephone	(07) 4984 8366
Fax	(07) 4984 8945
Website	cq.health.qld.gov.au



Antenatal care is the care you receive during pregnancy.

What is antenatal care?

Antenatal care is the care you receive during pregnancy. If you have just found out you are pregnant, it's important to see your doctor (GP) or midwife to start your antenatal care.

Antenatal appointments are important even if you are healthy and your pregnancy is going well. They allow your midwife or GP to check your health and your baby's health so they can find and treat any problems early on. These appointments are also a good opportunity for you to ask questions and talk about any concerns you have.

The first antenatal appointment

It's best to make your first antenatal appointment when you are about 6 to 8 weeks pregnant. This appointment can be with a midwife, your GP or at a clinic or hospital. At this appointment, the doctor or midwife will confirm that you are pregnant. They will do a thorough health check, including asking about your medical history and your family's medical history. They will also give you important information about your pregnancy care.

They may also offer you tests to check for anything that may cause problems during pregnancy or labour – you can decide whether or not to have the tests. You will have antenatal visits throughout your pregnancy. Most women who have uncomplicated pregnancies have 8 to 10 appointments.

Who will you see during your pregnancy?

There are 3 types of health professionals that could look after you during your pregnancy, depending on where you are having your baby and your health needs.

A midwife is specially trained to support and care for women during pregnancy, labour and birth. Midwives work in public and private hospitals, with obstetricians, and in the community. They help you to stay healthy in pregnancy. If there are no complications, they can help you to give birth too. Midwives also care for you and your baby in the first few weeks after the birth.

General practitioners (GPs) are medical doctors who promote general health and treat many different health problems. Often the GP will be the first health professional you see if you think you are pregnant. Some GPs offer shared care, where you see your GP as well as midwives or obstetricians for your pregnancy care. If you live in a rural or remote area, your GP might provide all of your pregnancy care as well as deliver your baby.

An obstetrician is a doctor who is specially trained to look after women and babies during pregnancy, birth and straight after birth. You might choose to have an obstetrician look after you throughout your pregnancy and to deliver your baby. If you are having your baby in a public hospital, you might only see an obstetrician if there is a medical need.

Where can you have your baby?

Support and Referrals

There are several options for where you could have your baby. Most women will give birth in a public or private hospital, either in a labour ward or at a birthing centre. Most hospitals offer antenatal classes as part of your care. It's best to book into the hospital or birth centre as soon as your GP or midwife confirms your pregnancy. Where you live may affect the options you have for where to give birth. For example, if you live in a rural or remote location your choices may be more limited.

Going to hospital

If it's your first pregnancy, you may feel unsure about when you should go into hospital or the birth centre. The best thing to do is to call the hospital or birth centre for advice. You will probably stay in hospital from one to several days. How long you stay will depend on your recovery, whether you have had a caesarean birth, and whether you or your baby have any complications.

Antenatal, birthing, and post-natal services: Antenatal, birthing, and post-natal services provide access to Midwives and Obstetric trained Doctors.

Child and Family Health

Address 69 Hospital Road, EMERALD QLD 4720
Telephone (07) 4987 9400
Fax (07) 4982 3860
Website cq.health.qld.gov.au



We provide a range of community health and support services for children and their parents or carers to give every child the best possible start in life.

Services may be offered in the home, or in community health centres and clinics. Care is provided by a multidisciplinary team of child health nurses, health workers and early intervention clinicians (either social workers or psychologists).

Services

- Health assessments, surveillance, and screening
- Growth and developmental checks
- Early feeding support
- Nutritional information
- Immunisation information
- Parenting support (seminars, groups, and individual interventions)
- Referrals to other services
- School based youth health service

Support and Referrals

Child and Family Health

Address 3 Talagai Street, TIERI QLD 4709
Telephone (07) 4984 8366
Fax (07) 4984 8945
Website cq.health.qld.gov.au



We provide a range of community health and support services for children and their parents or carers to give every child the best possible start in life.

Services may be offered in the home, or in community health centres and clinics.

Care is provided by a multidisciplinary team of child health nurses, health workers and early intervention clinicians (either social workers or psychologists).

Services

Child and Family Health services include:

- Health assessments, surveillance and screening
- Growth and developmental checks
- Early feeding support
- Nutritional information
- Immunisation information
- Parenting support (seminars, groups and individual interventions)
- Referrals to other services
- School based youth health service

How to access this service

Contact us on (07) 4984 8366 to find out more about services in your area and to make an appointment.

Support and Referrals



Maternity

Address 69 Hospital Road, EMERALD QLD 4720
Telephone (07) 4987 9400
Fax (07) 4982 3860
Website cq.health.qld.gov.au

We provide quality women and family-centred care in a safe environment.

The maternity care options available include:

- Midwifery Group practice
- Hospital care provided by the standard team Midwives and Rural Generalist Senior Medical Officers
- Shared Care
- General Practitioners

Emerald Hospital also offers VBACs (Vaginal Births After Caesarean) and delivers patients who have gestational diabetes on insulin.

We care for you throughout your pregnancy journey, before and during birth and beyond.

When to come to hospital

Please come to the maternity unit immediately if:

- your waters have broken
- you have bleeding from the vagina
- you are having regular pains or contractions 5-10 minutes apart
- you have severe abdominal pain
- there are any changes in your baby's movements. For example, if the movements are less frequent, more than usual or if you have any other concerns around your baby's movements.

Please phone the maternity unit before coming in, if you have time.

General Welfare & Support Services

Capella Tieri Middlemount Community Support Network Inc. (aka CTM Links)

Address Tieri Sport & Recreation Centre, 1 Grasstree Street, TIERI QLD 4709
Telephone 0491 276 264
Fax (07) 4984 8188
Email admin@ctmlinks.com.au



Assist and plan workshops, conduct needs analysis, facilitate community education and networking, information and referral for government and non government services, emergency relief funding and assist with funding applications

Support and Referrals

Lifeline Megastore

Address 12 Anakie Street, EMERALD QLD 4720
Telephone (07) 4930 7318
Fax (07) 4987 5266



Retail, Bric a brac and a whole variety of new furniture

St Vincent de Paul - Springsure

Address 57 Cardbeign Street, SPRINGSURE QLD 4722
Telephone (07) 4984 1869
Website vinnies.org.au
Email admin@svdp.org.au



We sell second hand donated goods including men's, women's and children's clothing, accessories, bric-a-brac, manchester, toys, books, media, and lots more. We also accept good quality, undamaged and clean donations.

UnitingCare - Emerald

Address 124 Borilla St, EMERALD QLD 4720
Telephone (07) 4982 3730
Fax (07) 4982 0399
Website unitingcareqld.com.au



UnitingCare Community provide General Welfare and Support Services within Regional Queensland. Please contact for more information.

Support and Referrals

Youth Accommodation Services

Salvation Army - Blackwater

Address 15 Arthur Street, BLACKWATER QLD 4717
Telephone (07) 4982 5387
Website salvationarmy.org.au
Email emerald.corps@aue.salvationarmy.org



YOS accommodation program supports up to 8 young people across two sites in independent living arrangements. Supporting young people to overcome adversity, YOS works on a housing first model of care.

Residents are supported in achieving their goals towards independence through detailed case planning. The program offers transitional housing in fully furnished units with individual bedrooms, bathrooms and living areas.

Expert staff ensure your stay is productive and enjoyable.

Youth Information & Counselling

Anglicare - Central Queensland - Emerald

Address 65 Hospital Road, EMERALD QLD 4720
Telephone (07) 4982 4062
Fax (07) 4987 5354
Website anglicarecq.org.au
Email Youth-Intake@anglicarecq.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Youth Support

Aim of program: Supporting youth from 8-21 years.

We provide early intervention for young people at risk to prevent harm, homelessness and negative health outcomes, and keep you an engaged and actively contributing member of your community.

Our youth support services work towards helping you:

- Have positive relationships with family and community
- Engage in education, training or employment
- Lead a healthy, violence free life
- Have a safe and stable place to live

Our Youth Workers have a broad knowledge of other services and resources available in our communities so that we can offer collaborative approaches that are responsive to young people's needs.

Support and Referrals



Anglicare Youth Support

Address Community Centre, 14 Wey Street, BLACKWATER QLD 4717
Telephone (07) 4982 6535
Fax (07) 4982 5914
Website anglicarecq.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri

Youth Support

Aim of program: Supporting youth from 12 to 18 years.

We provide early intervention for young people at risk to prevent harm, homelessness and negative health outcomes, and keep you an engaged and actively contributing member of your community.

Our youth support services work towards helping you:

- Have positive relationships with family and community
- Engage in education, training or employment
- Lead a healthy, violence free life
- Have a safe and stable place to live

Our Youth Workers have a broad knowledge of other services and resources available in our communities so that we can offer collaborative approaches that are responsive to young people's needs.

Eligibility criteria and fee:

- Disconnecting from family, community or support networks
 - Disengaging from school, training or employment
 - At risk of harm, including self-harm
 - Homeless or at risk of homelessness
-

Support and Referrals

Emerald Youthinc Group

Address 65 Egerton Street, EMERALD QLD 4720
Telephone 1300 242 686
Website chrc.qld.gov.au
Email youth@chrc.qld.gov.au



Youthinc is Central Highlands Regional Council's main local youth advisory group. The group works directly with the Youth Development Officer and other key stakeholders to help identify youth priorities within a community. Priorities may include unmet local needs of youth, the development and delivery of local events or representation at broader regional initiatives. The group is aimed for ages 10 to 25 with a target of High School aged students. There is no joining fee and council seeks to ensure that the ongoing costs of participation is minimised where possible. Council partners with a number of youth-based services in the region in the delivery of the group and its events, so participants are exposed to a broad range of regional service providers. Each Youthinc group is formed differently so make sure you have taken the time to read the information on this page. If you would like to know more about the group call council on 1300 242 686 and talk to one of the Youth Development officers or email your questions to youth@chrc.qld.gov.au

Gladstone

Child Youth & Family Health

Antenatal clinics

Address 20 Park Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3200
Fax (07) 4972 3776
Website cq.health.qld.gov.au



Antenatal midwives clinics are offered five days week (Monday to Friday). If you require obstetric appointments during your pregnancy, these are available on Thursdays. If you have diabetes (Gestational, type 1 or type 2) you will be attend our multi-disciplinary clinic which is offered on Tuesday. At this clinic you will see an obstetrician, diabetes educator, dietician, and midwife.

Support and Referrals

Antenatal, Maternal and Child Health

Address 27-29 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4979 0992
Fax (07) 4979 0967
Website nhulundu.com.au



Antenatal care is the care you receive during pregnancy and child health supports children from birth to 18 years of age.

What is antenatal care?

Antenatal care is the care you receive during pregnancy. If you have just found out you are pregnant, it's important to see your doctor (GP) or midwife to start your antenatal care. Antenatal appointments are important even if you are healthy and your pregnancy is going well.

They allow your midwife or GP to check your health and your baby's health so they can find and treat any problems early on. These appointments are also a good opportunity for you to ask questions and talk about any concerns you have.

Types of services the child health team can help with are:

- Well health checks
- Developmental assessments
- Immunisations
- Catch up immunisations
- Breastfeeding information
- Sleep settling information
- Circle of security
- Self-weigh facilities

Child and Family Health

Address 2 Flinders Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3130
Fax (07) 4972 7479
Website cq.health.qld.gov.au



We provide a range of community health and support services for children and their parents or carers to give every child the best possible start in life.

Support and Referrals

Child and Family Health

Address 20 Park Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3200
Fax (07) 4972 3776
Website cq.health.qld.gov.au



We provide a range of community health and support services for children and their parents or carers to give every child the best possible start in life. Services may be offered in the home, or in community health centres and clinics. Care is provided by a multidisciplinary team of child health nurses, health workers and early intervention clinicians (either social workers or psychologists).

Services

- Health assessments, surveillance, and screening
 - Growth and developmental checks
 - Early feeding support
 - Nutritional information
 - Immunisation information
 - Parenting support (seminars, groups, and individual interventions)
 - Referrals to other services
 - School based youth health service
-

Support and Referrals



Maternity

Address 20 Park Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3200
Fax (07) 4972 3776
Website cq.health.qld.gov.au

Gladstone Hospital offers quality maternity service to all patients, both public and private. We deliver around 600 babies each year.

Our maternity unit has:

- Three birth suites
- 14 bed antenatal/postnatal ward (including 2 single rooms which may be available if you have private health cover)
- Neonatal Nursery

Maternity care options:

- sharing your care between GP and hospital
- midwifery group practice
- total hospital care or
- private care with an obstetrician or a midwife

More information about maternity care options

When to come to hospital

Please present yourself to the maternity unit immediately if:

- your waters have broken
- you have bleeding from the vagina
- you are having regular pains or contractions 5-10 minutes apart
- you have severe abdominal pain
- there are any changes in your baby's movements. For example, if the movements are less frequent, more than usual or if you have any other concerns around your baby's movements.

Phone the maternity unit before coming in, if you have time.

General Advocacy Services

M.A.C.E - Motorcyclists advocating child empowerment

Telephone 0413 095 117
Email macecentralqueensland@gmail.com

Our purpose is to support children and their families who have been affected by bullying, neglect, physical, emotional, sexual abuse or domestic violence.

Support and Referrals

General Welfare & Support Services

Gladstone Corps Connect

Address 198 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4833 8900
Website salvationarmy.org.au
Email gladstone.corps@salvationarmy.org.au
Hours of operation 9:30 AM to 2:30 PM Tue-Wed



Our Activities: Youth Group, Street Dreams, MoneyCare, Mainly Music, Kids Club, Home League, Frontline Youth, Connect Office, Bible Study

Gladstone Multicultural Association

Address 105 Toolooa Street, SOUTH GLADSTONE QLD 4680
Telephone (07) 4978 3820
Fax (07) 4978 3820
Website gmai.org.au
Email president@gmai.org.au



The Gladstone Multicultural Association Inc. is a non-profit organization which was formed in 1998 to promote harmony amongst the different cultural communities found in the Gladstone region. The group has several objectives to assist in the harmonious integration of new arrivals into the local community and within the Australian community, to develop social links between cultural communities to promote the benefits of a multicultural society, to share in one another's cultures, to enrich our own lives and to develop a sense of pride in our diverse community (especially among the youth) in order to support harmony and reduce prejudices. The group provides assistance to new arrivals and Australians who have recently moved into the community from another city, from interstate and from overseas. We seek to provide to those who may be experiencing difficulties developing social ties, with contacts from their own background, as well as with the wider community through social gatherings. We also assist where possible with information on how to access community and government resources and departments. Many of our members have experienced similar difficulties and can provide invaluable advice, information, service and support.

Support and Referrals

Gladstone Parkinson's Support Group



Address Gladstone Library, 39 Goondoon Street, GLADSTONE CENTRAL
QLD 4680
Telephone (07) 4972 5428
Website parkinsonsqld.org.au
Email kadelli@bigpond.net.au

The Gladstone Parkinson's Support Group will provide you with information about Parkinson's Disease, support, and valuable friendships. Meetings are held on the 1st Thursday of every month at 10:00am, located at the Gladstone Library, Goondoon Street. The Support Group runs from February to December. Occasional speakers of interest will be invited to address the group.

Pantry House

Address Anglican Parish of Gladstone, 70 Auckland Street, GLADSTONE
QLD 4680
Telephone (07) 4972 4754
Email gladstone@anglicanchurchcq.org.au

Our Parish provides groceries pack to people who are in need. This helps lot of people in the community who are in poor condition. This pack contains milk, breakfast cereal, tin foods, rice and other items. we helped nearly 325 families in 2017

Ray's Soup Kitchen

Address Anglican Parish of Gladstone, 70 Auckland Street, GLADSTONE
QLD 4680
Telephone (07) 4972 4754
Email gladstone@anglicanchurchcq.org.au

we offer a free soup kitchen(food) for people who are homeless, marginalised, pensioners and young people with lower income. we offer this service on every monday at 6.30 pm in our Church grounds. Please join us and inform others too

Support and Referrals

Specialist Homelessness Services

Roseberry Dignity Hub

Address 20 Rollo Street, GLADSTONE QLD 4680
Telephone (07) 4972 0047
Fax (07) 4972 0850
Website roseberry.org.au
Email gm@roseberry.org.au
Hours of operation 9:00 AM to 12:30 PM Mon,Wed,Fri



Dignity Hub - food and personal items, hot food, support for homeless and connection to services

Youth Accommodation Services

Roseberry Qld - Head Office

Address 21 Dawson Highway, WEST GLADSTONE QLD 4680
Telephone (07) 4972 0047
Website roseberry.org.au
Email admin@roseberry.org.au



Assistance with tenancy support, accessing social housing and youth support programs

Youth Information & Counselling

Roseberry Qld - Head Office

Address 21 Dawson Highway, WEST GLADSTONE QLD 4680
Telephone (07) 4972 0047
Website roseberry.org.au
Email admin@roseberry.org.au
Hours of operation 9:00 AM to 3:00 PM Mon-Fri



Youth crisis housing and tenancy supports, family and youth counselling, vocational and educational supports, community housing

Support and Referrals

Livingstone Shire

Child Youth & Family Health

Child and Family Health

Address 8 Hoskyn Drive, YEPPOON QLD 4703
Telephone (07) 4913 3000
Website cq.health.qld.gov.au



We provide a range of community health and support services for children and their parents or carers to give every child the best possible start in life.

Services may be offered in the home, or in community health centres and clinics. Care is provided by a multidisciplinary team of child health nurses, health workers and early intervention clinicians (either social workers or psychologists).

Services

- Health assessments, surveillance, and screening
- Growth and developmental checks
- Early feeding support
- Nutritional information
- Immunisation information
- Parenting support (seminars, groups, and individual interventions)
- Referrals to other services
- School based youth health service

Maternity

Address 8 Hoskyn Drive, YEPPOON QLD 4703
Telephone (07) 4913 3000
Website cq.health.qld.gov.au



The mission of our unit is to provide the highest standard of care to mothers and babies, before, during and after the birth, promoting the health and well-being of the family unit.

When to come to hospital

Please present yourself to the maternity unit immediately if:

- Your waters have broken
- You have bleeding from the vagina
- You are having regular pains or contractions 5-10 minutes apart
- You have severe abdominal pain
- There are any changes in your baby's movements. For example, if the movements are less frequent, more than usual or if you have any other concerns around your baby's movements.

Please phone the maternity unit before coming in, if you have time.

Support and Referrals

General Advocacy Services

Joskeleigh Community Association Inc.

Address Joskeleigh Road, JOSKELEIGH QLD 4702
Telephone (07) 4934 4926
Email dorisleo@bigpond.com



The Joskeleigh Community Association established the Joskeleigh South Sea Islander Museum to promote the history of South Sea Islander people blackbirded to Queensland in the 1860's right through to the early 1900's. We are here to ensure the history of our people is never lost. The introduction of the White Australia Policy ceased the black labour slave trade and many Islanders were then forced back to the islands. Of those that were allowed to stay, they no longer had a home anywhere, no jobs and they made their new home in Joskeleigh. The museum is run by volunteers and open by appointment only at this time.

Whitsunday Australian South Sea Island United Community Inc.

Telephone 0479 075 525
Email wassiucbowen@gmail.com

Whitsunday Australian South Sea Island United Community

Support and Referrals

General Welfare & Support Services

CatholicCare Central Queensland - Yeppoon

Address Unit 5, 15 James Street, YEPPOON QLD 4703
Telephone 1300 523 985
Website schoolsavvycq.com
Email yeppoon@catholiccarecq.com



The School Savvy pop-up shop is back again for the 2023 school year!

Offering second-hand uniforms and essential booklist stationery at extremely low cost, families and children struggling to cope with the rising cost of back-to-school are welcome to purchase what they need regardless of their financial circumstances.

Open from January 11-12, the Capricorn Coast pop-up shop will be operating from the Capricorn Coast PCYC at 170 Matthew Flinders Drive.

All School Savvy CQ pop-up shops strive to promote inclusiveness by not applying eligibility criteria. Our shops operate on an honesty policy, where we ask that attendees simply respect the program as one that supports people who are struggling financially. In the spirit of School Savvy, we ask that people always consider others and take only what they need.

With the costs of everyday living steadily increasing each year, School Savvy CQ is proud to offer an alternative option to children starting their school year without the resources they so desperately need.

Access to education is a fundamental human right.

Yellow Door Books and Gifts

Address 72 Queen Street, YEPPOON QLD 4703
Telephone (07) 4939 4805
Email yellowdoorbooks@homesupport.org.au



Yellow Door Books and Gifts is a social enterprise owned and operated by Home Support Association, with the generous assistance of a team of volunteers.

Proceeds from this business assist in increasing the participation of people with a disability in our community. HSA runs a retail skill development program for people with a disability within Yellow Door to provide the participants with a skill set which is expected to increase the chance of obtaining paid employment.

Yellow Door is an iconic local landmark that has for many years contributed to the community through supporting events and local artisans.

Yellow Door also provides several services to customers including; quality second hand books, special orders for new books, photocopying, printing, scanning, and faxing.

Support and Referrals

Yeppoon Parkinson's Support Group



Address Livingstone Shire Council Community Centre, 80 John Street,
YEPPOON QLD 4703

Telephone 0427 477 168

Website parkinsonsqld.org.au

Email quahlee@bigpond.com

The Yeppoon Parkinson's Support Group will provide you with information about Parkinson's Disease, support, and valuable friendships. Meetings are held on the 3rd Thursday bi-monthly at 9:00am, located at the Livingstone Shire Council Community Centre (next to the Library) 80 John Street, Yeppoon. The Support Group runs bi-monthly from March. Occasional speakers of interest will be invited to address the group.

Yeppoon's Parkinson's Support Group



Address Livingstone Shire Council Community Centre, 80 John Street,
YEPPOON QLD 4703

Telephone 0427 477 168

Website parkinsonsqld.org.au

Email quahlee@bigpond.com

The Yeppoon Parkinson's Support Group will provide you with information about Parkinson's Disease, support, and valuable friendships. Meetings are held on the 3rd Thursday bi-monthly at 9:00am, located at the Livingstone Shire Council Community Centre (next to the Library) 80 John Street, Yeppoon. The Support Group runs bi-monthly from March. Occasional speakers of interest will be invited to address the group.

Youth Accommodation Services

On Track



Website carinity.org.au

Email ontrack@carinity.org.au

Carinity Youth - On Track is an out-of-home youth residential and support service for children in care who have experienced or are at risk of abuse and neglect.

Support and Referrals

Rockhampton

Child Youth & Family Health

Antenatal Services

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



Antenatal midwifery appointments are offered five days a week (Monday, Tuesday, Thursday, Friday, and Saturday). You can select a specific day for your appointments so that you can see the same two midwives throughout your antenatal journey. If you require obstetric appointments during your pregnancy, these are available five days a week (Monday – Friday).

You will have the continuity of a specialist overseeing your care.

Antenatal classes

We offer a four week antenatal education program. The classes are designed for women who are around 30 weeks pregnant. Please speak to your midwife about booking in for these classes. Classes are held on Thursday nights (commencing the first Thursday of the month), from 6:30pm – 8.30pm at Rockhampton Hospital. Topics include:

- how to look after yourself during pregnancy
- signs of labour and when to come to hospital
- breastfeeding hints and tips
- tour of the maternity ward

When to come to hospital

Please come to the maternity unit immediately if:

- your waters have broken
- you have bleeding from the vagina
- you are having regular pains or contractions 5-10 minutes apart
- you have severe abdominal pain
- there are any changes in your baby's movements. For example, if the movements are less frequent, more than usual or if you have any other concerns around your baby's movements.

Please phone the maternity unit before coming in, if you have time.

Support and Referrals

Child and Family Health

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



We provide a range of community health and support services for children and their parents or carers to give every child the best possible start in life. Services may be offered in the home, or in community health centres and clinics. Care is provided by a multidisciplinary team of child health nurses, health workers and early intervention clinicians (either social workers or psychologists).

Services

- Health assessments, surveillance, and screening
- Growth and developmental checks
- Early feeding support
- Nutritional information
- Immunisation information
- Parenting support (seminars, groups, and individual interventions)
- Referrals to other services
- School based youth health service

Child Immunisation Clinic

Address Sterling Place, 156 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 0408 863 342
Fax (07) 4920 6871
Website health.qld.gov.au
Email gummagundoo@health.qld.gov.au



Immunisation from an early age helps protect your child against serious childhood infections. The child immunisation clinic is aimed at children from birth to 4 years of age.

CQ Youth Connect

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



We work with young people (aged 14-26) and youth service providers in Central Queensland to provide confidential, youth-friendly, and culturally appropriate health services. Our motto is Care, Connect, Empower, Protect and Respect.

Support and Referrals



CQ Youth Connect - CQHHS

Address	92 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone	(07) 4932 5452
Website	health.qld.gov.au
Email	Friederike.mccartney@health.qld.gov.au
Hours of operation	8:30 AM to 3:30 PM Mon-Fri

Our values are: **CARE, CONNECT, EMPOWER, PROTECT and RESPECT**

Our unique service advocates for youth to stay informed, get/stay connected, stay safe and healthy. We advocate and empower making informed healthy choices, promoting physical, spiritual, social and emotional well-being, for youth aged 14-25 years across Central Queensland - especially young people who are at high risk or disengaged.

CQ Youth Connect is Committed to:

- Increasing access in Health and Education Services for disadvantaged youth across Central Queensland;
- Preventing and reducing health gaps e.g. teenage pregnancy, immunisation, STIs, smoking, dental, mental health, FASD etc.
- Embracing diversity and eliminating all forms of discrimination in the provision of health services.

CQ Youth Connect welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.

Our unique locally designed program was established in 2014. Our Model of Care is delivered by a small team that provides culturally appropriate holistic Youth Health Care Services across CQ, with a collective, collaborative place-based approach from Bush, City and Reef.

CQ Youth Five Key areas:

Direct and Indirect Clinical Service: such as access to Dental Service, 715 Health Check, immunisation, Alcohol and Smoking, Mental Health Service, Sexual and Reproductive Health Service, pregnancy testing, screening for common STIs, support treatment, contact tracing, follow-up care, developing and providing pathways to Health Care. CQ Youth Connect has also established out-reach and spot clinics in required locations.

We assist/navigate youth in accessing Health Services, early identification of health concerns, promoting culturally appropriate, holistic health and well-being at all levels, furthermore preventing and reducing risk through providing harm minimization strategies.

Resource development: CQ Service directory, Quit Smoking or Alcohol Kits and resources, Stress Less Kits, Local Condom Kits, Condom Vending Machines, Contraceptive Kits, STI Games, Education Packs and Programs, Flyers, Social media, Personal Hygiene Kits culturally appropriate props, collated evidence-based data and literature repository.

Partnership and Engagement: Establish and foster partnerships across all levels with Community Stakeholders and Community Service Government Organisations and Non-Government Organisations across Central Queensland, working collaboratively with a collective place-based approach to reduce Youth Health Gaps.

Youth advocacy: Advocate, empower and provide pathways and opportunities for Youth development, giving them a voice and strength to identify and establish Youth projects/programs, supporting Youth Health and Education across all levels for Indigenous, disengaged and at-risk Youth.

Support and Referrals

Health Education & Workforce Development: Empower and provide opportunity for Youth to develop skills and access health, education and employment. CQ Youth Connect created new pathways to support Indigenous Workforce development e.g. CQ Youth Connect Indigenous Youth Engagement Officers, and Indigenous Youth Engagement Officers School based Traineeship.

Provide Youth with culturally appropriate, holistic, interactive health education program/sessions, that are uniquely tailored/developed and delivered according to local youth needs, requested or identified by Youth or Youth Service providers. Providing youth with experiences and evidenced-base knowledge to develop life skills and the ability to make informed healthy choices. Empowering Youth furthermore, ensuring youth have better access to evidenced-based information/knowledge and Health Service choices, direct or indirect.

Delivering professional development for Youth Service Provider Staff, internal or external; through the establishment of annual Youth Interagency Health forums, workshops, information sessions and awareness relating to health gaps, health knowledge needs e.g. Teenage Pregnancy, Immunisation, Sexual Health, Mental Health, Smoking, Alcohol etc.

CQ Youth Connect Service is based in Rockhampton, regularly traveling to rural and remote locations e.g. Emerald, Blackwater, Springsure, Woorabinda, Baralaba, Banana/Biloela, Mount Morgan, Gladstone and Yeppoon.

Contact:

CQ Youth Connect mobile 0417 061 004 or email: CQYouthConnect@health.qld.gov.au

Program Developer mobile 0408 708 200 or email: Friederike.McCartney@health.qld.gov.au

Support and Referrals



Maternity

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

Gladstone Hospital offers quality maternity service to all patients, both public and private. We deliver around 600 babies each year.

Our maternity unit has:

- Three birth suites
- 14 bed antenatal/postnatal ward (including 2 single rooms which may be available if you have private health cover)
- Neonatal Nursery

Maternity care options:

- sharing your care between GP and hospital
- midwifery group practice
- total hospital care or
- private care with an obstetrician or a midwife

More information about maternity care options

When to come to hospital

Please present yourself to the maternity unit immediately if:

- your waters have broken
- you have bleeding from the vagina
- you are having regular pains or contractions 5-10 minutes apart
- you have severe abdominal pain
- there are any changes in your baby's movements. For example, if the movements are less frequent, more than usual or if you have any other concerns around your baby's movements.

Phone the maternity unit before coming in, if you have time.

Rockhampton Children and Family Centre

Address Cnr of Charles St & Bawden St, BERSERKER QLD 4701
Telephone (07) 4928 5043
Fax (07) 4928 2429
Website bidgerdii.com.au



The Rockhampton Children and Family Centre works with families with children from 0-8 to access services of early childhood education and care; child and maternal health; parent and family support. Our vision is to have a safe, open inclusive place where children and families connect to health, learning and culture.

Support and Referrals

School Based Youth Health Nurses

Address Sterling Place, 156 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 0408 863 342
Fax (07) 4920 6871
Website health.qld.gov.au
Email gummagundoo@health.qld.gov.au



School Based Youth Health Nurses provide early intervention, preventative health education to adolescents in State High Schools, through evidence-based programs, in collaboration with teachers and the school curriculum. Offer individual confidential consultations, linking teens with appropriate health services, and work with parents and carers for positive health outcomes of their adolescents.

Support and Referrals



School Based Youth Health Service

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

The School Based Youth Health Service works with young people, school staff and parents in State Secondary Schools. CQ Health has School Based Youth Health Nurses at:

- Rockhampton State High School
- North Rockhampton State High School
- Glenmore State High School
- Mt Morgan State High School
- Capricornia Distance Education

Services

School based youth health nurses offer individual health consultations to provide assessment, support, health information and referral. It is a voluntary confidential service for young people. Topics that school based youth health nurses help with include:

- Feeling sad, worried, or angry
- Relationships
- Healthy skin
- Health eating and physical activity
- Personal and family problems
- Growth and development
- Sexual health
- Smoking, alcohol, and other drugs

Youth health nurses also work with the school community on issues that may affect the health and wellbeing of young people and the school community as a whole. This includes:

- helping with the school the school curriculum
- teaching and learning activities
- providing information and referral
- supporting the development of an environment and school culture that supports health and wellbeing

Confidentiality

Young people have the right to confidentiality when accessing health services. Confidentiality means not talking to others about your personal stuff. As a health service provider the youth health nurse respects your privacy but there are some things that are which the nurse must refer or act upon. Please discuss what is expected about confidentiality with the youth health nurse.

How to access this service

Parents or young people can self-refer, or a referral can be made by a health professional or school staff. Contact your state secondary school office to enquire how an appointment is made.

Support and Referrals

Special care nursery

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



Rockhampton Hospital is equipped to care for unwell and preterm babies from 32 weeks gestation. If your baby is born younger than 32 weeks or is too unwell to be cared for at Rockhampton they will be transferred to Royal Brisbane and Women's Hospital, and transferred back when they are well enough in preparation to go home with you.

Support and Referrals

Sub-Acute Chronic Care Rehabilitation (SACCR)

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



Our team of health professionals, students and supporting staff provide treatment, education, and tools to help you manage chronic disease at home. We aim to reduce the need for future hospital admissions. We communicate with your doctor so they are kept informed of your progress. The clinic is a working partnership with CQ University.

Services

- Cardiac
- Respiratory
- Diabetes
- Venous Compression
- Falls and balance
- Neurological

Services may be provided by:

- Clinical nurse
- Clinical scientist
- Diabetes educator
- Dietitian
- Exercise physiologist
- Nurse practitioner
- Occupational therapist
- Pharmacist
- Physiotherapist
- Podiatrist
- Speech pathologist
- Social worker

Who can access this service

People who have a complex chronic disease and meet the SACCR eligibility criteria:

- over 18 years old
- have a specific chronic disease that fits within the cardiac, respiratory, diabetes, venous compression or complex spinal pain pathway
- eligible for 2 or more clinicians
- recent hospital admission (within 3 months) OR multiple hospital re-admissions OR are at high risk of hospital admission
- willing to participate

How to access this service

You can be referred by your General Practitioner or a hospital staff member. Referrals for complex spinal pain are only available via an orthopedic specialist.

Support and Referrals



Sub-Acute Geriatric Evaluation (SAGE)

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

The SAGE unit cares for patients mostly over the age of 65, or those with age related conditions. The unit is for patients who are not sick enough for an acute hospital bed, but not well enough to go home.

Our team is made up of staff from different areas:

- Pharmacy
- Speech pathology
- Physiotherapy
- Occupational Therapy
- Dietetics
- Social Work
- Nursing

Our staff:

- assess and manage age related conditions.
- help patients set goals while working towards discharge.
- help patients (where possible) to return to community living with additional support.
- provide care to people who are waiting permanent placement in residential care facility.
- liaise with community and residential services.

The SAGE unit also offers outpatient Geriatric clinics.

Who can access this service

Hospital patients who are over 65 (over 50 for Aboriginal and Torres Strait Islander people) who have been assessed by the Sub Acute Flying Evaluation (SAFE) Team.

How to access this service

Referrals can be made by treating teams in hospitals to the SAFE team who handle assessments and admissions to the SAGE unit.

Support and Referrals



The Benevolent Society - Mount Morgan

Address 32 Thompson Avenue, MOUNT MORGAN QLD 4714
Telephone 1800 236 762
Website benevolent.org.au
Email GMM.EarlyYearsPlace@benevolent.org.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri

An Early Years Place that provides supportive play and development programs for families and children aged birth to 8 years.

The Early Years Place in Mount Morgan is free to attend.

We offer the following programs:

- Playgroups for ages birth to 5 years of age
- Reachout groups in mobile locations within the Gracemere and Mount Morgan area
- Child and family support services and referrals
- Transition to school groups
- Parenting workshops

The Smith Family - Communities for Children Capricorn

Address 80 Denham Street, ROCKHAMPTON QLD 4700
Website thesmithfamily.com.au
Email CFCCapricorn@thesmithfamily.com.au



The Smith Family has been the Facilitating Partner for the Australian Government's Capricorn Region *Communities for Children Facilitating Partner (CfC FP)* since 2011. We facilitate the delivery of a range of services designed to improve outcomes for children from 0 to 12 years old and their families within the local community. By taking a place-based and 'whole of community' approach, Capricorn *CfC FP* aims to help build a strong community that is inclusive and supportive of all families living in Capricorn Local Government Area.

Capricorn CfC Vision

The Community Strategic Plan for Capricorn *CfC FP* provides the roadmap for the development and implementation of the initiative for the period 2015-2019.

Strategic Priorities:

- Children and their families lead healthier lifestyles.
- Parents and Carers are better able to support their child's development.
- Young children are better prepared for school and have increased school engagement.
- Aboriginal and Torres Strait Islander children have improved health and learning
- Community connectedness.

Read more about our Capricorn programs

Support and Referrals

General Advocacy Services

Multicultural Australia - Rockhampton Office

Address 108 Alexandra Street, KAWANA QLD 4701
Telephone (07) 4921 2222
Website multiculturalaustralia.org.au
Email jilla@mcaus.org.au



As Community Advocacy Workers, Australia develops meaningful relationships with community stakeholders to help bridge the gaps between the structures of government, private corporations and large NGOs to ensure people are heard and can engage. We create opportunities and build partnerships to promote social cohesion to ensure Queensland benefits from the great asset that is our cultural diversity.

Support and Referrals

QIFVLS - Rockhampton Office

Address Normanby House - Level 2, 44 William Street, ROCKHAMPTON
CITY QLD 4700

Telephone (07) 4927 6453

Website qifvls.com.au

Email help@qifvls.com.au

Hours of operation 8:30 AM to 5:00 PM Mon-Thu; 8:30 AM to 4:00 PM Fri



We are a free legal service, for Aboriginal and/ or Torres Strait Islander people, affected by family violence and/ or sexual assault in Queensland.

ways we can help you

- explain your legal rights and responsibilities
- outline various options and steps you can take to solve your legal problem/s
- go to court with you and support you through the process
- connect you to free counselling and support services. e.g. health, housing, financial advisors etc.
- offer information sessions, factsheets and resources relevant to you

in the following areas of law

- Child Protection
- Domestic and Family Violence
- Family Law
- Victims Assistance
- Witness Assistance Law
- Victim Support (Sexual Assault)

you may be eligible for our services if

- you or the child/ren are Aboriginal and/ or Torres Strait Islander
- experiencing or have experienced family violence and/ or sexual assault
- living in Queensland

It is important to know that support is available. If for some reason we are unable to assist, we will refer you to a support service/s that can. If you, or your family, need legal support or more information, free call our friendly team on 1800 887 700.

ways we can support your community

- display an information booth or stall
- build and maintain strong relationships
- present education sessions (legal or non-legal)
- hold and attend community events

Generally, we provide these services to community groups, schools, service providers etc. Please contact us with any questions you may have. For more information, get in touch with our friendly team.

Support and Referrals

General Welfare & Support Services

CatholicCare Central Queensland - Rockhampton

Address 16 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 1300 523 985
Fax (07) 4927 9209
Website schoolsavvycq.com
Email referral@catholiccarecq.com



Offering second-hand uniforms and essential booklist stationery at extremely low cost, families and children struggling to cope with the rising cost of back-to-school are welcome to purchase what they need regardless of their financial circumstances.

Opening annually across one week each January, School Savvy pop-up shops operate in Rockhampton, Gracemere, Mount Morgan and Yeppoon.

All School Savvy CQ pop-up shops strive to promote inclusiveness by not applying eligibility criteria. Our shops operate on an honesty policy, where we ask that attendees simply respect the program as one that supports people who are struggling financially. In the spirit of School Savvy, we ask that people always consider others and take only what they need.

With the costs of everyday living steadily increasing each year, School Savvy CQ is proud to offer an alternative option to children starting their school year without the resources they so desperately need.

Access to education is a fundamental human right.

Support and Referrals

GTO Young Women's Support Service

Address 137 Musgrave Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4922 7236
Fax (07) 4922 9008
Website girlstimeout.com.au
Email admin@girlstimeout.com.au



GTO Young Women's Support Service Inc provides a range of programs to young women, including parents across the Rockhampton Local Government Area. We deliver client focused, responsive and coordinated case management to clients who may fall in one or more of the following categories:

- Across the spectrum of homelessness
- Including young women living rough and/or in transitional accommodation
- Who require parenting support
- Who require support and advice on relationships, advocacy, education, learning and development

The Young Empowered Parents (YEP) program contributes to positive beginnings for young parents up to the age of 25.

The Young Mums Support program aims to support young mums in the Rockhampton region by building parenting and relationship skills, reducing isolation and by providing support to enhance social and emotional well-being. The program is for women up to the age of 25 years old who are mothers or who are pregnant and provides information and assistance.

The H2H Program is for young women aged between the ages of 16-25 years old who need assistance in accessing housing and accommodation.

GTO Young Women's Support Service Inc provides a range of programs to homeless and at risk of homelessness young women, including parents across the Rockhampton Local Government Area.

GTO delivers client focused, responsive and coordinated case management to clients across the spectrum of homelessness. This includes young women living rough and/or in crisis or transitional accommodation through to tenancy support for clients in post crisis or who require early intervention.

Case Managers at GTO work in a multi- disciplinary environment and with our community partners and other service providers to ensure a range of appropriate services and interventions are available to clients.

Support and Referrals

St Vincent de Paul - Food Vouchers



Address 233 Alma Street, ROCKHAMPTON QLD 4700
Telephone 1800 846 643
Website vinnies.org.au
Email donations@svdpqld.org.au

Food Vouchers Opening Hours Mon, Tue, Thurs, Fri (Closed Public Holidays) 9:00 am – 1:00pm

Specialist Homelessness Services

AnglicareCQ Homelessness and Emergency Relief Service



Address 160 - 164 Musgrave Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4837 5300
Website anglicarecq.org.au
Email web-enquiries@anglicarecq.org.au
Hours of operation All Hours

Helps families find suitable, secure homes, and break down barriers preventing them find a place in the mainstream housing market. Can help to maintain tenancy through a period of crisis. Provide practical and emotional support, intervention and education. Can also advise on other agencies which may be able to provide assistance specific to your circumstances.

Support and Referrals

St Vincent De Paul Homelessness and Early Intervention Program

Address Ozcare Building, 87 Alma Street, ROCKHAMPTON QLD 4700
Telephone (07) 4999 3200
Website qld.vinnies.org.au
Email rockhamptonprograms@svdpqld.org.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri

VINNIES MISSION

St Vincent de Paul aspire to be recognised as a caring Catholic charity offering “a hand up” to people in need. We do this by respecting their dignity, sharing our hope, and encouraging them to take control of their destiny.

OUR SERVICE

St Vincent de Paul Society QLD Rockhampton Housing and Homelessness Programs are specialist homelessness services that include Homelessness Early Intervention services and within Vinnies this service is known as Homestay. The Homestay program works with people from a diverse range of cultural backgrounds, including Aboriginal and Torres Strait Islander participants. Services are available for the duration of need of the individual that is based on assessed need rather than an arbitrary time limit.

HOMESTAY

St Vincent de Paul Society QLD Rockhampton Housing and Homelessness Programs are specialist homelessness services that include Homelessness Early Intervention services and within Vinnies this service is known as Homestay. The Homestay program works with people from a diverse range of cultural backgrounds, including Aboriginal and Torres Strait Islander participants. Services are available for the duration of need of the individual that is based on assessed need rather than an arbitrary time limit.

Support is provided for people who:

- Are behind in rent
- Have received breach or eviction notices
- Cannot meet expectations for cleaning/maintenance
- Are having difficulty in maintaining their existing tenancy
- Are moving into accommodation after being homeless
- Are experiencing overcrowding issues

HOW IT WORKS

Each participant is assigned a support worker who will assess what support they need on a case-by-case basis. This can be through general advice and budget support and goal setting as well as providing important information on tenant rights and responsibilities. For people moving into new accommodation, the support worker can assist you in establishing a successful tenancy, setting up utilities, budgeting and supporting you to understanding your lease. The Homestay program also provides assistance in applying for new accommodation options.

BEYOND TENANCY

St Vincent de Paul Society Queensland understands the impacts of mental health that come with housing uncertainty and how issues beyond unpaid rent or breach notices can affect the stability of your living situation. The Homestay program works with several service providers to provide access to counselling, transportation, advocacy, mentoring and group support for people experiencing drug, alcohol or gambling addictions, domestic abuse or family violence and other issues that place them at risk.

Support and Referrals

Youth Accommodation Services

CTC YHARS



Address 38 Armstrong Street, NORTH ROCKHAMPTON QLD 4701
Telephone 1800 616 289
Email yhars@ctcqld.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

The Youth Housing and Reintegration Service including After Care Rockhampton (YHARS) is funded by the Department of Communities. Capricorn Training Company's YHARS service provides free, confidential **youth housing** and **after care** support, targeting young people between the ages 12 & 20 who are:

- Exiting or transitioning from child safety orders or a period of sentence or remand in youth detention facilities;
- Sleeping rough;
- At risk of homelessness;
- Homeless, or
- Living in unstable, temporary or inadequate housing.

The YHARS Youth Support Officers aim is to establish: strong, successful relationships with young people facing or experiencing homelessness and help them transition into independent living arrangements with the support of locally integrated networks.

Youth Information & Counselling

Binbi Wudhala Health Clinic

Address 155 Alma Street, ROCKHAMPTON QLD 4700
Telephone (07) 4921 9800
Website livebetter.org.au



As needed General Health Clinic, providing a safe and casual environment for youth to ask questions regarding their health.

Support and Referrals

Livebetter Community Services - Rockhampton

Address 155a Alma Street, ROCKHAMPTON QLD 4700
Telephone (07) 4924 9700
Fax (07) 4927 8642
Website livebetter.org.au
Email admin@livebetter.org.au



Provides Counselling - Alcohol & Other Drugs - Youth across various regions of Queensland.

Transition to Independent Living Service - Roseberry Qld

Address 30 William Street, ROCKHAMPTON QLD 4700
Telephone (07) 4923 7700
Website roseberry.org.au
Email admin@roseberry.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Provides practical and emotional support to young people living independently in the community. Provides information and referral services aiming to broaden the young person's support network and ensuring identified needs are met.

Wakai Waian Healing

Address 8 Archer Street, ROCKHAMPTON QLD 4700
Telephone 1800 732 850
Website wakai-waian.com.au
Email edwardmosby@wakai-waian.com.au



Provides Counselling - Alcohol & Other Drugs - Youth across various regions of Queensland.

Youth Alcohol and Other Drug Service (Youth AODS)

Address Quarry Street, THE RANGE QLD 4700
Telephone (07) 4920 5700
Fax (07) 4920 5719
Website cq.health.qld.gov.au
Email CQMHSYMHsRockhampton@health.qld.gov.au
Hours of operation 8:30 AM to 4:00 PM Mon-Fri



Reduce harms associated with substance use in young people aged 12-18years

Woorabinda Aboriginal Shire

Child Youth & Family Health

Child and Family Health

Address 1 Munns Drive, WOORABINDA QLD 4713
Telephone (07) 4913 2800
Fax (07) 4935 0130
Website cq.health.qld.gov.au



We provide a range of community health and support services for children and their parents or carers to give every child the best possible start in life.

Services may be offered in the home, or in community health centres and clinics. Care is provided by a multidisciplinary team of child health nurses, health workers and early intervention clinicians (either social workers or psychologists).

Services

- Health assessments, surveillance, and screening
- Growth and developmental checks
- Early feeding support
- Nutritional information
- Immunisation information
- Parenting support (seminars, groups, and individual interventions)
- Referrals to other services
- School based youth health service

Support and Referrals

Maternity

Address 1 Munns Drive, WOORABINDA QLD 4713
Telephone (07) 4913 2800
Fax (07) 4935 0130
Website cq.health.qld.gov.au



The mission of our unit is to provide the highest standard of care to mothers and babies, before, during and after the birth, promoting the health and well-being of the family unit.

When to come to hospital

Please present yourself to the maternity unit immediately if:

- Your waters have broken
- You have bleeding from the vagina
- You are having regular pains or contractions 5-10 minutes apart
- You have severe abdominal pain
- There are any changes in your baby's movements. For example, if the movements are less frequent, more than usual or if you have any other concerns around your baby's movements.

Please phone the maternity unit before coming in, if you have time.

General Advocacy Services

Community Justice Group

Address 11 Saunders Lane, WOORABINDA QLD 4713
Telephone (07) 4935 0259
Website datsip.qld.gov.au
Email reception@woorabinda.qld.gov.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The role of the Community Justice Group (CJG) is to ensure that clients of the service are given appropriate cultural support for Court matters. The CJG also provides cultural reports to the courts at sentencing and bail applications; assistance to the courts in managing community-based offences and networking to implement crime prevention initiatives.

- legal advice and support groups
- youth justice and support groups
- domestic and family violence support
- drug and alcohol services
- mens' and women's groups
- accident, emergency and medical services.

Support and Referrals

General Welfare & Support Services

Yoonthalla Services Woorabinda - Woorabinda

Address 112 Munns Drive, WOORABINDA QLD 4713
Telephone (07) 4935 0560
Website woorabinda.qld.gov.au
Email reception@ysw.org.au



Woorabinda Aboriginal and Torres Strait Islander Corporation for Social and Emotional Wellbeing and Health has been established to provide local programs which address the specific needs of Woorabinda residents within a local cultural context, and which acknowledge the ongoing trauma and entrenched disadvantage associated with historical, geographical and social factors.

Programs

Australia/State Wide

Drug & Alcohol Services

Alcohol And Drug Foundation - Queensland

Telephone (07) 3565 3700

Website adf.org.au

Email adf@adf.org.au

Our Purpose

To prevent and minimise the harm caused by alcohol and other drugs in Australia.

Each year in Australia: 5,500 people die from alcohol related injuries, illness and accidents.

- 157,000 people are hospitalised due to alcohol.
- More people die from drug overdoses—including from pharmaceuticals—than die on the roads.
- The cost to the community from alcohol-related harm is estimated to exceed \$15.3 billion. For illegal drugs it exceeds \$8.2 billion.

All of these are preventable.

Our Mission

We work in partnership with others to support and create evidence-based policies and practice that prevent and minimise the harm caused by alcohol and other drugs.

We are community-centric.

We co-design our evidence-based programs with communities and support them to build capacity to create change.

Programs

Breakthrough for Families Qld

Telephone (07) 3620 8880
Website drugarm.com.au
Email intake@drugarm.com.au



Breakthrough for Families Qld is an information, referral and support program for family members, significant others and loved ones of people who are experiencing alcohol or other drug issues. Book an appointment by calling the Central Intake Service on (07) 3620 8880.

Breakthrough for Families Qld

Breakthrough for Families Qld is an information, referral and support program for family members, significant others and loved ones of people who are experiencing alcohol or other drug issues. Our team provide non-judgemental and confidential support to individuals, families and communities. We help family members and significant others to understand alcohol and other drug use, and what they can do to help their loved one. We can also provide strategies to make changes to their own circumstances, implement healthy boundaries and build resilience. Our experienced team can help families and significant others navigate the health system, and connect them to specialist workers and other health services. We also provide regular community information sessions for families on alcohol and other drugs.

Breakthrough Our Way

Breakthrough Our Way is a free program developed by Queensland Aboriginal Islander Health Council in partnership with Apunipima for Aboriginal and Torres Strait Islander families affected by another person's alcohol or other drug use. Families and community members can attend the information sessions and families can access ongoing support.

What can I expect to gain?

By engaging in the program you can expect to develop strategies, learn new skills and help make progress to change your own circumstances.

Is this program right for me?

When you contact us, we will help to match you with a program that fits your lifestyle, preferences and objectives. Different programs have different approaches and delivery methods, so it's important for us to engage you with the program that will fit your needs and can achieve the best results for you. You can call us or come to one of our local information sessions to learn more about the program.

How do I access the program?

Breakthrough for Families Qld is free, voluntary and no referral is required. Our flexible program delivery approach means that you can access support in our office, your home, a safe community space or via telephone. You can also attend one of our local information sessions.

About Drug ARM

Drug ARM is a specialist not-for-profit, non-government organisation that supports people, families and communities to achieve positive transformation through rehabilitation and treatment, outreach, family support, awareness and prevention, information and education, and advocacy and policy.

Programs

Creating Options

Telephone (07) 3620 8880
Website drugarm.com.au
Email intake@drugarm.com.au



Creating Options

Creating Options is an up to twelve week treatment program for people who want help to address issues related to their alcohol or other drug use.

Our team of specialists provide non-judgmental and confidential support through weekly counselling sessions and case management. We can help in areas such as relapse prevention, coping strategies, relationship skills, anger management, emotional regulation, mental health, and other life skills support.

Creating Options can also help to coordinate care by engaging with existing healthcare and social services providers, or connecting to new providers.

Our holistic approach means we help with all of the issues that might be contributing to, and maintaining, alcohol and other drug use. We work with each person to identify their goals, and provide practical solutions to make progress towards them.

What can I expect to gain?

In the first few sessions, our team get to know you and work with you to identify your short term and long term goals. By attending and engaging with the program, you can expect to develop strategies, learn new skills and make progress towards your goals.

Is this program right for me?

When you contact us, we will help to match you with a program that fits your objectives, preferences, and the type of issues you are dealing with. Different programs have different approaches and areas of focus, so it's important for us to engage you with the program that can achieve the best results for you. If you need support outside of what we can offer, we can refer or connect you to other services.

How do I access the program?

Creating Options is free, voluntary and no referral is required. Our flexible program delivery approach means that you can access support in our office, your home, a safe community space or via telephone. Call us on 07 3620 8880.

About Drug ARM

Drug ARM is a specialist not-for-profit, non-government organisation that supports people, families and communities to achieve positive transformation through rehabilitation and treatment, outreach, family support, awareness and prevention, information and education, and advocacy and policy.

Programs

Family Drug Support

Telephone 1300 368 186
Website fds.org.au
Email general@fds.ngo.org.au
Hours of operation All Hours



FDS provides support to families and friends affected by alcohol and other drug issues:

24/7 Telephone Support Line: 1300 368 186

Family Drug Support provides a national twenty-four-hour, seven-day-a-week telephone helpline for family members & friends of people with alcohol or other drug issues.

Support Meetings

Non-religious, open meetings for family members and friends affected by drugs and alcohol. Open to anyone and providing opportunities to talk and listen to others in a non-judgemental, safe environment.

Stepping Stones

An intensive short course for family members and friends who are supporting someone with drug and/or alcohol problems.

The course brings people together with similar challenges and enables participants to find new ways of coping.

Stepping Forward

A short course that provides clear and practical information and a safe place to share and feel supported for family members and friends of people with alcohol and/or other drug problems.

A series of educational and interactive sessions covering drug and alcohol related topics such as:

- Families' stages of change;
- Effective communication;
- Alcohol & other drugs information;
- Drug & alcohol treatment options;
- Setting workable boundaries;
- Dealing with conflict; and
- Families & Ice.

You can attend one or multiple of sessions.

Online 1 to 1 Support Session

Via video call family members and friends can gain support with our through our online platform - SAGE FM Family Drug Support

Lived Experience education and support

Telephone (07) 5665 6063
Website australianantiicecampaign.org.au
Email admin@australianantiicecampaign.org.au

Prevention Education Advocacy Intervention Peer support Relapse prevention Group therapy

Programs

Lives Lived Well Head Office

Telephone 1300 727 957
Website liveslivedwell.org.au
Email info@liveslivedwell.org.au



Lives Lived Well provides support for people in Queensland, New South Wales and South Australia who are being impacted by alcohol or drugs or problems with mental health. We aim to take a holistic, compassionate and harm minimisation approach to help people live their lives well. Our community supports are free to access, and we also provide low-cost live-in services.

With heartfelt dedication, we work with individuals to craft personalised plans, reduce harm, nurture recovery, and inspire positive and lasting change. We bring experience, empathy, and a judgement-free approach to every person's journey, recognising that life is complex. Side by side, we unlock capacity for change, offering compassionate, person-centred support grounded in evidence-based clinical practices.

Ready to take the first step towards positive change? Contact us today to learn more about our services or to access support.

SMART Recovery

Telephone (02) 9373 5100
Website smartrecoveryaustralia.com.au
Email smartrecovery@srau.org.au

SMART Recovery is a group program offering a supportive environment for people to achieve behaviour change goals of their choice around alcohol & other drug use, or any behaviours of concern.

Guided by trained peers and professionals, participants come to help themselves and help each other using a variety of cognitive behavioural therapy (CBT) and motivational tools and techniques. SMART Recovery meetings are free and run weekly for 90mins. Each meeting is guided by a trained facilitator. Meetings are available online or in-person.

Employment Information & Assistance

Jenny Gleeson Coaching and Consulting

Telephone 0433 884 847
Website jennygleeson.com.au
Email jenny@jennygleeson.com.au

I am a qualified Career Coach and English Teacher. I offer extremely low and cost effective services as I am very community minded and person centred. I also assist Not for Profit organisations with writing tenders, funding applications, business plans plus much more.

Programs

Financial & Gambling Management & Budgeting

Fair Entitlements Guarantee (FEG)

Telephone 1300 135 040

Website ag.gov.au



The Australian Government provides assistance to people owed certain outstanding employee entitlements following the liquidation or bankruptcy of employers, this help is available through the Fair Entitlements Guarantee (FEG).

Gambling Help - National Phone Service

Telephone 1800 858 858

Website gamblinghelponline.org.au

Sometimes thinking about a gambling issue is hard. Making a decision on what to do next can be as difficult as knowing when to walk away. Our counsellors know about gambling. 'Talk' to someone online now about your decision to change, or even if you are just thinking about your options. If you want more time to think about your question, you can use the email service. Even if you want to do it by yourself, we can provide support, someone to run ideas past or strategies for sticking to your goals. Register online.

Saver Plus

Telephone 1300 610 355

Website bsl.org.au

Email saverplus@bsl.org.au



Saver Plus is Australia's largest and longest running financial education and matched savings program. Build financial skills, develop life-long savings habits, and receive up to \$500 to assist with education costs. To participate, you must be 18+ years, be studying or have children at school, have a health care or pensioner concession card, Centrelink payment plus some income from work.

Programs

Seeds Of Hope No Interest Loan Scheme (NILS)

Telephone 0490 332 108
Website seedsofhope.com.au
Email nils@seedsofhope.com.au
Hours of operation 9:30 AM to Midday & 1:00 PM to 2:30 PM Mon-Tue,Thu



We provide fee and interest free loans up to \$1500 to people on Centrelink for the purchase of furniture, white goods, electrical appliances, education expenses, medical and dental expenses, car repairs, tyres and registrations. We also provide interest free loans up to \$1000 to help people on Centrelink repay Pawnbrokers and Payday Lenders.

General Child Services

Raising Connected Kids

Telephone 0430 306 111
Website raisingconnectedkids.com.au
Email karen@connectededucation.com.au

Teaching school-aged children skills and strategies to build self-confidence and emotional resilience. Online courses and ongoing weekly coaching for children to support emotional development facilitated by Children's Emotional Well-being coaches qualified and experienced in Education and Psychology. Specialising in support for highly sensitive children.

Programs

General Education Programs

A Team Tuition - HEAD OFFICE



Telephone (07) 5226 0351

Website ateamtuition.com

A Team Tuition believes that any student has the ability to succeed academically if they are equipped with the right mindset, strategies and support.

Transform your child's grades, confidence and motivation with a custom built tutoring program. Our tutoring program was carefully developed with child psychologists, teachers, university professors and academics to achieve better academic results and is delivered in a way that works with your child's strengths. This program focuses on three core pillars of success: Growth Mindset, Academic Support and Academic Strategy. Helping your child reach their full academic potential isn't about getting a place in the course they dream about - it is about empowering your child with the confidence and knowledge that they can achieve their goals.

Every child is different - they learn in different ways and require an individual approach to support their learning. Our private tutors, backed by our whole team, partner with you, your school and your child to give them the best possible chance of success. A Team Tuition spends the time needed to understand your child and their needs, and invests in designing and planning a study strategy that suits the individual student's learning style.

A Team Tuition have extensive experience in providing student academic support. Tutoring services are available to students Australia-wide in a number of different settings, including:

- home tutoring for primary school and for high school;
- holiday tutoring;
- home school tutoring;
- online tutoring;
- in-school boarder tutoring as part of our partnership with the Australian Boarding School Association.

Want to know more about how we can help your child to academic success? Contact us today online.

Programs

Anger Management and Conflict Resolution Program

Telephone 0408 332 765
Website anger.org.au
Email transformationministries@gmail.com
Hours of operation All Hours



Have you experienced problems with anger & rage that has caused harm to yourself and those you love?

Anger is a normal human emotion when we feel we are being threatened, or those we love.

If you prefer to do the 24/7 ONLINE course, click on the green button on website.

If you need certificate for court, please read instructions on THE COURSE page.

If we don't deal with what causes us to get angry, then it turns into rage.

Anger Management & Conflict Resolution Program Gold Coast is a 3 week course.

Program runs on most **MONDAYS** and now **1/2 price**

(as well as concession for students & centrelink cards for live program only).

It will help you understand and manage your anger so it doesn't explode into rage.

This program is also ideal for supervisors and managers to help them develop communication and conflict resolution skills with work colleagues. This training is tax deductible as a work related expense and enables supervisors and managers to maintain professional development and upskilling.

1. Why this program?

Anger Management & Conflict Resolution Program Gold Coast (www.anger.org.au) will help you understand and manage your anger so that it doesn't explode into rage. At the end of the day, the only thing that brings joy and meaning to life is having loving meaningful relationships with family and friends. The purpose of this program is to help you develop a better quality of life by improving your relationships.

If you prefer to do the 24/7 ONLINE course, click on the green button website.

People get a certificate upon 100% completion from Udemy, however, **if you need it for court**, then you need to post to PO Box 1253, Elanora QLD 4221;

1. The completed homework sheet so we can sign and stamp that off. (3 sessions, plus conclusion on last page)
2. The Anger Management Brochure (b&w signing) – please sign the 3 weeks and we will sign too and stamp.

These are downloadable from Lecture 2: Anger Management Homework, Summary Sheet & PowerPoint Slides (4pg)

We will then sign and stamp both of these and post them back to you, along with our official certificate signed and stamped.

(People who attend the LIVE group receive original paperwork on the night that will be signed and stamped.)

This program is also ideal for supervisors and managers to help them develop communication and conflict resolution skills with work colleagues.

This training is tax deductible as a work related expense and enables supervisors and managers to maintain professional development and upskilling.

This Anger Management course is of three (3) weeks duration and runs most MONDAY nights.

We thank our sponsors and the Gold Coast City Council for their generous donations which has enabled us to offer this program for 1/2 price.

Now \$145 instead of \$290.

Programs

Concession is \$73 for students as well as centrelink cards (for live program only), instead of \$145. It involves 6 contact hours over 3 weekly sessions with trained professionals...

It is a known fact that anger and violence in our community causes dysfunction, devastation and tragedy. Anger and violence also places a huge economic and social strain on our community and its resources.

Quite frankly, it can devastate lives for generations to come.

The Anger Management & Conflict Resolution program is tailored for those individuals who have been charged with offences by the police, or are 1st time Respondents in Domestic Violence Applications, as well as people who want to develop skills to overcome the harmful effects of rage on themselves and their loved ones.

The aim of this course is to provide these individuals with a brief intervention program that will provide them with skills to identify triggers causing anger and ways in which to manage these triggers. There are currently very limited, or no brief intervention courses or services in this area being offered and those that are available, can be very expensive (through private practitioners), or take a lot of time to complete, (from 16 – 26 weeks). This expense or significant duration of time, may create barriers to help and set people up for failure, particularly when they are best suited to a brief intervention program.

The principle supporting this program is that a brief intervention provides clinical pathways into further treatment. Research affirms that if people have experienced the benefit of a brief intervention, then they are more likely to engage with further intensive services when they need them. The benefit of this program is that anger related offences / domestic violence matters, can be dealt with quickly and efficiently through the court system.

A major advantage of this course to the court is to provide another resource to deal with and manage offenders in the community. The court may be able to consider the completion of this course when assessing the factors of rehabilitation, deterrence, and community protection pursuant to s.9 of the Penalties and Sentences Act. Further, court may be able to consider the completion of this course when assessing issues pertaining to the making of Domestic Violence Orders for 1st time offenders and the conditions contained therein.

If the individual attends and satisfactorily participates in the course, then they will receive a certificate of Participation and Completion which can be presented to the court in their matter. Further, this course could form part of the conditions of the individual's probation / parole as determined by their case officer.

People can benefit from a short intervention program addressing Anger Management and Conflict Resolution PRIOR to them going to court.

This brief intervention program can help expedite court matters and relieve congestion from lengthy court adjournments and delays in accessing long term programs for 1st time Domestic Violence Respondents, that may successfully address aggressive behaviours through brief interventions and counselling follow up.

Whilst we recognise the benefit and necessity of long term rehabilitation and treatment for repeat offenders, some first time domestic violence offenders can be treated with brief interventions and clinical pathways into further treatment and support, (such as counselling), can also be provided as an extension of this brief intervention. Victims can then be provided with the infrastructure they need to be kept safe and supported through counselling services and ensure that professionals help to mediate the reconciliation process.

There are many respondents that do not have a violent criminal record and have become decompensated through an overwhelming crises, (such as death, loss of job etc), that has precipitated this offense. These people can do well with brief interventions, as we have demonstrated over the last 12 years with the QLD Traffic Offenders Program that the presenter helped to set up as one of the founding members, as well as the QLD Illicit Drug Diversion for first time drug possession that the presenter was also involved with for 5 years.

Programs

These matters and delays can cause significant trauma and stress to children that are alienated from the offending parent even when both parents have agreed to reconciliation with the assistance and mediation of health professionals. However, this reconciliation can be delayed for extended periods of time if first time domestic violence respondents have to wait 3 months to undertake a long term program and then another 4 months to complete the program. This 7 month process can also contribute towards further relationship breakdowns and stress to the children and community as a whole.

2. Repeating the program for free

We are committed to helping people develop healthier relationships, which means they experience more joy in life and we contribute to building a healthier community. This is the goal for our program. Please note that if people have completed the program, they are welcome to come back within 12 months for free to repeat the program as there is a lot of information that is covered in the 3 weeks. If people have paid and have not completed the program, they are always welcome to complete the sessions missing and even repeat the sessions they have already sat through. Again without charge. The dates are on the calendar below...

3. Lawyers may attend the full program for free

We understand that it is easier to refer a client to a service when you have experienced it yourself, or you know the person you are referring to. We warmly welcome any lawyer that would like to attend the program without charge to help them experience the potential benefit for their clients.

4. Would you like more brochures?

If you have run out of the attached brochure (<https://www.anger.org.au/wp-content/uploads/2020/07/Anger-Management-Brochure-2019-1.pdf>), or you would like some more posted out, please let us know.

We sincerely thank you for your referrals and we look forward to seeing you or your clients at the program. If there is anything else you would like to know, please feel welcome to call or email anytime.

Have a great week...:)

Programs

Australian Cervical Cancer Foundation

Telephone 1300 727 630
Website accf.org.au
Email info@accf.org.au



The Australian Cervical Cancer Foundation (ACCF) is a young charity with a big vision: to eliminate cervical cancer.

We work hard to achieve this huge goal by

- Raising awareness of cervical cancer and its prevention through Cervical Cancer Awareness programs in both high schools and community groups. CCAPS is a free presentation which takes students, teachers and parents through what HPV (Human Papilloma Virus) and why school children are being vaccinated against it and how it works. The program provides potentially life-saving information about cervical cancer and other HPV - related cancers and the best method for prevention.
 - Providing support to women and their families living with cervical cancer as well as to women and their families who have received an abnormal pap test result.
 - Enabling vaccination, screening and treatment for women in developing countries where the rate of cervical cancer related deaths is 20 times higher than those in western countries. ACCF currently works in Nepal, Bhutan, Kiribati, Timor-Leste, Vietnam and Solomon Islands.
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Programs

Australian School Of Entrepreneurship

Telephone 1300 336 095
Website ase.edu.au
Email group@ase.edu.au
Hours of operation 9:00 AM to Midnight Mon-Fri

The ASE Group is a community-led and purpose driven business for good that delivers education, entrepreneurship and employment programs to Australians of all ages.

Our mission is to equip every Australian with the skills, resources and mindset they need to start a business or enter the workforce, regardless of their postcode.

Our Initiatives:

1. **Australian School of Entrepreneurship.** We deliver skills based entrepreneurship training and life skills education programs in the form of workshops (face-to-face and virtual), online education and events. These programs are designed to inspire creativity, collaboration and critical thinking in young people.
2. **Australian School of Employment.** Alongside Government and the Private Sector, we deliver innovative self-employment and employment programs to help Australians of all ages authentically contribute to their local communities through meaningful work opportunities or business.
3. **Business Camp.** In just 72 hours, your child will experience the highs, lows, love, and pressure that make up the ever changing world of business. They will meet the most amazing friends and mentors, along the way starting a business or social change movement.
4. **The Youth Agency.** We combine the best practice in marketing with a deep understanding of the needs and desires of Generation Z and Generation Alpha. We plan, co-design and deliver interactive, live experiences and produce content for partners wanting to genuinely engage young people.

Balance Minder

Telephone 0428 181 824
Email leanne@balanceminder.com.au



Providing training in wellness skills including exercise, healthy eating and financial literacy. Balance Minder aims to provide the tools and support to all Australians to improve their physical, mental and social wellbeing. Deeply grounded in Tai Chi; We offer online and face to face courses which allows participants the opportunity to become the best version of themselves.

Programs

be informed.

Email beinformedaus@gmail.com

**be
informed.**

be informed. helps people make good decisions. We offer free Seminars on important topics of interest so people are educated with information about what matters to them.

Education Queensland Early Childhood Development Program

Telephone (07) 3634 0539
Website education.qld.gov.au
Email eap@qed.qld.gov.au



ECDPs aim to support children's early learning and help develop valuable skills children need to be successful learners now and as they transition to school. For more information about accessing an ECDP, contact your local Department of Education regional office or your local ECDP.

Emmaus Correspondence School

Telephone (07) 4635 7227
Website emmausqld.org
Email office@ecsaust.com.au



The Emmaus Bible Correspondence School is the largest in the world supplying over 1.4 million Bible correspondence courses world wide each year. This is undertaken in over 80 languages, in more than 100 countries, and using over 1200 ECS distribution centres. ECS Ministries is evangelical, non-denominational in outreach, with the courses published for the purpose of encouraging people of all ages to study the Word of God, the Bible.

We can't enjoy a walk with the Saviour in person, as the disciples on the road to Emmaus did, but we can experience his presence through the written word. ECS Ministries has developed a number of course study books to help you know the Lord Jesus, deepen your understanding of the Scriptures, and to grow in your walk with God.

Our courses cover a number of subjects that can help new and mature believers alike. Some courses deal specifically with discovering what Christianity is all about. Others delve into the foundations of the Christian Faith, while some are for children and young people. In addition, there are specific studies to take you through individual books of the Bible, along with doctrinal studies, topical studies and Bible surveys.

Many people like to take advantage of the "correspondence course" format of the studies and choose to take the multiple choice exams (approx. 120 questions for each study book) that comes with the course. They appreciate the instructor / student relationship and the certificates we issue to acknowledge achievement.

Programs

FORTRESS LEARNING

Telephone 1300 141 994
Website fortresslearning.edu.au
Email info@fortresslearning.com.au



Fortress Learning is one of Australia's premier RTOs, delivering nationally accredited courses in both Training & Assessment and Business. The company has kept the family values it began with and genuinely cares about the students it teaches. If you're looking for more than the piece of paper, then the Fortress Learning team can help.

Pathways to Resilience Trust

Telephone (07) 3169 2400
Website pathwaystoresilience.org
Email info@pathwaystoresilience.org



Various terms are used to describe Social and Emotional Learning including personal and social development, emotional literacy, emotional intelligence, social and emotional competence and social, emotional and behavioural skills.

Social and emotional learning is a process for helping students develop the knowledge, understandings and skills that support learning, positive behaviour and constructive social relationships.

Social and emotional learning is an approach that teaches students to recognise, regulate and express the social and emotional aspects of their lives so they can operate successfully in the world and manage life tasks.

To operate successfully in the social world, students must build knowledge and understanding of their identity, how relationships are developed and the impact of social contexts on their decision making and behaviour.

Power Learning Pty Ltd

Telephone 0437 028 884
Email powerlearning@powerlearning.net.au

Competency training for the workplace delivered either externally or internally

Programs

Queensland Fire And Rescue Service

Telephone (07) 3635 1949

Website qfes.qld.gov.au

Email QFSEnquiries@qfes.qld.gov.au



The Fight Fire Fascination (FFF) program is a carefully designed education program for children (3-17 years) whose parents or carers are worried about their involvement with fire (or alternatively 'their unsafe fire behaviour'). FFF is delivered through a series of visits to the home by specially trained firefighters. It is an initiative of Queensland Fire and Emergency Services provided free and confidential to any Queensland child.

Programs

Stroke Foundation: StrokeSafe Volunteer Speaker Program

Telephone (03) 9670 1000
Website strokefoundation.org.au
Email strokesafe@strokefoundation.com.au



Did you know that more than 80% of strokes are preventable?

The Stroke Foundation undertakes a variety of stroke awareness and prevention programs. This includes our **StrokeSafe volunteer speaker program**.

Who can request a speaker?

The program is available for groups of 10 or more – community groups, social groups, events, conferences or workplaces.

Who conducts the talk?

Our StrokeSafe volunteer speakers are trained in public speaking and experienced in delivering life-saving messages about stroke.

Many of our volunteer speakers have either had a stroke themselves or are close to someone who has. While they will present common information about stroke and its prevention, they will also draw on their own personal experiences, so every talk is different – and very powerful.

Most talks take approximately 30-40 minutes including time for questions, although it can be varied to meet your specific needs. Your presenter covers a range of issues that will help your organisation or group better understand stroke and how it can be prevented. This includes:

- **What stroke is** – What happens when someone is having a stroke and the different types of stroke.
- **How to recognise the signs of stroke** – Learn the vital FAST signs which will help you recognise when someone is having a stroke.
- **What to do if someone is having a stroke** – If you or someone else experiences the signs of stroke, no matter how long they last, call 000 immediately.
- **How to prevent stroke** – Steps that can be taken to better understand and reduce the risk of having a stroke.

Is there a speaker in my area?

We have over 160 volunteer speakers across Australia in capital cities and some regional areas. Once you complete the **Speaker Request Form**, your local state coordinator will see if there is a volunteer StrokeSafe Speaker in your area and available on the day/s you have requested. We will then confirm the booking or see if there are any other ways we can help you.

Are talks conducted in person or virtually?

StrokeSafe Speakers are available to conduct talks both in person or virtually depending on your preference, Speaker availability and current COVID-19 restrictions.

Virtual talks are available through a variety of free videoconferencing programs, such as Zoom, Microsoft Teams, Google Meet and many others.

Is there a cost?

This talk is offered free to community groups, thanks to the generous support of individuals and groups who have made donations to help us cover costs such as travel for our volunteers. If your group is willing and able to assist with a donation to keep this service free, we greatly appreciate your support.

Where there is a significant cost for our volunteer speaker to travel, we may ask for this to be covered by your group.

Workplaces and businesses are encouraged to make a donation to support our vital stroke prevention activities. A tax invoice can be provided upon request.

Programs

The Stroke Foundation is a not-for-profit organisation. Despite more than 445,000 Australians living with stroke and a stroke occurring every 19 minutes, we receive very little government funding.

Do you offer talks in languages other than English?

Yes, we have trained bi-lingual speakers available to present in Arabic, Chinese (Cantonese & Mandarin), Greek, Italian, Korean, Hindi, and Vietnamese. For other languages, our StrokeSafe Speakers are experienced at working with interpreters.

What people say about StrokeSafe talks

"The talk was incredible, total captivating. To have her story shared firsthand was both an inspiration and an eye-opener. It really got us all thinking and talking about the way we look after ourselves. And we've changed! We stopped buying super salty office snacks, substituting them with organic, healthier alternatives. Our exercise regimes have been seriously reinvigorated too. Thank you so much for organising this for us, it's had a huge and very important impact on each and every one of us."

"The presenter kept our group interested the whole time, and that's not always easy. Great presentation."

"This has been one of our best information nights this club has had for many years."

"Very worthwhile presentation. The ladies present were very responsive. Only positive comments."

To request a speaker please complete our online booking request form found [here](#).

For further enquiries please contact us at: strokesafe@strokefoundation.org.au.

Programs

Substance Abuse and Mental Health (Dual Diagnosis) Training

Telephone 0408 332 765
Website dualdiagnosistraining.com.au
Email george@dualdiagnosistraining.com.au
Hours of operation All Hours



George Patriki provides both LIVE and ONLINE training for all people, including professional development for the health care, welfare and social service industries on the Gold Coast, throughout Australia and the globe...

We also offers free and subsidised services to the general public;
Free family support;

<https://www.dualdiagnosistraining.com.au/family-support/>

Dates for next LIVE training are listed further below at bottom of webpage.

Download A4 flyer from website

Cost of Dual Diagnosis Training is reduced from \$290 to \$145 (50% off) .

**To register and pay for the LIVE training below,
please click on the last page of this website called, 'CONTACT US'.**

Download Dual Diagnosis Training Brochure here or from

TRAINING & WORKSHOPS page.

Services include:

Advanced Drug & Alcohol Training and Workshops in Substance Abuse and Mental Health.

This training is also tax deductible as a work related expense and enables people to maintain professional development and upskilling.

If people want a certificate of attendance and also qualify for 12 points (ONLINE) or 15 points (Live) of CPD (Continuing Professional Development)

for their professional peak body (APS, ACA, AASW, CPS, PACFA, ACWA etc), they need to complete the full 2 days of intensive training.

This advanced training covers all of the current evidence based, best practice in the Alcohol & Other Drugs (AOD) and Mental Health from an integrated, holistic framework (see diagram below and in downloadable brochure).

ONLINE Training...

NEW:

Substance Abuse & Mental Health Interventions

S.A.M.H.I. Dual Diagnosis Training (Advanced, 12 Hour, Self Paced)

available ONLINE now at www.samhi.online

Hi, thank you for your interest in our ONLINE, Self Paced, 12 hour S.A.M.H.I. Substance Abuse and Mental Health (Dual Diagnosis) Training program.

This course costs \$205 on the Udemy.com platform, however people may receive a 29% discount from us by using our token below to purchase the course for only \$145 for a limited time.

CLICK HERE FOR ONLINE:

<https://www.udemy.com/samhi-dual-diagnosis-training-integrative-holistic-approach/?couponCode=SAMHIDUALDIAGNOSIS>

Programs

In June 2018, S.A.M.H.I. launched its 6 module, Self Paced, 12 hour Dual Diagnosis Training as outlined on www.samhi.online. This training will equip workers to be able to deliver brief and early interventions to people struggling with substance abuse and mental health issues, as well as advanced psychotherapeutic skills. This is the same as the comprehensive 2 day advanced training that is being delivered live across Australia and explained on our website;

<https://www.dualdiagnosistraining.com.au/training-and-workshops/>

This online Dual Diagnosis Training was launched in June 2018 on the Udemy.com online learning platform which provides lifetime login to the training. They have thousands of courses and millions of students worldwide. The reason why S.A.M.H.I. has gone online is to expand the coverage of the highly acclaimed, comprehensive 2 day advanced Dual Diagnosis Training designed and presented by George Patriki. George and many of his staff continue to deliver the live training under the banner of Dual Diagnosis (www.dualdiagnosistraining.com.au) in conjunction with the online adapted S.A.M.H.I. course. We have very specifically and deliberately made this course very affordable at \$145. This is half price. Join with us to address the alarming substance abuse and the co-morbid mental health issues that are rising in our communities across Australia and overseas.

Module 1. Drugs & Effects

- Cycle of Addiction
- Alcohol
- Drink & Drug Driving
- Tobacco
- Cannabis
- Stimulants (Speed, Ice, Ecstasy, Cocaine)
- Inhalants (volatile substances)

Module 2. Addictions & Mental Health

- Dual Diagnosis
- Integrative Holistic Model
- Needs & Underlying Issues that drive addictions

Module 3. Harm Minimisation & Optimal Health

- Pharmacotherapies
- Orthomolecular Science, Functional Medicine & Optimal Health

Module 4. Neuropharmacology & Neurophysiology (Brain Works)

- Neuroplasticity
- Neurotransmitters
- Psychosis vs Dissociation
- Psychospirituality

Module 5. Trauma model & Keys to Treatment

- Guilt vs Shame
- Dealing with ambivalence

Module 6. Brief & Early Intervention and Tripod of Support

- Stages of Change
- Costs vs Benefits – doing a brief intervention

Cost

This Advanced Drug & Alcohol Training in Substance Abuse and Mental Health is also tax deductible as a work related expense and enables people to maintain professional development and upskilling.

Programs

Cost of Dual Diagnosis Training has now been reduced from \$290 to \$145 (50% off) as we have launched our online Substance Abuse & Mental Health Training (Dual Diagnosis) in June 2018 which is also \$145.
Bank transfer to George Patriki:
BSB: 1024 7059
Or online by credit card (Paypal). Include your name:
To register and pay for the training, please click on the last page of our website (www.dualdiagnosistraining.com.au/) called, '**CONTACT US**'.

NEW:

Substance Abuse & Mental Health Interventions

S.A.M.H.I. Chemically Speaking Two (2 hr Brief Intervention)

available ONLINE now at www.samhi.online

Hi, thank you for your interest in our 2 hour S.A.M.H.I. ***Chemically Speaking Two*** (Brief Intervention) training program. This course is designed for the general public, such as parents, chaplains, teachers, coaches and workplace supervisors to help them deliver brief interventions to those they live or work with.

This course costs \$75 on the Udemy.com platform, however people may receive a 40% discount from us by using our token below to purchase the course for only \$45 for a limited time.

www.udemy.com/samhi-chemically-speaking-two-brief-intervention/?couponCode=CHEMICALLYSPEAKING2

This program is an introduction and an ideal platform for the comprehensive 2 day Dual Diagnosis (12 hour) advanced S.A.M.H.I. (Substance Abuse & Mental Health Intervention) Training designed for front line workers that was launched in June 2018. This is outlined further below in the next section.

This program will help you develop the skills to deliver brief and early interventions to people struggling with substance abuse and mental health issues. This is part of our wider Community Development Response to ICE & Other Drugs as explained on our other website here;

www.dualdiagnosistraining.com.au/community-development/

This program will also help you to learn how to run family support groups. We run weekly live family support groups, as well as a weekly online family support group that you can join. You can read more about it here;

www.dualdiagnosistraining.com.au/family-support/

Chemically Speaking Two is the 2017 upgrade to the original Chemically Speaking produced in 1999 and now provides training in:

1. Substance Abuse & Mental Health (Dual Diagnosis)
2. Integrative Holistic Model
3. Needs & Underlying Issues that drive addictions
4. Grief Cycle & Anger
5. Drink & Drug Driving
6. Cycle of Addiction
 - Alcohol
 - Tobacco
 - Cannabis
 - Stimulants (Speed, Ice, Ecstasy, Cocaine)
7. Optimal Health

Programs

8. Stages of Change
9. Costs vs Benefits – doing a brief intervention.
10. Tripod of Support for the drug user to help them move forward & stay safe.

Tenancy Skills Institute

Telephone (07) 3413 6997
Website tenancyskills.com.au
Email info@tenancyskills.com.au



The Tenancy Skills Institute aims to create "Tenants of Choice" by equipping communities with the skills and knowledge needed to create solid foundations for successful tenancies.

What it's all about

The Tenancy Skills Institute delivers a competency-based training program which up-skills people who are wanting to rent successfully in the private market. The course is available across the entire state of Queensland. The Tenancy Skills Institute is partnering with the Queensland Government to deliver Skillsets for Successful Tenancies - Dollars and Sense, a free competency-based course that has been designed to help tenants successfully secure and keep a rental property by developing the critical skills needed to rent successfully.

The 10- hr course covers the following key skillsets:

- communication
- rights and responsibilities
- maintaining and cleaning a property
- finances and budgeting

Who can enrol

To enrol, you must be a Queensland resident. No matter what age, gender or what your circumstances are, if you're thinking about renting these classes are for you. Even for those who may already be in a rental property, it is guaranteed you will develop new skills that will benefit your current and future tenancies, you'll discover solutions to common renting problems gain new life skills.

Enrol online through the Tenancy Skills Institute website.

Skillsets for Successful Tenancies - Dollars and Sense is funded by the Queensland Government.

Programs

Tutoring Darling Downs Queensland

Telephone (07) 4595 1753

Website ateamtuition.com



A Team Tuition believes that any student has the ability to succeed academically if they are equipped with the right mindset, strategies and support.

Transform your child's grades, confidence and motivation with a custom built tutoring program. Our tutoring program was carefully developed with child psychologists, teachers, university professors and academics to achieve better academic results and is delivered in a way that works with your child's strengths. This program focuses on three core pillars of success: Growth Mindset, Academic Support and Academic Strategy. Helping your child reach their full academic potential isn't about getting a place in the course they dream about - it is about empowering your child with the confidence and knowledge that they can achieve their goals.

Every child is different - they learn in different ways and require an individual approach to support their learning. Our private tutors, backed by our whole team, partner with you, your school and your child to give them the best possible chance of success. A Team Tuition spends the time needed to understand your child and their needs, and invests in designing and planning a study strategy that suits the individual student's learning style.

A Team Tuition have extensive experience in providing student academic support. Tutoring services are available to students Australia-wide in a number of different settings, including:

- home tutoring for primary school and for high school;
- holiday tutoring;
- home school tutoring;
- online tutoring;
- in-school boarder tutoring as part of our partnership with the Australian Boarding School Association.

Want to know more about how we can help your child to academic success? Contact us today online or on 07 4595 1753.

Programs

Walya Productions

Telephone 0401 203 654
Website walya.com.au
Hours of operation All Hours

Our Service:

Walya Productions provides a National Aboriginal Cultural & Community e-learning (online at walya.com.au) course. Walya Productions is registered as an Accredited training organisation with the Royal College of General Practitioners and Supply Nation.

The course is low cost and is designed to introduce the broader community to Aboriginal Culture & Community, in an affordable and informative way.

About the Course:

- The course is a 3 hour introductory course.
- Upon completion participants receive a Certificate of Attainment.
- Flexible eLearning (participants can start and finish modules when they like, in their own time).
- Course consists of 6 Modules and covers the following topics: Pre -colonisation, cultural protocols, Aboriginal economic engagement, Government policies, the amazing story of Maudie and Olive Kennedy, and contemporary history.

About Walya Productions:

Walya Productions is a 100 percent Aboriginal owned business, designed to support engagement with the Aboriginal community and to promote Reconciliation and community spirit between Aboriginal and non- Aboriginal Australians.

Originating from the heart of Australia, Walya is a Warlpiri word meaning Earth and our logo is the symbol of the spinifex plant representing our central Australian origins.

For any questions don't hesitate to contact Irene at irene@walya.com.au

General Youth Services

Brave Foundation

Telephone 0448 088 380
Website bravefoundation.org.au
Email info@bravefoundation.org.au



The Brave Foundation is a national charity which runs a program supporting expecting and parenting teens and young people up to age 25 face to face and virtually in Cairns and surrounding areas, by providing mentoring and connecting them to the services and resources they need and supporting that ongoing engagement. The Supporting Expecting and Parenting Teens (SEPT) program The Brave Foundation is a not-for-profit national organisation that builds a village of support and acceptance around expecting and parenting young people. We aim to support participants throughout their pregnancy, birth and parenting journey. Brave mentors can help ensure expecting and parenting young people are connected and stay engaged to parenting support, health and wellbeing, life support and educational/workforce opportunities in their local community.

Programs

Little Dreamers Australia

Telephone 1800 717 515
Website littledreamers.org.au
Email info@littledreamers.org.au
Hours of operation 8:00 AM to Midnight Mon-Fri



Built from personal experience, Little Dreamers was created to fill the gap in our social support and health care system that never should have existed, caring for our country's Young Carers. Launched 11 years ago, Little Dreamers is still the only organisation in Australia who has a single focus on rallying around our Young Carers.

Our solution is a full service not for profit organisation that delivers a wide range of direct support programs targeting Young Carers' five main risk factors in innovative, world first ways.

Across a range of direct support programs including long term personal development and leadership programs, mentoring and case management; to one-off 'Dream Experiences' to recognise and reward Young Carers for their hard work; to a newly piloted in-schools accreditation program and school holiday programs, Little Dreamers is changing the way we respond to the needs of young people in caring roles. Little Dreamers provides support to Young Carers in all regions of Australia, with in-person programs and on-the-ground staff in Victoria, New South Wales and Queensland.

Health Screening Services

BreastScreen - Toowoomba

Telephone 13 20 50
Fax (07) 4616 6134
Website breastscreen.qld.gov.au
Email bsq_toowoomba@health.qld.gov.au



BreastScreen Queensland Toowoomba Service is a FREE Breast Cancer Screening Service located at 661 Ruthven St, Toowoomba. All women aged 40 years and over are encouraged to attend the service. Individual and group bookings are available and a doctor's referral is NOT necessary. Upon Request, Health Promotion Officers are available to speak to community groups and workplaces about breast cancer and breast cancer screening free of charge. For the cost of a local call, women can make an appointment for a breastscreen by phoning 13 20 50.

Programs

Diversa Health - Richmond

Telephone 1300 100 560

We are a unique dietitian-led coaching service for NDIS participants. Accessibility is our priority - our services are entirely remote enabling us to work with participants Australia-wide, from the comfort of their own home. Diversa specialises in low carbohydrate nutrition, weight loss & type 2 diabetes, as well as helping NDIS participants to reduce pain and fatigue, improve mood, promote opt

National Bowel Cancer Screening Program (NBCSP)

Telephone 1800 627 701

Website health.gov.au



The National Bowel Cancer Screening Program aims to reduce deaths from bowel cancer by detecting the early signs of the disease. Eligible Australians from 50 to 74 years of age are sent a free, simple test that is done at home. Find out how the program works and how to do the test.

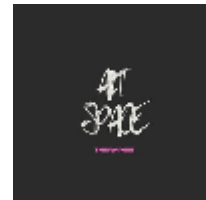
Lesbian, Gay, Bisexual and Transgender (LGBTQIA+)

AltSpace Therapies

Telephone 0402 305 300

Website altspacetherapies.com.au

Email natalia@altspacetherapies.com.au



AltSpace Therapies is a queer owned and operated trauma-informed counselling, coaching, and somatic therapy practice dedicated to serving the diverse needs of the queer, gender non-conforming, and CNM communities. Our practice is founded on the principles of respect, acceptance, inclusion, and understanding, providing a safe and affirming space for individuals and relationships.

Diverse Voices

Telephone 1800 184 527

Website diversevoices.org.au

Email yvonne@diversevoices.org.au



Diverse Voices is a Queensland based non-profit organisation with a focus on the well being of the diverse voices that make up our community. Our focus is on the operation of a LGBTQ+ peer to peer telephone, web chat and referral service.

Programs

QLife

Telephone 1800 184 527
Website qlife.org.au
Email ask@qlife.org.au
Hours of operation 3:00 PM to Midnight Every day



QLife is a free and anonymous national phone and web chat peer support and referral service for LGBTI people, their friends and families.

Talk to peers from LGBTI communities.

Connect for a chat, ask us about referrals near you, or check out resources on our website.

QLife is open 3pm - midnight 365 days a year.

1800 184 527

www.qlife.org.au

Trans Wellbeing

Telephone 0481 360 427
Website transwellbeing.com
Email info@transwellbeing.com



An online group program for parents of transgender and gender diverse people. Compassionate and evidence-based information and support.

Programs

Local Advocacy Services

Queensland Council of Civil Liberties

Telephone 0409 574 318
Website qccl.org.au
Email forum.qccl@gmail.com

The Queensland Council for Civil Liberties (QCCL) is a voluntary organisation concerned with the protection of individual rights and civil liberties. It was founded in 1966 in order to protect and promote the human rights and freedoms of Queensland citizens. QCCL works towards a society in which the human rights enshrined in such documents as the Universal Declaration of Human Rights and the International Covenant on Civil and Political Rights, to which Australia is signatory, are enjoyed by all Queenslanders and indeed Australian citizens. QCCL aims to:- Be vigilant in matters affecting civil liberties and to safeguard and develop respect for human rights and freedoms- Provide information about threats to, and the abuse of, rights and liberties and to foster the study of legal and human rights- Seek solutions to problems related to civil liberties, including prison reform, censorship and rights of minority groups- Provide, when necessary, neutral observers at marches and demonstrations QCCL performs the following activities- Makes submissions to governments, inquiries or relevant authorities- Publicly opposes laws and actions that undermine civil liberties- Encourages public discussion on civil liberties issues by addressing groups and media releases- Supports publication of books and pamphlets on relevant subjects- Holds lectures and seminars on civil liberties and addresses groups by invitation- Mobilises citizens to actively engage with their local, state and federal members about human rights violations- As a voluntary organisation we do not receive financial support from government or corporations. We rely on the financial contributions of our members and on donations. We encourage members to get involved and take action to raise awareness of civil liberties issues that affect us all

Maternity Support Services & Counselling

National Perinatal Anxiety and Depression Helpline

Telephone 1300 726 306
Fax (03) 9482 6210
Website panda.org.au
Email info@panda.org.au



Monday - Friday 9am - 7.30pm confidential Australia-wide counselling, support, information and referrals to local services for anyone affected by perinatal (during pregnancy and after birth) anxiety and depression. PANDA's support includes: Professional counselling and peer support from parents who have experienced perinatal anxiety or depression themselves; Online information resources; Help setting up support groups/supported playgroups; Community and health professional education.

Programs

Pregnancy Counselling Australia

Telephone	1300 737 732
Website	pregnancyhelpaustralia.org.au
Email	admin@pregnancycounselling.com.au
Hours of operation	8:00 AM to 10:00 PM Every day

Pregnancy Counselling Australia's National Helpline provides a supportive, confidential and non-judgmental caring environment where you can speak anonymously with one of our dedicated team members. Our compassionate telephone support workers will listen to your concerns and respond to your request for information, support or counselling. Facing an unexpected pregnancy or knowing where to find help following a termination can seem overwhelming. That is why knowing where to go for help is important. Referral for face to face counselling or ongoing support is available in many locations throughout Australia. Call us to see if there is a Centre near you.

Mental Health Services

1300 MH CALL

Telephone	1300 642 255
Website	metrosouth.health.qld.gov.au
Hours of operation	All Hours



1300 MH CALL (1300 642 255) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

1300 MH CALL is available 24 hours a day, 7 days a week and will link to the caller's nearest Queensland Public Mental Health service.

If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your general practitioner or phone our mental health access line 1300 MH CALL (1300 642 255).

The 1300 MH CALL service:

- is the main point of access into public mental health services
- can provide support, information, advice and referral
- can provide advice and information in a mental health emergency or crisis
- is staffed by trained and experienced professional mental health clinicians
- will provide a mental health triage and refer to acute care teams where appropriate.

In an emergency always dial Triple Zero (000)

Programs

Beyond Blue Helpline and Online Chat

Telephone 1300 224 636
Website beyondblue.org.au



Beyond Blue Webchat provides one-on-one mental health support for people in Australia who are concerned about anxiety, depression or suicide.

BluePages Depression Information

Website bluepages.anu.edu.au
Email ehub@ehubhealth.com
Hours of operation All Hours



BluePages Depression Information provides evidence-based information about depression - what it feels like, how it is diagnosed, how you can seek help and which treatments work. The website includes reviews of the available scientific evidence for a large number of potential depression treatments, so that individuals can make informed decisions about which treatments might be best for them.

Counselling and Psychology

Telephone 1800 595 212
Website rhealth.com.au
Email services@rhealth.com.au



RHealth has funding from the CCQPHN to provide low intensity and psychological therapies, to residents of Hervey Bay & Maryborough.

- This program is fully funded by the CCQPHN
- Clients must live in the Maryborough/Hervey Bay regions
- Telehealth and Face-to-Face options available
- There is no need for a Mental Health Care Plan (MHCP), although that can be a very good supporting document
- This is not a crisis service.

Referrals can be made using the Wide Bay (Mental Health Stepped Care) referral form, found [here](#) - Referral templates - Country to Coast QLD (c2coast.org.au) or using the form below. Individuals can self-refer by phoning Head to Health - 1800 595 212.

Programs

Counselling and Psychology

Telephone 1800 595 212
Website rhealth.com.au
Email services@rhealth.com.au



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E - Hub Health

Website ehubhealth.com
Email ehub@ehubhealth.com
Hours of operation All Hours



We provide automated, online mental health programs which are available free to all Australians thanks to funding from the Australian Department of Health.

e-couch self-help

Website ecouch.anu.edu.au
Email ehub@ehubhealth.com
Hours of operation All Hours



e-couch is an online, interactive self-help program for common mental health problems.

The program includes self-help modules for depression, general anxiety and social anxiety using strategies drawn from cognitive behavioural and interpersonal therapies, relaxation, and physical activity. e-couch also includes modules for separation and divorce, and loss and bereavement.

The modules offer self-paced, interactive learning - you can log in to access the program content at any time.

e-couch has been evaluated in scientific trials conducted by research groups around the world - you can read more and access references at <https://assist.ehubhealth.com>.

e-couch is provided free to all Australians thanks to funding from the Australian Department of Health.

Programs

EMERALD: proactive mental wellbeing program

Telephone (07) 5430 1234
Website usc.edu.au
Email psychologyclinic@usc.edu.au
Hours of operation All Hours



EMERALD is an evidence-based telehealth program for people experiencing early signs that their mental wellbeing needs proactive attention. This could be due to the impacts of COVID-19 or other life changes that have left you feeling 'not quite yourself'. Through personalised coaching and online learning modules, our expert practitioners will help you regain your wellbeing early, before longer-term problems develop.

What **EMERALD** **offers**
• Eight-week program
• Fortnightly telehealth appointments with a health coach
• Up to four telehealth appointments with an allied health practitioner
• Online learning modules on evidence-based mental health strategies
Who **EMERALD** **is** **for**

EMERALD is for people who:

- are experiencing **early** signs that their mental wellbeing needs attention
- can give 3 hrs per week for 8 weeks to appointments and learning

See full eligibility

How to take part

EMERALD is free of charge for Queenslanders, thanks to Queensland Health funding. To take part, read our website information including program eligibility then register your interest via the website.

Who EMERALD is developed by

EMERALD is developed and delivered by experts at our parent organisation, USC's Thompson Institute, which is a world-class hub for mental health and neuroscience research, teaching and clinical services.

We're a caring, professional team dedicated to using the latest science to improve mental wellbeing in individuals and communities.

Galcom

Telephone 1300 187 448
Website sentientpsych.com
Email support@sentient.global

Sentient Professional Wellbeing is a mental wellbeing, professional wellbeing and research organisation. Our specialised team of clinical psychologists, counsellors, executive coaches and researchers are highly skilled and experienced in working with stress, anxiety, relationships, depression, life transitions, grief & trauma/ PTSD. We welcome all forms of diversity to our clinic.

Programs

Healthspot Ot

Telephone 0481 301 965
Website linktr.ee
Email admin@healthspotot.com.au



HealthspOT Occupational Therapy is an online integrative occupational therapy service. HealthspOT supports individuals living with a physical or psychosocial disability with mental health and well-being supports. This includes:

- Intervention towards returning to daily tasks that bring happiness and fulfilment
- Support with mental well-being, healing, acceptance and promoting self-worth
- Support with balancing life tasks of work, rest and play
- Support with adapting ways of thinking in order to engage in meaningful activities
- Support with lifestyle optimisation and holistic living

This service will be fully online in order to provide the opportunity for individuals to connect no matter what geographical location. Let's connect in the comfort of your own home or your favourite natural surrounding.

Reach out to HealthspOT directly with details below, or fill out our Intake and Referral Form and we will be in touch with you.

Currently HealthspOT only services participants funded by the NDIS scheme (self or plan managed)

Isa Psychology

Telephone (07) 3129 0196
Fax (07) 3547 8439
Website isapsychology.com.au
Email caitlin@cgpsych.com



Psychology services - assessment/intervention, counselling, self exploration. Rebates available, make an enquiry, visit website isapsychology.com.au to find out more, or to book an appointment online. All ages welcome.

Life Transitions Coaching Counselling And Therapy Services

Email stormtograce@gmail.com

Confidential Personal Counselling and Family Therapy provided by a fully qualified Therapist in a safe, relaxed, welcoming environment. Services available by appointment locally on site, online and mobile. Call 0438 708 550.

Programs

Mental Health First Aid International

Telephone (03) 9079 0200
Website mhfa.com.au
Email mhfainternational@mhfa.com.au



Mental Health First Aid (MHFA) Australia is a national not-for-profit health promotion charity focused on mental health training and research. MHFA Australia operates under the governance of a Board of Directors and derives funding from government and philanthropic grants, public donations and through its training programs.

Mentoring Men

Telephone 1300 583 925
Website mentoringmen.org.au
Hours of operation 9:00 AM to Midnight Mon-Fri

Mentoring Men provide free long-term one-to-one life mentoring programs for men Australia-wide. We focus on a proactive approach, engaging with Australian men who need help before they spiral into crisis.

moodgym

Website moodgym.com.au
Email ehub@ehubhealth.com
Hours of operation All Hours



moodgym is an interactive self-help program for preventing and coping with depression and anxiety. moodgym teaches self-help skills drawn from cognitive behaviour therapy (CBT). It consists of 5 modules which include information, interactive exercises, workbooks to record thoughts, feelings and behaviours, and quizzes with personalised feedback.

The program is available free of charge to Australians thanks to funding from the Australian Department of Health.

You can access moodgym anonymously, and work through the modules at your own pace at any time.

The program has been evaluated and found effective in scientific trials conducted by research groups around the world. You can take a look at references and the available research evidence on the ehub Assist website (<https://assist.ehubhealth.com>).

Programs

Neami Nationals

Telephone (07) 4034 0300
Website neaminational.org.au
Email support@nqphn.com.au



Neami is a values-based, not-for-profit organisation providing mental health, homelessness and suicide prevention services.

Our national footprint ensures the significant capacity to scale up initiatives quickly, allowing us the opportunity to leverage the experience and relationships created by our research and evaluation team to implement a try, test and learn approach.

We provide mental health, homelessness and suicide prevention support and work to strengthen local communities

- Mental Health and Wellbeing Support - Through our recovery-orientated approach, we deliver a range of evidence-informed services around the country to improve mental health and wellbeing in local communities.

- Positive change in local communities - Working in partnership with community and clinical services helps to achieve positive change.

Research and evaluation - We support high-quality, ethical research and evaluation that translates knowledge into improved services and better outcomes for consumers.

Social innovation -

Peaceful Mind Counselling

Telephone 0426 191 010
Website pmcounselling.com.au
Email admin@pmcounselling.com.au



Jayani Jayatilake is a Counsellor / Accredited Mental Health Social Worker and a member of Australian Association of Social Workers (AASW). Assisting client who experience; Depression, bipolar and other mood disorders, Anxiety Disorder, Eating Disorders, Trauma including Post Traumatic Stress Disorder, Personality disorders, Suicidal thoughts and self-harming behaviors, Domestic violence & etc.

Programs

Phoenix Hypnotherapy

Telephone 0438 411 551
Website phoenixhypnotherapy.com.au
Email lynne@phoenixhypnotherapy.com.au



Are you stuck in life somehow?

Feeling that enough is enough and it's time to make the changes you've been thinking about?

Struggling to find the steps to move forward?

Phoenix Hypnotherapy offers a unique combination of Psychotherapy, Clinical Hypnotherapy and Evidence Based EMDR and

Cognitive Therapy (CBT & CBH) helping you make the changes you know you want to make. Life just shouldn't be so hard.

Overwhelmed, exhausted, avoiding normal situations? Hypnotherapy is a swift, effective way to identify the core of the behaviours leading to anxiety. Not only can Lynne Lumley provides immediate relief, she can also teach you ongoing techniques to keep the stress at bay.

Are irrational fears taking over your life? We are born with two fears; a baby will flinch when hearing a loud noise or reach out if they feel they are about to fall. All other fears and phobias are learnt, some in a fraction of a second. Lynne can work closely with you to understand the nature of the fear, how it uniquely affects you and to identify which parts you would like to be rid of. She uses hypnotherapy coupled with psychotherapy to guide you to dissociate from the fear so creating space to explore new areas of life without it.

Have you decided enough is enough and it's time to quit? Whether your vice is a smoke with an early morning coffee, a late-night sugar fix, too many beers with the boys, an expensive spending spree, or too much time spent perched at the pokies: we all need to enjoy life, but what happens when it gets out of control? Habits and addictions can be serious obstacles to our well-being if not kept in check.

Unlike the majority of Hypnotherapists, Lynne is a Professionally trained mental health, wellbeing and Psychotherapy therapist. She is your Nationally Accredited Psychotherapist, with Masters in Clinical Hypnotherapy and Neuro-Linguistic Programming (NLP), trained in Counselling, CBT, and EMDR. She targets the specific psychological attributes that are keeping you stuck. Every client is an individual and is treated as such.

Phoenix Hypnotherapy is a professional, calm and comfortable clinic, located in Cleveland, Redlands Qld.

Programs

Positive Families PSYCHOLOGY CLINIC

Telephone (07) 3096 0450
Website positivefamilies.com.au
Email info@positivefamilies.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



We are passionate about providing our clients with practical tools to cultivate their unique strengths in order to thrive and flourish. We are also accredited by the Attorney General's Office to provide Family Dispute Resolution Mediation.

Our psychologists are bound by the APS Code of Ethics and are actively involved in ongoing professional education. What makes our team unique is the down to earth and practical manner in which we engage with our clients. We understand the importance of providing practical common sense strategies and solutions for life.

- Individual Adult Therapy
- Anxiety, Phobias, Panic Attacks
- Child Behavioural/Emotional Difficulties
- Registered Family Mediation
- Workplace Conflicts
- Transition to Parenting
- Teen and Youth Counselling
- Couples Counselling
- Depression
- Bullying and Cyberbullying
- Stepfamilies/Blended Families Support
- Childhood Trauma
- Family Conflicts
- Confident Kids Group Program
- Parent Coaching
- Grief and Loss
- Separation and Divorce
- Parent Coaching
- Post-Traumatic Stress Disorder
- Mindfulness and Stress Management
- Life Coaching

Programs

Psychcare Services Telehealth and Psychcare Psychology

Telephone (07) 3812 9001
Fax (07) 3812 9002
Website psychcareservices.com.au
Email pm@psychcareservices.com.au
Hours of operation 10:00 AM to 4:00 PM Tue-Fri



Keeping your mental health in mind

PsychCare Service Telehealth is an exclusively online Telehealth practice which provides comprehensive clinical assessments and treatment recommendations for a range of mental health conditions affecting young people.

Who we are?

PsychCare Services Telehealth is an online Youth Mental Health Service that specialises in providing expert clinical assessments and treatment recommendations for a range of mental health disorders. PsychCare Services has been providing Telehealth services across Australia for the last 10 years and works with a number of Headspace sites and GP practices. With years of experience, our Psychiatrists will create an individualised recovery plan that is right for you. We firmly believe in providing high quality and accessible mental health care regardless of where you live.

Our Psychiatrists can easily connect with you using a safe and secure Telehealth connection and provide your referring GP with a comprehensive assessment and management plan.

PsychCare Services Telehealth is a fully online private Youth Mental Health Practice that specialises in the clinical assessment and management of Developmental and Mental Health Disorders for young people aged 12 to 25

Practice Hours

Tuesday to Friday 10am to 4pm

Referrals

You will need a referral from your GP to arrange a Telehealth appointment with our Psychiatrists.

We only offer a 'once off' assessment to provide your GP with a diagnostic opinion and recommendations for management (Medicare Item 291). We do not offer routine follow up appointments but can sometimes see young people for a subsequent review of the management plan if required (Medicare Item 293).

Please note that we only see young people aged 12 to 25.

PsychCare Services does not accept referrals for young people who have Substance Abuse Disorders, Gender Identity Disorders or forensic issues.

We also do not provide any WorkCover, medico-legal or court reports.

Billing

Programs

Payment via credit card is required to be made in full at the time of your appointment. This will include a 1.5% credit card surcharge.

Item 291 : Initial Assessment and Management Plan for GP costs \$596.00 (Medicare Rebate \$406.35, **out of pocket costs \$189.65**).

Item 293 : Follow up (30 minutes) costs \$380.00 (Medicare Rebate \$254.05, **out of pocket cost \$125.95**)

Follow up appointments (if not eligible for item 293) of 30 minutes costs \$260.00 (Medicare rebate \$119.50, **out of pocket costs \$140.50**).

Appointments

All our appointments are now booked online. The initial assessment appointment lasts about 60 minutes and follow up appointments usually last 30mins. We have a long waiting list and we request that if you no longer need an appointment, you cancel your booking so other clients can be offered the appointment slot. A fee of \$100 will be charged if you do not attend a confirmed appointment.

Assessment Reports

After your appointment, we send a report to your General Practitioner. The report contains a summary of key aspects of your history, the diagnostic impression and a comprehensive management plan. Your General Practitioner continues to provide you with ongoing care and monitoring.

Scripts and Investigations

Our Psychiatrists may recommend medications or blood tests for you. Your GP will be informed of our recommendations after your consult. For all scripts and blood tests, please contact your referring doctor.

PsychHelp

Telephone 1300 144 357

Website psychhelp.com.au



PsychHelp offers a full range of telehealth based online psychological services across Australia. Our Psychologists are all qualified and registered with a broad range of expertise. We provide a convenient, affordable, and confidential service for all clients with bulk billing also available. Please visit our website for more information and the ability to book an appointment online today.

Programs

PsychOrium Forensic and Clinical Psychology Service

Telephone (02) 8772 9559
Website psychorium.com
Email info@psychorium.com

PsychOrium takes a positive psychology and humanistic approach, we fundamentally believe that every person has a unique strength and we strive to maximise and build upon that strength. Our experienced team provides clinical and forensic assessments and interventions, court and legal aid reports, group therapy, consultancy and training.

Referral pathways

We offer services through the following pathways:

- Department of Veterans' Affairs (DVA)
- Medicare - Mental Health Care Plans
- National Disability Insurance Scheme (NDIS)
- Open Arms
- State Insurance Regulators Authority (SIRA) - Workers Compensation
- Victim Services
- Work and Development Orders (WDO)

Queensland Health Victim Support Service

Telephone 1800 208 005
Fax (07) 3858 4455
Website health.qld.gov.au
Email victim.support@health.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



The Queensland Health Victim Support Service (QHVSS) provides information, support and counselling for victims of serious offences committed by offenders with a mental illness and transferred from the criminal justice system to the forensic mental health system. Information is available through a victim register with 'Information Orders' providing the information to approved victims that is relevant to their safety, wellbeing and recovery. The service is provided by trained and experienced mental health clinicians who have experience in the forensic mental health system. It is a free and confidential service that works closely with other service agencies to provide a more coordinated and streamlined approach to victim recovery.

Reimagine

Telephone (02) 9555 8388
Website reimagine.today
Email reimagine@mhcc.org.au

Supporting people living with mental health conditions to navigate the NDIS

Programs

RHealth Ltd - Toowoomba (Head Office)

Telephone (07) 4638 1377
Fax (07) 4638 2499
Website rhealth.com.au
Email admin@rhealth.com.au



Head to Health is a free and confidential mental health navigation support service funded by the Australian Government. Support is available over the phone via free call on 1800 595 212, for advice and connection to the local mental health supports that are best for consumers. Visit <https://www.headtohealth.gov.au/> for digital mental health services.

Skills4LifePsychology

Telephone 0477 187 768
Website skills4lifepsychology.com.au
Email admin@skills4lifepsychology.com.au
Hours of operation 10:00 AM to 5:00 PM Mon-Fri



Timely (no-waiting list) psychological support for anxiety, depression, grief, loss, pain management, panic attacks, self-esteem, anger management, insomnia, couples counselling, and workplace issues. Our life transition therapies are grounded in empathy, trust, and cultural sensitivity. Check our website for available dates and times or contact us.

Programs



Support Coordination

Telephone	1300 707 655
Website	bridgeshcc.org.au
Email	enquiries@bas.org.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri

What is support coordination?

Support coordination helps you to make the best use of your supports in plan. Support coordination is a capacity building support which helps you to:

- Understand and use your NDIS plan to pursue your goals
- Connect you with NDIS providers, community, mainstream and other government services
- Build your confidence and skills to use and coordinate your supports.

A support coordinator or specialist support coordinator delivers support coordination services.

There are three levels of support coordination that can be included in your plan:

1. Support connection – This support is to build your ability to connect with informal, community and funded supports enabling you to get the most out of your plan and pursue your goals.
2. Support coordination – coordination of supports: This support will assist you to build the skills you need to understand and use your plan. A support coordinator will work with you to ensure a mix of supports are used to increase your capacity to maintain relationships, manage service delivery tasks, live more independently, and be included in your community.
3. Bridges currently offers Level 1 and Level 2 Support Coordination.

You may also wish to focus on a specific goal in your NDIS plan, such as those related to finding suitable home and living supports. You can use your support coordination funding to work with a support coordinator who has the skills, knowledge and experience to meet your specific needs.

For more information go to the NDIS link listed below
<https://www.ndis.gov.au/participants/using-your-plan/who-can-help-start-your-plan/support-coordination/what-your-support-coordinator-should-do>

How to be referred to Bridges NDIS services:

- You, as an NDIS participant or your nominee
- You, as a person who chooses to self-fund
- The NDIA and Local Area Coordinator can request that Bridges provides the service, with your consent

NDIS referral form download [here](#).

How to pay for your Bridges NDIS services

With an approved plan, the NDIS can fund these services for you.

Our locations for Bridges NDIS Services:

- Bundaberg Region: Bundaberg, Childers, Gin Gin
- Burnett Region: Gayndah, with outreach to North and South Burnett
- Fraser Coast Region: Maryborough, Hervey Bay

Programs

- Central Queensland Region: Gladstone, and Rockhampton

Curious to know more?

Contact us: Phone: 1300 707 655 | Email: ndis@bas.org.au

Funding acknowledgement:

Bridges NDIS Services receives funds from the National Disability Insurance Scheme (NDIS)

Supported Care



Telephone (07) 3189 4877
Website supported.care
Email care@supported.care
Hours of operation 9:00 AM to Midnight Mon-Fri

A specialist community care and support provider for those living with mental health issues and ABIs (acquired brain injury)

Talked

Telephone 0466 439 787
Website talked.com.au
Email info@talked.com.au

Talked is a digital mental health platform that makes it easy for users to find, connect and see qualified mental health professionals, all in a few clicks. Book an online psychologist in under 24 hours. Find an NDIS approved psychologist to help with your psycho-social disability. With Talked, you are one click away from a happier, healthier you.

The ADHD Psychology Clinic

Telephone 1300 517 614
Fax (03) 9125 8210
Website adhdpsychiatryclinic.com.au
Email admin@adhdpsychiatryclinic.com.au

Our psychologists provide Adult ADHD diagnostic assessments. Telehealth consultations Australia wide. Our psychologists are nationally registered with AHPRA, which means they meet Federal Government standards for professional practice.

Programs

The Psychology Talk

Website thepsychologytalk.com.au
Email admin@thepsychologytalk.com.au
Hours of operation 9:30 AM to Midnight Mon-Fri

The Psychology Talk offers a modern, personalised, and kind approach to treating your mental health.

Thrive FNQ

Telephone (07) 4031 0877
Fax (07) 4031 0990
Website worklink.org.au
Email admin@worklink.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



We are a community business that runs local initiatives. At Worklink Group we believe that everyone has the right and ability to thrive and to choose their own path. We do this by creating support through programs and employment opportunities through social enterprises within Far North Queensland.

Thrive FNQ - We believe that recovery is possible for everyone and that people have the right to choose what is best for them. We walk alongside the person to help them thrive with their NDIS supports

Worklink Employment - We are your local employment service that specialises in helping people find the right job that suits them. We know our communities and work hard to ensure that every person who wants a job can get a job. We support employers to improve their workplace and to exceed their needs. We are your Partners in Employment.

Clean Care Cairns - We provide a highly competitive and professional cleaning services and you can trust us to get the job done.

Green Care Cairns - Green Care Cairns is a local social enterprise specialising in lawn and garden maintenance.

Stress Less Day - Stress Less Day celebrates positive mental health in the workplace by giving business owners and staff an opportunity to network and take a break from their busy days. Listen to an amazing speaker, enjoy a great lunch and be part of the positive mental health movement.

We Care, You Thrive

Programs

Unwind Psychology

Telephone 0493 083 161
Fax (03) 8692 1077
Website unwindpsychology.com.au
Email unwindpsychology@gmail.com



Unwind Psychology is a telehealth based online private Psychology practice, providing high-quality psychological treatment and support services to adults across Australia. Offering a range of counselling and psychology treatment options tailored to your needs. You are the expert in your life, and we have the psychology knowledge and training, and together we can help you live your best life.

Programs

Vivid Mental Health - Mackay

Telephone (07) 4863 1461
 Fax (07) 3607 2426
 Website vividmentalhealth.com.au
 Email sylvia@vividmentalhealth.com.au



Vivid Mental Health offers a range of psychological therapy. In-person from our Mackay based Private Practice and Teletherapy (Phone and Videochat) all across Australia. We Accept Referrals For:

- Medicare Better Access
- Stepped Care (via Connect to Wellbeing)
- Suicide Prevention (via Connect to Wellbeing)
- NDIS (Psycho-social Disability and Capacity Building)
- WorkcoverQLD
- Telehealth

Sylvia is a qualified Accredited Mental Health Social Worker with a broad experience working in mental health, ranging from crisis intervention work, skills training, individual and group training, case management and outreach.

We understand that there are times when the challenges of life can make us feel overwhelmed. How we deal with difficulties in our life is an important aspect in how we move forward and ultimately who we become as people.

Our aim is to work in a diverse way to help you find understanding and clarity and move towards personal growth. We facilitate this journey by creating a more balanced way forward in your life.

The therapy integrates several evidence based approaches into a personal care plan. Everyone is different and one approach does not always fit all people so we will tailor the treatment around you and your needs as much as possible.

Individual

Therapy

Tailored psychotherapy, based on your personal goals to overcome mental health difficulties such as anxiety, depression, trauma and PTSD, eating disorders, anger, bullying, stress, self harm.

Couples

Therapy

Psychotherapy can help gain insight into who you are as a couple, why you do what you do, and what you both really long for.

Group

Training

A variety of group based therapy/training to find recognition, support and skills for strengthening your mental health. Eg; Anxiety & Depression, Stress Management

Workplace

Mental

Health

Evidence based, practical and insightful training to enhance awareness of mental health and educates employers and employees on the impact to their own wellbeing, career and workplace.

Programs

Working4Recovery

Telephone 0420 355 374
Website working4recovery.com
Email info@working4recovery.com
Hours of operation 9:00 AM to 5:00 PM Mon-Tue



working4recovery facilitates recovery focused counselling and psychotherapy for people over the age of 12. The lead practitioner, Richard Lakeman, has 30 years of experience working in the mental health sector and the provision of therapy to people with complex needs. Richard has a background and extensive training in mental health nursing, counselling and psychotherapy across the lifespan. working4recovery will match the right kind or mix of therapy to your needs. We have training and expertise in particular kinds of approaches to address quite specific problems or to resolve longer term issues or enhance self-knowledge and understanding. Therapeutic approaches include:

- Cognitive behavioural therapy (CBT) / Rational Emotive Behavioural Therapy (REBT) - Useful for resolving many kinds of common problems
- Dialectical Behavioural Therapy (DBT) - Skills coaching to address problems with emotional regulation, tolerance of distress and improve relationships
- Eye Movement Desensitisation and Reprocessing Therapy (EMDR) - Particularly useful for resolving problems after traumatic events
- Acceptance and Commitment Therapy - Useful for building resilience, clarifying and acting on personal values.
- Psychodynamic Therapy - Helps understand and resolve unconscious conflicts, improve self-understanding and relationships.
- Narrative and Solution Focused Approaches - Builds strength, resilience and focuses on solutions rather than problems.

We have particular expertise in trauma informed care including EMDR.

A highly confidential private service can be provided to professionals who may experience vicarious trauma through their work or are experiencing mental health or relationship difficulties that are impacting on their performance.

Free services may be available under a stepped care referral (if eligible due to financial hardship). See Connect to Wellbeing and recommend your doctor refer to Richard Lakeman by name.

Young Veterans

Telephone 0401 793 560
Website youngveterans.com.au
Email admin@youngveterans.com.au

Young Veterans has one goal, enrich the lives of Australian veterans, empowering them to progress and succeed in life after service. Young Veterans was born from a necessity of support that wasn't available. This support is one that inspires Veterans to think outside the box of what is possible, re-engage with civilian society and participate in positive events that challenge and rehabilitate.

Programs

Sexual Support Services & Counselling

1800RESPECT

Telephone 1800 737 732
Website 1800respect.org.au



Are you experiencing sexual assault or domestic and family violence? Seeking to support someone who is? Qualified, experienced counsellors are available 24/7 to provide support, information and referral. Call 000 if in danger.

Brisbane Rape and Incest Survivors Support Centre

Telephone (07) 3391 0004
Fax (07) 3391 4735
Website brissc.org.au
Email admin@brissc.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Thu



BRISSC telephone support line provides support, advocacy, information and referral to women who have experienced sexual violence. We also offer support, information and referrals to friends and family members of survivors, male survivors and the wider community over the phone.

Phone: 07 3391 0004
9am – 1pm Monday to Thursday.

Individual support and counselling is offered at both Women's House in Woolloongabba and Inala through Brisbane Southwest Support & Sexual Violence Prevention Service. To access individual support and counselling, or to find out more, please call the support line on 07 3391 0004.

BRISSC provides both open and closed support and social action groups for survivors of sexual violence regularly. Groups are a great opportunity to connect with other survivors of sexual violence. Groups are advertised via this page, our email lists and through our Facebook page. Please keep an eye out and if you see a group you are interested in attending let us know on 3391 0004 or by emailing admin@brissc.org.au.

If you would like to be added to our email list please contact us on 3391 2573 or email admin@brissc.org.au

Programs



DV Connect Sexual Assault Helpline

Telephone	1800 010 120
Fax	(07) 3181 5970
Website	dvconnect.org
Email	mail@dvconnect.org
Hours of operation	7:30 AM to 11:30 PM Every day

For an explanation of what constitutes Sexual Assault click [here](#)

It doesn't matter whether the assault took place today, last week or twenty years ago; our experienced telephone counsellors provide a sensitive, non –judgmental service; listening to your story and assessing your individual situation helps them identify the best advice and support to offer you.

If English is not your first language we can arrange for an interpreter, often from within our team, and at no cost to you.

In the case of a very recent assault not only can we give you the emotional support you need but importantly we can provide practical advice about forensic and medical examination, risk of becoming pregnant, local services you can access, as well as how to make a complaint to the police. The impact of sexual violence upon survivors can be considerable, no matter when it occurred, and may include experiences of anxiety, depression, 'flash-backs' and panic attacks, feelings of guilt and worthlessness, and a myriad of other health and social issues. (For more information click [here: What to expect after Sexual Assault](#))

A large part of our work involves assisting with practical advice for parents, relatives, friends and work colleagues to help them to support someone who has been sexually assaulted or abused

Some of the calls typical to the Helpline see counsellors providing validation and support, information on forensic and general medical processes, accurate information about making a complaint to police, referral and phone numbers for further support in the caller's local community, and some strategies around self care, healing and keeping safe.

DVConnect has been providing the State-wide Sexual Assault Helpline since 2008 and in that time has assisted close to 16,000 women, men and young people.

We also assist and provide advice and referral to other agencies and workers in the community who are working with survivors of sexual assault or abuse.

Sexual Assault is never your own fault – Sexual Assault is a CRIME.

Rebecca, a young mother with two little children from central West Queensland, was referred by police. Rebecca told the counsellor that she had suffered very severe prolonged sexual violence from her partner. She had to leave because of his violence but he wouldn't let her take the children. The Sexual Assault Helpline counsellor was able to help her through this difficult time; providing over the phone counselling and support, plus advice about how to arrange for a medical examination and treatment and a referral to a local face to face counselling service in her area.

Programs

Banana Shire

Crisis & Emergency Accommodation

Banana Shire Support Centre

Address 2B/56 Kariboe Street, BILOELA QLD 4715

Telephone (07) 4992 3322

Website bssc.org.au

Email admin@bssc.org.au

Hours of operation 9:00 AM to 12:30 PM Mon; 9:00 AM to 12:30 PM & 1:30 PM to 4:30 PM Tue-Fri



Crisis & Emergency Accommodation units (houses) in Biloela, and motel accommodation shire wide.

Programs

Drug & Alcohol Services

Creating Options

Address	1a/58 Kariboe Street, BILOELA QLD 4715
Telephone	0419 744 582
Website	drugarm.com.au
Email	intake@drugarm.com.au



Our Biloela team offer alcohol and other drug treatment programs for people who want help to address issues related to their alcohol and other drug use.

Creating Options

Creating Options is a twelve week treatment program for people who want help to address issues related to their alcohol or other drug use.

Our team of specialists provide non-judgmental and confidential support through weekly counselling sessions and case management. We can help in areas such as relapse prevention, coping strategies, relationship skills, anger management, emotional regulation, mental health, and other life skills support.

Creating Options can also help to coordinate care by engaging with existing healthcare and social services providers, or connecting to new providers.

Our holistic approach means we help with all of the issues that might be contributing to, and maintaining, alcohol and other drug use. We work with each person to identify their goals, and provide practical solutions to make progress towards them.

What can I expect to gain?

In the first few sessions, our team get to know you and work with you to identify your short term and long term goals. By attending and engaging with the program, you can expect to develop strategies, learn new skills and make progress towards your goals.

Is this program right for me?

When you contact us, we will help to match you with a program that fits your objectives, preferences, and the type of issues you are dealing with. Different programs have different approaches and areas of focus, so it's important for us to engage you with the program that can achieve the best results for you. If you need support outside of what we can offer, we can refer or connect you to other services.

How do I access the program?

Creating Options is free, voluntary and no referral is required. Our flexible program delivery approach means that you can access support in our office, your home, a safe community space or via telephone. Call us on 07 3620 8880.

About Drug ARM

Drug ARM is a specialist not-for-profit, non-government organisation that supports people, families and communities to achieve positive transformation through rehabilitation and treatment, outreach, family support, awareness and prevention, information and education, and advocacy and policy.

Programs

General Youth Services

Anglicare Central Queensland - Moura

Address Unit 3, 33 Gillespie Street, MOURA QLD 4718
Telephone (07) 4997 3473
Fax (07) 4997 2233
Website anglicare.org.au
Hours of operation 8:30 AM to 1:00 PM Tue; 12:30 PM to 5:00 PM Thu



We provide early intervention for young people at risk to prevent harm, homelessness and negative health outcomes, and keep you an engaged and actively contributing member of your community. Our youth support services work towards helping you:

- Have positive relationships with family and community
- Engage in education, training or employment
- Lead a healthy, violence free life
- Have a safe and stable place to live

Our Youth Workers have a broad knowledge of other services and resources available in our communities so that we can offer collaborative approaches that are responsive to young people's needs.

The Moura Youth Worker, Disability Worker and Financial Resilience Facilitator have access to the Moura office on different days and times. When the centre is not available the phone is switched to answer machine and calls will be returned Tuesday morning and Thursday afternoon.

Theodore Community Link

Telephone (07) 4993 1025
Email coordinator@theodorelink.com
Hours of operation 9:00 AM to 3:00 PM Mon; Midday to 3:00 PM Tue-Fri



Manage the operation of the Youth Centre.

Local Advocacy Services

Banana Shire Support Centre

Address 2B/56 Kariboe Street, BILOELA QLD 4715
Telephone (07) 4992 3322
Website bssc.org.au
Email admin@bssc.org.au



No Interest Loans by Good Shepherd

Programs

ICPA (Isolated Children's Parents' Assocn) Dawson Valley Branch

Address MS 324, Gyranda Road, CRACOW QLD 4719
Telephone (07) 4993 7144
Website icpa.com.au
Email dawson.valley@icpa.com.au

Advocating for equity of access to education for rural and remote students in Australia

Maternity Support Services & Counselling

Maternal Child Health Education and outreach

Address 66 Callide Street, BILOELA QLD 4715
Telephone (07) 4992 1040
Fax (07) 4992 1636
Website cqruralhealth.com.au
Email admin@cqrdgp.com.au

This program delivers antenatal and postnatal support services and education to address risk factors, health and well-being for parents and their infants in Sarina, Isaac region and Whitsunday region. Face to face, telehealth and group sessions. Provide lactation support services to mothers via face to face and telehealth. Promote and provide access to online antenatal education support platform at no or low cost to participants - Birthbeat. Enhance referral pathways and linkages between GP shared care, hospitals and community health to support parents travelling to birthing centers in major cities and returning to rural/remote locations.

Programs

Mental Health Services

Community Mental Health

Address 2 Hospital Road, BILOELA QLD 4715
Telephone (07) 4992 7045
Fax (07) 4992 4857
Website cq.health.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



Our community care teams provide mental health assessment and treatment services to people who are affected by mental illness including:

- Depression
- Anxiety Disorders
- Schizophrenia and other Psychosis
- Post-Traumatic Stress Disorder
- Eating Disorders
- Bipolar Mood Disorder
- Situational crises

We also provide support to their family or significant others and carers. We have teams that specialise in child and youth mental health (people under 18 years of age) and older persons mental health (generally over 65 years of age).

How to access this service

You can access this service by contacting us. You can also be referred by:

- family members or friends
- GPs and health professionals
- other government or non-government services

Contact your local mental health team during business hours (Monday - Friday 8.30am - 4.30pm) to make a referral.

Programs

Community Mental Health



Address 87 The Boulevard, THEODORE QLD 4719
Telephone (07) 4990 3000
Fax (07) 4993 1610
Website cq.health.qld.gov.au

Our community care teams provide mental health assessment and treatment services to people who are affected by mental illness, including:

- Depression
- Anxiety Disorders
- Schizophrenia and other Psychosis
- Post-Traumatic Stress Disorder
- Eating Disorders
- Bipolar Mood Disorder
- Situational crises

We also provide support to their family or significant others and carers. We have teams that specialise in child and youth mental health (people under 18 years of age) and older persons mental health (generally over 65 years of age).

How to access this service

You can access this service by contacting us. You can also be referred by:

- family members or friends
- GPs and health professionals
- other government or non-government services

Contact your local mental health team during business hours (Monday - Friday 8.30am - 4.30pm) to make a referral.

Mental Health



Address Stopford Street, BARALABA QLD 4702
Telephone (07) 4998 2800
Website cq.health.qld.gov.au

Mental Health service delivers specialised assessment, clinical treatment, and rehabilitation services to reduce symptoms of mental illness and facilitate recovery across all age groups. Mental Health services are focused on providing care to clients who experience the most severe forms of mental illness and behavioural disturbances.

Programs

Mental Health and Counselling

Address 64 Callide Street, BILOELA QLD 4715
Telephone (07) 4800 3167
Fax (07) 4979 0967
Website nhulundu.com.au
Email info@nhulundu.com.au



Mental Health service delivers specialised assessment, clinical treatment, and rehabilitation services to reduce symptoms of mental illness and facilitate recovery across all age groups. Mental Health services are focused on providing care to clients who experience the most severe forms of mental illness and behavioural disturbances.

Psychiatrist

Address 64 Callide Street, BILOELA QLD 4715
Telephone (07) 4800 3167
Fax (07) 4979 0967
Website nhulundu.com.au
Email info@nhulundu.com.au



A Psychiatrist supports clients in diagnosis and treatment of people with mental illness. This may also include prescribing medication and developing a management plan for a client's treatment and recovery.

Programs

Psychologist

Address 64 Callide Street, BILOELA QLD 4715
Telephone (07) 4800 3167
Fax (07) 4979 0967
Website nhulundu.com.au
Email info@nhulundu.com.au



A psychologist is someone who you can talk to and who will listen and provide advice.

- The Doctor will talk with you for a while to see how you are feeling, and likely ask you some questions like—Have you thought about harming yourself? Or do you ever feel like there is no point living anymore? They ask because they care about you, and want the best for your health and wellbeing
- You will then fill out a form that will ask questions about how you have been feeling and coping in the last two weeks
- The form will assess your level of stress, anxiety, and depression

You and your GP will come up with a plan to help with your health and wellbeing – it will include a referral to the Psychologist, and if you are taking medication for your mental health, you can also ask for a referral to talk to a Psychiatrist—specialist in mental health medication.

Psychology

Address 2 Hospital Road, BILOELA QLD 4715
Telephone (07) 4992 7000
Fax (07) 4992 4857
Website cq.health.qld.gov.au



Psychologists help patients manage mental and emotional well-being empowering them to solve day-to-day problems and improve quality of life.

Psychology

Address 87 The Boulevard, THEODORE QLD 4719
Telephone (07) 4990 3000
Fax (07) 4993 1610
Website cq.health.qld.gov.au



Psychologists help patients manage mental and emotional well-being empowering them to solve day-to-day problems and improve quality of life.

Programs

Central Highlands

Crisis & Emergency Accommodation

Anglicare - Central Queensland - Emerald

Address 65 Hospital Road, EMERALD QLD 4720
Telephone (07) 4982 4062
Fax (07) 4987 5354
Website anglicarecq.org.au
Email Youth-Intake@anglicarecq.org.au



Anglicare Central Queensland exists to assist individuals, families and communities to live to their fullest potential. We work with people of all ages and from all backgrounds, to provide services from crisis intervention to long-term support. Our primary role is to respond to the needs of the vulnerable and disadvantaged in our communities. Our efforts concentrate on foster care and child safety, working with youth, helping people access housing, supporting families, and providing services relating to mental health and disability. Anglicare Central Queensland offers services tailored to meet local needs in communities from the Capricorn Coast inland to Winton. You can help our services reach those in need by making a donation today. All donations over \$2 are tax deductible.

Emerald Housing Service Centre

Address 99 Hospital Road, EMERALD QLD 4720
Telephone (07) 4988 1600
Fax (07) 4987 6742
Website chde.qld.gov.au
Email emeraldhsc@hpw.qld.gov.au



We deliver a range of housing assistance services and work to help Queenslanders access and sustain housing in the private rental market. Housing Service Centres are open 8.30 am to 4.30 pm Monday to Friday.

Programs

Drug & Alcohol Services

Alcoholics Anonymous - Emerald

Address Cnr of Ruby St & Theresa St, EMERALD QLD 4720
Telephone 1300 222 222
Website aa.org.au
Hours of operation 7:30 PM to 8:30 PM Tue

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is the desire to stop drinking. There are no fees for AA membership. AA is an independent organisation with the primary purpose to stay sober and help other alcoholics achieve sobriety. A helpline operates to offer support, and to advise venues and times for weekly meetings. The helpline can be contacted on (07) 3255 9162.

Lives Lived Well - Blackwater

Telephone 1300 727 957
Website liveslivedwell.org.au
Email centralqld@liveslivedwell.org.au



Our Blackwater Alcohol and Drug (AOD) team provides a range of free services. Our experienced counsellors can help with confidential support and advice including:

- face to face counselling and case management for young people and adults
- helping to reduce the harms associated with alcohol and drug use
- putting together a plan and practical strategies to deal with and/or reduce use
- information and referral to other treatment and support services
- support in dealing with the impact of drug use on families and loved ones
- links to further information and education resources group programs

Examples of support which the team can provide include:

- illicit drug misuse and/or dependence
- alcohol dependence and “binge” drinking
- recovery planning
- non-residential rehabilitation (day/group programs)
- pre and post rehabilitation support
- family and carer support
- relapse prevention
- AOD community education and prevention
- methamphetamine recovery support
- case management

Programs

Lives Lived Well - Emerald

Address 147 Egerton Street, EMERALD QLD 4720
Telephone 1300 727 957
Website liveslivedwell.org.au
Email centralqld@liveslivedwell.org.au



Our Emerald Alcohol and Drug (AOD) team provides a range of free services. Our experienced counsellors can help with confidential support and advice including:

- face to face counselling and case management for young people and adults
- helping to reduce the harms associated with alcohol and drug use
- putting together a plan and practical strategies to deal with and/or reduce use
- information and referral to other treatment and support services
- support in dealing with the impact of drug use on families and loved ones
- links to further information and education resources group programs

Examples of support which the team can provide include:

- illicit drug misuse and/or dependence
- alcohol dependence and “binge” drinking
- recovery planning
- non-residential rehabilitation (day/group programs)
- pre and post rehabilitation support
- family and carer support
- relapse prevention
- AOD community education and prevention
- methamphetamine recovery support
- case management

Financial & Gambling Management & Budgeting

Rural Financial Counselling Service North Queensland - Emerald

Telephone (07) 4652 5669
Website rfcsnq.com.au
Email rfcsnq@rfcsnq.com.au



We offer free, local financial counselling that will help your agribusiness and small business to plan for the future and pull through adversity.

Programs

General Child Services

Emerald World of Learning

Telephone (07) 4982 0828
Fax (07) 4987 5465
Email emerald@worldoflearning.com.au

From the moment you step foot into our Centre, you will encounter a world where children are inspired to discover, learn and grow. Our adventure-filled playgrounds include sandpits, slides, climbing fort and a bike track for children to discover and embrace their outdoor environment. Children are provided time and space for uninterrupted play as they explore the outdoor areas to test their limits and develop strength, balance, and self-confidence.

We offer long day care for children 6 weeks to 5 years between 6am and 6pm. We also run a Queensland government approved Kindergarten program.

General Education Programs

Camp Fairbairn Outdoor Education Centre

Address Fairbairn Dam Road, GINDIE QLD 4702
Telephone (07) 4982 4087
Fax (07) 4982 3298
Website campfairbairnoec.eq.edu.au
Email admin@campfairbairnoec.eq.edu.au



A Outdoor and Environmental Education Centre. Information provided by the Queensland Government Open Data Initiative.

School Based Youth Health Nurse

Telephone (07) 4983 9700
Fax (07) 4983 9719



QLD Health with a memorandum of understanding with Education QLD. School nurses work with schools to adopt a health promoting whole of school approach to contemporary health issues. Students 12-18 years and the wider school community. Servicing Emerald State High, Blackwater State High, Springsure State and Capricornia School of Distance Ed. Free confidential information regarding relationships, help with health info, healthy eating and exercise, feeling unhappy, sexual health smoking alcohol and other drugs, stress getting in touch with the right service, healthy skin, your health, puberty, personal and family problems.

Programs

General Youth Services

Braking the Cycle - PCYC

Address 114 Borilla Street, EMERALD QLD 4720
Telephone 0409 745 182
Website pcyc.org.au
Email btcemerald@pcyc.org.au
Hours of operation 9:00 AM to 2:00 PM Tue-Thu



Braking the Cycle is a learner driver mentoring program that empowers young people currently facing barriers, to undertake the mandatory 100 hours of supervised driving required to obtain their licence. This is a free program primarily for young people aged 16-25 years.

Braking the Cycle matches young drivers with a volunteer mentor, and provides a safe vehicle to support participants to achieve their licence.

Volunteer mentors provide practical instruction to help participants develop positive road safety attitudes and safe driving behaviours. They also offer encouragement, positive support and community connection.

Obtaining a driver's licence assists young people to secure employment, access further education and training opportunities, and remain connected to family and friends. This mobility is a particularly important aspect for those living in remote and rural communities where public transport is limited. Braking the Cycle aims to create safer young drivers and increase social inclusion and workforce participation of disadvantaged at risk young people through mentoring, education and assistance to obtain a drivers licence.

Programs

Police-Citizens Youth Club (PCYC) - Blackwater

Address 1 Yeates Avenue, BLACKWATER QLD 4717
Telephone (07) 4982 5228
Fax (07) 4986 1401
Website pcyc.org.au
Email blackwater@pcyc.org.au
Hours of operation 8:00 AM to 8:00 PM Mon-Fri



The Queensland Police-Citizens Youth Welfare Association has made a valuable and positive contribution to the future of countless young people since it first began activities in 1948. Through the hard work of Police Officers, staff and thousands of caring volunteers and members of the community a tradition has developed that is unique to Australia. These ten objectives provide a framework around which the activity programs of the PCYC branches are based.

These are:

- To afford the young people of Queensland the opportunity to participate in clean and healthy recreation
 - To improve the standard of physical fitness
 - To encourage an interest in Australian flora and fauna
 - To encourage the principles of good citizenship
 - To encourage and foster music, literature, art and culture
 - To awaken citizens to their responsibilities towards adolescents
 - To assist boys and girls to select their future vocations
 - To promote the physical, mental and social welfare of youth, who, by physical or other handicaps or because of the indigent circumstances of their parents, may be regarded as under-privileged
 - To do anything conducive to the welfare of youth and citizens generally. Whilst the objectives may be reminiscent of the time when they were written, the general message remains just as relevant and important today as it was then.
 - To provide all possible guidance to assist young people through their formative years.
- Improving communities through youth development: Our new youth management team welcomes new members from 13 - 19 years of age for organised social events and dance parties.

Police-Citizens Youth Club (PCYC) - Emerald

Address 114 Borilla Street, EMERALD QLD 4720
Telephone (07) 4987 7475
Fax (07) 4982 3900
Website pcyc.org.au
Email emerald@pcyc.org.au



Youth Management Team (YMT) meets monthly to discuss needs of Youth in the Community and conducts fun fund-raising activities for the PCYC.

Programs

Mental Health Services

Community Mental Health

Address 69 Hospital Road, EMERALD QLD 4720
Telephone (07) 4987 9400
Fax (07) 4982 3860
Website cq.health.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



Our community care teams provide mental health assessment and treatment services to people who are affected by mental illness including:

- Depression
- Anxiety Disorders
- Schizophrenia and other Psychosis
- Post-Traumatic Stress Disorder
- Eating Disorders
- Bipolar Mood Disorder
- Situational crises

We also provide support to their family or significant others and carers. We have teams that specialise in child and youth mental health (people under 18 years of age) and older persons mental health (generally over 65 years of age).

How to access this service

You can access this service by contacting us. You can also be referred by:

- family members or friends
- GPs and health professionals
- other government or non-government services

Contact your local mental health team during business hours (Monday - Friday 8.30am - 4.30pm) to make a referral.

headspace Emerald

Address 65 Hospital Road, EMERALD QLD 4720
Telephone 1800 950 722
Website headspace.org.au
Email headspace.emerald@anglicarecq.org.au
Hours of operation 10:00 AM to 5:00 PM Mon-Tue; 10:00 AM to 7:00 PM Wed-Thu;
9:00 AM to 3:00 PM Fri



headspace Emerald is a free or low cost, confidential service that helps young people in the Central Highlands region aged 12-25 with their mental health and wellbeing. We liaise closely with General Practitioners, Sexual Health Services, Vocational Education Services and Alcohol and Other Drug Services to focus on you.

Programs

Headspace Emerald



Address 65 Hospital Road, EMERALD QLD 4720
Telephone 1800 950 722
Website headspace.org.au
Email headspace.emerald@anglicarecq.org.au

headspace Emerald is a free or low cost, confidential service that helps young people in the Central Highlands region aged 12-25 with their mental health and wellbeing. We liaise closely with General Practitioners, Sexual Health Services, Vocational Education Services and Alcohol and Other Drug Services so that we can focus your care on your individual needs whilst working with our in-house team to offer you tailored support. If you want to talk or make an appointment, call us on 1800 950 722, or email headspace.emerald@anglicarecq.org.au. If you're not feeling up to contacting us yourself, please ask your family, friend, teacher, doctor, or someone close to you to either make a referral or contact us on your behalf. Headspace Emerald is operated by Anglicare Central Queensland. All headspace services are funded by the Australian Government Department of Health. Administration of funding is carried out by the headspace centre's local Primary Health Network, in this case, Central Queensland, Wide Bay, Sunshine Coast PHN.

KinEss

Address 41 Peak Downs Street, CAPELLA QLD 4723
Telephone 0456 588 127
Email kinessjc@gmail.com

I offer a variety of services that will nurture your spirit, help you overcome personal challenges, and allow you to achieve your individual life goals. I cater to each of my client's personal needs in order to unlock their full potential. Contact me to start your proactive journey today.

Lifestyle Therapies and Training Solutions (LTTS) - Blackwater



Address 14 Blain Street, BLACKWATER QLD 4717
Telephone 1300 994 854
Fax (07) 3354 1644
Website ltts.com.au
Email administration@ltts.com.au

Lifestyle Therapies and Training Solutions provides Psychology services within the Biloela community. We are able to provide NDIS services, bulk-billed appointments, and private services. Please contact our Main Office on 1300 994 854 for any further information.

Programs

Lifestyle Therapies and Training Solutions (LTTS) - Emerald

Address Lifestyle Therapies & Training Solutions, 62 Egerton Street,
EMERALD QLD 4720

Telephone 1300 994 854

Website ltts.com.au

Email administration@ltts.com.au



Lifestyle Therapies and Training Solutions provides Psychology services within the community. We are able to provide NDIS services, bulk-billed appointments, and private services. Please contact our Main Office on 1300 994 854 for any further information.

Psychology

Address 69 Hospital Road, EMERALD QLD 4720

Telephone (07) 4987 9400

Fax (07) 4982 3860

Website cq.health.qld.gov.au



Psychologists help patients manage mental and emotional well-being empowering them to solve day-to-day problems and improve quality of life.

Sexual Support Services & Counselling

Season's Women's Health

Address Carrington Place, EMERALD QLD 4720

Telephone 0459 494 540

Email rene@seasonswomenshealth.com.au

Season's Women's Health is an organisation that believes in the value and wholeness of each person. In focusing on 'holistic health' we educate, nurture and inspire our clients on their journey to managing their own holistic health goals and discovering their resulting intentional, fulfilling lives one step at a time. Each session is tailored for your specific needs to help you achieve your best possible results in the shortest possible time. Whether working with individuals, presenting lunchtime talks in a workplace, or running year-long corporate health programs, we recognise that people are the heart and soul of industry and our goal is to support the individual so that families and businesses can thrive. We equip our clients by providing sessions on Stress Management, Sleep Routines, Relaxation Toolkits, Creating a Personal or Corporate Zen Zone, Basic Nutrition for Health, Energy-Giving Movement, and much more. As a result of working with our Holistic Health Consultants, clients have reported better mental clarity, more emotional stability and resilience, weight loss, and decreased joint pain, as well as other benefits. Each client's results are the product of their own diligence in changing lifestyle, eating habits, thought processes and learning to be more self-aware.

Programs

Gladstone

Crisis & Emergency Accommodation

Roseberry House

Address	20 Rollo Street, GLADSTONE QLD 4680
Telephone	(07) 4972 0047
Fax	(07) 4972 0850
Website	roseberry.org.au
Email	gm@roseberry.org.au
Hours of operation	All Hours



Crisis accommodation for young people aged between 16 - 25 years

Drug & Alcohol Services

Alcohol Tobacco and Other Drug Service

Address	2 Flinders Street, WEST GLADSTONE QLD 4680
Telephone	(07) 4976 3244
Fax	(07) 4972 7479
Website	cq.health.qld.gov.au
Hours of operation	9:00 AM to 5:00 PM Mon-Fri



The Alcohol Tobacco and Other Drug Service provides drug and alcohol assessment, treatment, referral, information, individual and telephone counselling. The service also assists with support, education, training, consultation and liaison.

Programs

Alcoholics Anonymous - Gladstone

Address Philip Street Community and Family Precinct , 1 Pengelly Street,
WEST GLADSTONE QLD 4680

Telephone 0419 725 287

Website aa.org.au

Hours of operation 7:00 PM to 8:00 PM Fri; 10:00 AM to 11:00 AM Sun

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is the desire to stop drinking. There are no fees for AA membership. AA is an independent organisation with a primary purpose to stay sober and help other alcoholics achieve sobriety. A helpline operates to offer support and to advise venues and times for weekly meetings.

If you want to drink, it's your business. If you want to stop, it's ours.

Lives Lived Well - Gladstone

Address 147 Goondoon Street, GLADSTONE CENTRAL QLD 4680

Telephone 1300 727 957

Website liveslivedwell.org.au

Email info@liveslivedwell.org.au

Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Our Gladstone office offers alcohol and drug counselling for people in central Queensland. We provide free, professional one-on-one counselling to people struggling with alcohol and drug problems, and their family members.

Programs

Employment Information & Assistance

APM WorkCare Services

Address	139 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone	1800 276 276
Fax	(07) 3386 1665
Website	apm.net.au
Email	gladstone.es@apm.net.au
Hours of operation	9:00 AM to 5:00 PM Mon-Fri



APM's WorkCare services provides people and businesses in Gladstone with workplace wellness, pre-employment checks, injury management and prevention, early intervention, and return to work services.

If you'd like to speak to someone about WorkCare services, please call **1300 967 522** or email workcare.customers@apm.net.au.

Your Caring Way

Address	Shop 8, 190 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone	1300 585 636
Website	yourcaringway.com.au
Email	gladstonelac@carersqld.com.au



Your Caring Way is a program for unpaid carers wanting to pursue their own goals, like training, education, volunteering, or employment. We offer free employment services and subsidised training options for unpaid carers. We're here to listen, assist in learning, and create a personalised step-by-step plan towards achieving fulfilment in your own life.

Financial & Gambling Management & Budgeting

Anglicare Central Queensland - Gladstone

Address	50 Young Street, GLADSTONE QLD 4680
Telephone	1300 769 814
Website	anglicarecq.org.au
Hours of operation	9:00 AM to 5:00 PM Mon-Fri



For adults who are experiencing personal and/or financial issues, including those resulting from natural disasters

Programs

CAP Money

Address 19 Dalrymple Drive, TOOLOOA QLD 4680
Telephone (07) 4979 3626
Email contact@hopelink.com.au



A three session program designed to help participants gain control over their financial situation. Sessions include developing a budget and learning a money management system that helps them stick to it.

Discovery Coast Health Services Association

Address 2 Rafting Ground Road, AGNES WATER QLD 4677
Telephone 0429 498 666
Website gladstone.qld.gov.au
Email tracy.bocos@uccommunity.org.au



ATO accredited volunteers can assist low income earners complete tax returns (Juy-Oct).

Gambling Help - Gladstone

Telephone 1300 364 277
Website gamblinghelpqld.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Thu



Gambling Help services offer a range of professional support and counselling services to assist people with gambling problems and their families. Gambling Help services are free and provide confidential assistance either face to face or over the phone. Gambling Help services can assist if:

- You are concerned about your own gambling;
 - You are concerned about a family member or friend;
 - You are a health and community support worker, working with people affected by gambling;
 - You belong to a community group who requires information on problem gambling
- Gambling Help services also provide community education on responsible gambling.

Programs

No Interest Loan Scheme (NILS)

Address Shop 8, 190 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone 1800 242 636
Website carersqld.com.au
Email gladstonelac@carersqld.com.au



No Interest Loan Scheme In partnership with Good Shepherd Microfinance, we offer No Interest Loans up to \$1500 to eligible carers, for the purchase of essential items such as white goods, medical services, vehicle expenses and much more.

General Child Services

Centre for Play Therapy

Telephone 1300 434 752
Website centreforplaytherapy.com.au
Email info@gladstonemindcare.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Wed



Child-centred Play Therapy is an evidence based form of counselling for children that utilises their natural mode of communication - play. Trained Play Therapists are able to address a wide variety of social, emotional, behavioural & learning problems.

To find more information please visit the Play Therapy Practitioners Association website along with the links below for an overview of non-directive child centered play therapy. You can also ask your therapist for more information.

www.centreforplaytherapy.com.au

www.playtherapypractitionersassociation.com.au

General Education Programs

Benaraby Driver Education Facility

Address 160 Jono Porter Drive, BENARABY QLD 4680
Telephone 0401 727 727
Email benaraby.driver.ed@gmail.com

Benaraby Driver Education Facility is a not for profit organisation whose primary goal is to reduce road trauma in CQ. To meet that objective we offer low risk Defensive Driving Courses for drivers of all ages but with a particular focus on young people who are at the greatest risk on the road.

Programs

Boyne Island Environmental Education Centre

Address 61 Malpas Street, BOYNE ISLAND QLD 4680
Telephone (07) 4851 0333
Fax (07) 4851 0300
Website boyneislandeec.eq.edu.au



A Outdoor and Environmental Education Centre. Information provided by the Queensland Government Open Data Initiative.

CQUniversity Gladstone

Address Derby Street, SOUTH GLADSTONE QLD 4680
Telephone 1300 278 233
Fax (07) 4970 7799
Website education.qld.gov.au



Gladstone campus, in the central business district of the port city of Gladstone, has excellent student amenities and a reputation for developing customised joint-venture programs to meet industry and community needs. It offers specialist training for the gas industry, instrumentation and business studies.

Facilities include Horizons Training restaurant, workshops, information technology resources and a hairdressing salon.

Dept of Education - Gladstone Office

Address Level 1, 20-22 Herbert Street, GLADSTONE QLD 4680
Telephone (07) 4977 7000
Fax (07) 4977 7097
Website education.qld.gov.au

Providing assistance with all enquiries in relation to education and training

General Youth Services

Anglicare Central Queensland - Gladstone

Address 50 Young Street, GLADSTONE QLD 4680
Telephone 1300 769 814
Website anglicarecq.org.au



Out of home care for 12-17year olds

Programs



Discovery Coast Youth Support Service

Address 25 Off Street, GLADSTONE QLD 4680
Telephone (07) 4970 1600
Website unitingcareqld.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

The Discovery Coast Youth Support Service (DCYS) is focused on providing support services to vulnerable young people and strengthening their relationships with family and support networks. The service assists young people to connect with family and community, and to engage in education, training and employment pathways, maintain safe housing and build their skills to maintain their own wellbeing.

DCYS provides an essential early intervention response and practical assistance to young people who present with risk factors that may impact their wellbeing and result in harm, homelessness and/or negative health outcomes

Young people can access the service through a range of options:

- Centre-based support - Discovery Coast Community Health Service offices Outreach - Home, school and community
- Virtual - Phone, SMS and Facebook messenger options available

Police-Citizens Youth Club (PCYC) - Gladstone

Address 53 Yarroon Street, GLADSTONE QLD 4680
Telephone (07) 4972 3122
Website pcyc.org.au
Email admin@gladstone.pcyc.org.au



The Queensland Police-Citizens Youth Welfare Association has made a valuable and positive contribution to the future of countless young people since it first began activities in 1948. Through the hard work of Police Officers, staff and thousands of caring volunteers and members of the community a tradition has developed that is unique to Australia. These nine objectives provide a framework around which the activity programs of the PCYC branches are based. These are: * To afford the young people of Queensland the opportunity to participate in clean and healthy recreation; * To improve the standard of physical fitness; * To encourage an interest in Australian flora and fauna; * To encourage the principles of good citizenship; * To encourage and foster music, literature, art and culture; * To awaken citizens to their responsibilities towards adolescents; and * To assist boys and girls to select their future vocations; * To promote the physical, mental and social welfare of youth, who, by physical or other handicaps or because of the indigent circumstances of their parents, may be regarded as under-privileged; * To do anything conducive to the welfare of youth and citizens generally. Whilst the objectives may be reminiscent of the time when they were written, the general message remains just as relevant and important today as it was then. To provide all possible guidance to assist young people through their formative years. Improving communities through youth development: Our new youth management team welcomes new members from 13 - 19 years of age for organised social events and dance parties.

Programs

Local Advocacy Services

Win Australia

Address 1 Manning Street, SOUTH GLADSTONE QLD 4680
Telephone (07) 4903 1931
Website integreatqld.org.au
Email admin@win-australia.org.au

Welcoming Intercultural Neighbours Inc. (WIN) is a non-for-profit organisation that supports the culturally diverse Central Queensland population. WIN has been established to assist new residents and their families integrate confidently into their communities. The organisation provides support, information sessions, education and training, orientation programs, referrals, resources development and

Mental Health Services

Carer Health and Wellbeing

Address Shop 8, 190 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone (07) 3900 8100
Website carersqld.com.au
Email gladstonelac@carersqld.com.au



Carer Health and Wellbeing. In September 2020, the Carer Health and Wellbeing Program was launched and has continued to grow. The Carer Health and Wellbeing Program offers a monthly calendar of events, providing carers with the opportunity to focus on their own health and wellbeing, develop new skills, and increase their awareness of community supports and organisations available to carers.

The Health and Wellbeing Program is a program developed in consultation with carers to meet the needs of carers in Queensland.

Programs



Community Based Mental Health (CBMH)

Address	9 Derby Street, SOUTH GLADSTONE QLD 4680
Telephone	1300 707 655
Website	bridgeshcc.org.au
Email	enquiries@bas.org.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri

What we offer

We will help you identify your unique recovery goals and create an agreed recovery plan.

Bridges approach

Bridges focuses on what you need to help you when you're not feeling well or are experiencing barriers in your life and are seeking additional support.

We work alongside people who identify as having a mental illness. Such condition may be, schizophrenia, bi-polar disorder, depression, anxiety, and/or personality disorders.

We also support those with mental ill-health without a diagnosis who experience barriers, issues, or have adverse life events.

It is our role to help you identify what you need to lead a productive health and fulfilling life. These are determined by you, not us. We capture this in your recovery plan to track progress and build your capacity and connection to your community.

Our service

Our commitment is to work alongside you to build your confidence and access the resources and supports that you need, providing varying levels of support where and when required.

Our community-based mental health team comprises of professionally trained and qualified mental health professionals.

We offer short term interventions and assistance and longer-term support where required. Our services are voluntary, and individually tailored to suit your needs.

To accommodate, there are programs that our clients will be referred into:

- Individual Recovery Support Program (IRSP)
- Commonwealth Psychosocial Support Program (CPS)

Bridges 'No Wrong Door' policy means we will link you in with our other specialist services such as our drug and alcohol treatment service if this is an issue for you.

Referrals & fees

Bridges adult mental health team receives referrals into the respective program from various agencies. These include:

Commonwealth Psychosocial Support Program (CPS) receives referrals from:

- The Primary Health Network (PHN)
- Government and non-government services, GP's carers etc but must have your consent to refer to us.
- You, as a person who chooses to self-refer

Programs

Individual Recovery Support Program (IRSP) can only receive referrals from our local Hospital and Health Service (HHS).

Clients who engage in these Bridges services do not need to pay any fee.

To start your journey, contact our team about the Bridges mental health services. Ph: 1300 707 655

Where Bridges community-based mental health services are delivered

Our community-based mental health services and programs are available in the following Queensland locations.

- Bundaberg Region: Bundaberg, Childers, Gin Gin
- Burnett Region: Gayndah, with outreach to the North Burnett: Mundubbera and Monto
- Fraser Coast Region: Maryborough, Hervey Bay
- Central Queensland Region: Gladstone, Rockhampton

Funding acknowledgement

The Bridges Community-Based Mental Health Services receives funds from Queensland Health Mental Health & Specialised Services Branch and the Central Queensland, Wide Bay, Sunshine Coast PHN.

Community Mental Health

Address 20 Park Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3244
Fax (07) 4972 3776
Website cq.health.qld.gov.au



Our community care teams provide mental health assessment and treatment services to people who are affected by mental illness including:

- Depression
- Anxiety Disorders
- Schizophrenia and other Psychosis
- Post-Traumatic Stress Disorder
- Eating Disorders
- Bipolar Mood Disorder
- Situational crises

We also provide support to their family or significant others and carers. We have teams that specialise in child and youth mental health (people under 18 years of age) and older persons mental health (generally over 65 years of age).

How to access this service

You can access this service by contacting us. You can also be referred by:

- family members or friends
- GPs and health professionals
- other government or non-government services

Contact your local mental health team during business hours (Monday - Friday 8.30am - 4.30pm) to make a referral.

Programs

CQ Psych Services

Address Shop 1 & 2, 13 Tank Street, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4972 6929
Website cqpsychservices.com.au
Email admin@cqpsychservices.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



At CQ Psych Services we work with adults, adolescents and children to provide a wide range of services including assessment, treatment and/or management for many psychological and emotional difficulties including: Difficulty adjusting to life changed Depression and low mood Anxiety (fear, worry) Mood disorders Stress Time management and organisational skills Sleep Problems Anger management Relationship issues Parenting issues Self-Esteem Loss and bereavement Career planning

Programs



Drug and Alcohol Rehabilitation Treatment Service (DARTS)

Address	9 Derby Street, SOUTH GLADSTONE QLD 4680
Telephone	1300 707 655
Website	bridgeshcc.org.au
Email	enquiries@bas.org.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri

About our service

At Bridges, DARTS stands for: Drug and Alcohol Rehabilitation and Treatment Service. We offer comprehensive drug and alcohol treatment services for people with problematic substance use issues. Bridges provides treatment across all types of drug use, including cannabis, methamphetamine (ICE), misuse of pharmaceuticals like codeine, solvent misuse (sniffing), and tobacco.

You can benefit from this service if you:

- Have concerns about your drug or alcohol use?
- Find it hard to moderate or stop your alcohol and/or drug use?
- Want assistance to reduce or abstain from drinking alcohol, smoking, or using drugs?
- Have any mental health concerns?

How Bridges specialist team will help you:

- Comprehensive day assessment
- Day rehabilitation and group support
- Mental health and psychological services
- Information, education, and family support
- Withdrawal management and harm reduction
- Practical support to help with personal goals
- Relapse prevention

Bridges approach

Bridges uses a harm minimization approach. This means first and foremost; our goal is to assist our client in reducing the harmful effects of drugs and/or alcohol.

This may be where substances are used in excess, or places a person at risk (health, relationships, employment, and the law).

Our clinical team assists people with their underlying mental health issues through trauma-informed counselling and referral for more intense psychological services.

Bridges is culturally sensitive and has Indigenous cultural support workers available to clients.

No Wrong Door

Bridges "no wrong door" policy means will assist you with both your mental health AND alcohol and/or drug issues.

Refer into service

Bridges DARTS team understands the relationship between your alcohol and/or other drug issues and your desire to improve your life.

Our services receive referrals from:

- You, as a self-referring client

Programs

- Your General Practitioner (GP)
- Your local Hospital Health Service (HHS)
- Other community or government agencies
- Loved ones, with your consent

To start your journey, contact our team about Bridges DART services. Ph: 1800 263 274

Locations

Our DARTS services are available in the following Queensland locations.

- Bundaberg Region: Bundaberg, Childers, Gin Gin
- Burnett Region: Gayndah, with outreach to the North Burnett
- Fraser Coast Region: Maryborough, Hervey Bay
- Central Queensland Region: outreach to Agnes Water on the Discovery Coast

Funding acknowledgement

We are funded by Queensland Health Community Services Funding Branch and the Central Queensland, Wide Bay, Sunshine Coast PHN.

Gladstone Community Health Mental Health Services

Address	2 Flinders Street, WEST GLADSTONE QLD 4680
Telephone	(07) 4976 3130
Fax	(07) 4972 7479
Website	cq.health.qld.gov.au



Gladstone Community Health provides mental health services.

Programs

Gladstone Mindcare

Telephone 0436 631 595
Website gladstonemindcare.org.au
Email info@gladstonemindcare.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Gladstone Mindcare promotes improved mental health and wellbeing by empowering our community through education, information and connectivity to achieve our Vision of a community that is mentally well, resilient and stigma free.

The two main activities of Gladstone Mindcare are:

- **Gladstone MindCare Hub**

A safe and inclusive community space to ease the way for community members to access information and referral to support for mental health, alcohol and other drug challenges, reducing the feelings of stress and vulnerability that can be associated with accessing support. The diversity of our network enables the right fit of service to each individual's need. Offering the right mix of early interventions through social connection and health promotion activities and support to access more specialised treatment-based approaches if needed.

Gladstone Mindcare aims to help more people access the support they need sooner. By assisting individuals to reach the right support at the right time we can:

- provide preventative support in a timely way to avoid escalations
- tailor supports for those that would benefit from early interventions in community settings
- empower individuals to access self-managed support
- bring relief to individuals who may otherwise get lost in the process
- streamline access to services in a timely manner
- offer social connection and health promotion activities before the need to refer to professional health specialists
- avoid escalation of current experiences to more serious support needs

- **Collective Impact**

We operate in a collective impact model as a backbone organisation underpinned by principles of community engagement and partnership.

We are inclusive of everyone creating the community we want to live in.

As a collective impact initiative we bring together research, government and non-government organisations and the community to work collaboratively on initiatives that empower the Gladstone community to achieve measurable improvements in wellbeing.

Gladstone Mindcare was established by Collective Action Social Impact Ltd in 2019.

Programs

Gladstone Psychology Services

Address Shop 1a, 1 Mellefont Street, WEST GLADSTONE QLD 4680
Telephone (07) 4972 8715
Website gladpsych.com.au
Email info@gladpsych.com
Hours of operation 8:00 AM to Midnight Mon-Fri



Gladstone Psychology Services is a general private psychology practice dealing with a wide range of issues & problems that may be of concern to individuals. We base our interventions on the needs & goals of each person. Medicare & Private healthcare rebates may apply.

Practice Doctors:

- Paul Grant B.A. Dip. Psych.
- Daniel Joubert M.A (Couns. Psych) MAPS

Hours of Operation

Flexible Hours, Open Monday - Friday

Services

Assessments, Case Management, Cognitive Behavioral Therapy, Communication Issues, Confidence, Debriefing, Defusing, Evidence Based Treatment, IQ Tests, Life Counselling, Marriage Counselling, Personal Crisis, Personal Development, Psychological Assessments, Psychometric Testing, Reports, Stress Management, Trauma

Features

Health Fund Rebates, Insurance Claims, Medicare

Issues

Abuse, ADD, Addiction, Alcohol Dependence, Anger, Anxiety, Aspergers Syndrome, Assertiveness, Autism, Bed Wetting, Behavioral Disorders, Bereavement, Bipolar, Body Image, Brain Injuries, Change, Conflict, Crisis, Critical Incidents, Depression, Dissociative Disorders, Drug Dependence, Dyslexia, Eating Disorders, Educational Problems, Emotional Distress, Gambling, Giftedness, Grief, Impotence, Insomnia, Inter-personal Problems, Internet Addiction, Learning Difficulties, Life Transitions, Obsessions, Obsessive Compulsive Disorder, Pain, Panic Attacks, Parenting, Personality Disorders, Phobias, Physical Health, Post-traumatic Stress, Postnatal Depression, Relationships, Self-esteem, Separations, Sexual Abuse & Trauma, Sexual Health, Sleep Disorders, Smoking, Stress, Substance Abuse, Victims of Crime, Violence, Weight Management, Work Related Issues

Catering To

Adults, All Ages, Children, Couples, Families, Groups, Individuals, Seniors, Teenagers, Therapists

Programs

headspace Gladstone



Address Level 1, 147 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4903 1921
Fax (07) 4803 9100
Website headspace.org.au
Email info@headspacegladstone.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Tue,Thu; 9:00 AM to 7:00 PM Wed;
9:00 AM to 3:00 PM Fri

Roseberry Qld is the Lead Agency for headspace Gladstone. headspace is the National Youth Mental Health Foundation, providing early intervention mental health services to 12-25 year olds. The service is designed to make it as easy as possible for a young person, and their family, to get the help they need for problems affecting their wellbeing. headspace covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

Mental Health and Counselling

Address 27-29 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4979 0992
Fax (07) 4979 0967
Website nhulundu.com.au



Mental Health service delivers specialised assessment, clinical treatment, and rehabilitation services to reduce symptoms of mental illness and facilitate recovery across all age groups. Mental Health services are focused on providing care to clients who experience the most severe forms of mental illness and behavioural disturbances.

Moving Forward Psychology Services

Address 281 J Hickey Avenue, CLINTON QLD 4680
Telephone 0468 327 342
Website movingforwardpsychology.com.au

Moving Forward Psychology Services is a Gladstone based psychology practice that offers treatment to adolescents, men and women, parents, senior people, and professionals, who may be experiencing a wide range of mental health issues including personal and professional challenges.

Programs

Neatlivingsupports

Address 1, 134 Auckland Street, GLADSTONE CENTRAL QLD 4680
Telephone 0472 606 347
Website neatlivingsupports.com.au
Email admin@neatlivingsupports.com.au



At Neatliving supports , we offer support services to help individuals and communities achieve their desired health goals. We are a local NDIS provider, empowering locals to achieve their goals. Neatliving supports clients are only charged according to the NDIS price guide. Our services include mental health, social and community participation and in home support
Our core NDIS services include mental health and individual support, while our capacity-building services include support for people with psychosocial disabilities due to mental health conditions. Our team is made up of experienced mental health workers, social workers and support staff from a variety of different cultures. We are committed to providing high-quality services tailored to meet each client's needs.

Mental Health Support:

Our team of skilled mental health workers understand the challenges that individuals with mental health conditions face. Whether you are experiencing mild stress or struggling with a more severe illness, we can provide the support you need to manage your symptoms.

Psychiatrist

Address 27-29 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4979 0992
Fax (07) 4979 0967
Website nhulundu.com.au



A Psychiatrist supports clients in diagnosis and treatment of people with mental illness. This may also include prescribing medication and developing a management plan for a client's treatment and recovery.

Programs

Psychologist

Address	27-29 Goondoon Street, GLADSTONE CENTRAL QLD 4680
Telephone	(07) 4979 0992
Fax	(07) 4979 0967
Website	nhulundu.com.au



A psychologist is someone who you can talk to and who will listen and provide advice.

- The Doctor will talk with you for a while to see how you are feeling, and likely ask you some questions like—Have you thought about harming yourself? Or do you ever feel like there is no point living anymore? They ask because they care about you, and want the best for your health and wellbeing
- You will then fill out a form that will ask questions about how you have been feeling and coping in the last two weeks
- The form will assess your level of stress, anxiety, and depression

You and your GP will come up with a plan to help with your health and wellbeing – it will include a referral to the Psychologist, and if you are taking medication for your mental health, you can also ask for a referral to talk to a Psychiatrist—specialist in mental health medication.

Psychology

Address	20 Park Street, WEST GLADSTONE QLD 4680
Telephone	(07) 4976 3200
Fax	(07) 4972 3776
Website	cq.health.qld.gov.au



Psychologists help patients manage mental and emotional well-being empowering them to solve day-to-day problems and improve quality of life.

REAL PD

Address	29 Fleet Street, CALLIOPE QLD 4680
Telephone	0448 844 773
Website	realpd.horse
Hours of operation	9:00 AM to Midnight Tue-Fri

Our integrative approach draws upon many modalities including equine-assisted psychotherapy, integrational psychotherapy and counselling therapies including, gestalt, somatic experiencing and sand play theories and experiential therapies.

Programs



Recovery Coaching

Address	9 Derby Street, SOUTH GLADSTONE QLD 4680
Telephone	1300 707 655
Website	bridgeshcc.org.au
Email	enquiries@bas.org.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri

What does recovery coaching really mean?

At Bridges, we believe that people can live their best life when they set clear and achievable goals, that are meaningful to them.

Bridges Recovery Coaches assist to build a participant's capacity and skills, encouraging independence and goal achievement.

We understand that everyone's path is different. We will walk alongside you on your journey and assist you to achieve your goals.

The Bridges approach to recovery coaching:

Personal medicine is one of our unique approaches - tapping into what you already do to look after your health & wellbeing. Personal medicine comes from within. It's not medication that you take. This means that there are endless options and pathways forward: they're not prescribed by others, they are personal to you. Bridges doesn't take your opportunity for growth lightly. Your starting point will depend on what you want to achieve. We're ready when you are.

Our staff have professional qualifications in mental health, wellness coaching, disability, and community services as well as training in recovery-oriented practice.

Bridges is culturally sensitive and has Indigenous cultural support workers available.

How to get a referral to Bridges recovery coaching:

Our Bridges recovery coaching service receives referrals from the following sources:

- You, as an NDIS participant
- Your GP, in line with your Medicare approved Mental Health Care plan
- Your support coordinator
- The NDIA, or Local Area Coordinator
- The Public Guardian

Bridges offer recovery coaching and support:

Bridges is accredited against the NDIS Practice Standards. We can help to meet your individual needs through a high quality, personalised service with accredited, professional staff. We also have 25 years' experience in the mental health industry.

How to pay:

With an approved plan and a Service Agreement with us, the NDIS can fund these services for you.

Our locations for Recovery Coaching:

Bridges recovery coaching services are available in the following Queensland locations

- Bundaberg Region
- Fraser Coast Region

Programs

- Maryborough
- Hervey Bay
- Gladstone
- Rockhampton

Curious to know more?

Contact us: Phone: 1300 707 655 | Email: ndis@bas.org.au

Funding acknowledgement:

Bridges Recovery Coaching Services receives funding from the National Disability Insurance Scheme (NDIS).

Renew-U Counselling Queensland

Telephone 0484 045 990

Email renew-u@bigpond.com

I am a Solution Focused Therapist and Holistic Practitioner specialising in Anxiety, Depression, Relationship Counselling and Conflict Resolution not just with others but also with yourself. Renew-U Counselling provides a respectful, non-judgmental, genuine and confidential atmosphere where you can talk, be listened to and be heard by a qualified, experienced and empathetic Counsellor.

Programs



Support Coordination

Address	9 Derby Street, SOUTH GLADSTONE QLD 4680
Telephone	1300 707 655
Website	bridgeshcc.org.au
Email	enquiries@bas.org.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri

What is support coordination?

Support coordination helps you to make the best use of your supports in plan. Support coordination is a capacity building support which helps you to:

- Understand and use your NDIS plan to pursue your goals
- Connect you with NDIS providers, community, mainstream and other government services
- Build your confidence and skills to use and coordinate your supports.

A support coordinator or specialist support coordinator delivers support coordination services.

There are three levels of support coordination that can be included in your plan:

1. Support connection – This support is to build your ability to connect with informal, community and funded supports enabling you to get the most out of your plan and pursue your goals.
2. Support coordination – coordination of supports: This support will assist you to build the skills you need to understand and use your plan. A support coordinator will work with you to ensure a mix of supports are used to increase your capacity to maintain relationships, manage service delivery tasks, live more independently, and be included in your community.
3. Bridges currently offers Level 1 and Level 2 Support Coordination.

You may also wish to focus on a specific goal in your NDIS plan, such as those related to finding suitable home and living supports. You can use your support coordination funding to work with a support coordinator who has the skills, knowledge and experience to meet your specific needs.

For more information go to the NDIS link listed below
<https://www.ndis.gov.au/participants/using-your-plan/who-can-help-start-your-plan/support-coordination/what-your-support-coordinator-should-do>

How to be referred to Bridges NDIS services:

- You, as an NDIS participant or your nominee
- You, as a person who chooses to self-fund
- The NDIA and Local Area Coordinator can request that Bridges provides the service, with your consent

NDIS referral form download [here](#).

How to pay for your Bridges NDIS services

With an approved plan, the NDIS can fund these services for you.

Our locations for Bridges NDIS Services:

- Bundaberg Region: Bundaberg, Childers, Gin Gin
- Burnett Region: Gayndah, with outreach to North and South Burnett

Programs

- Fraser Coast Region: Maryborough, Hervey Bay
- Central Queensland Region: Gladstone, and Rockhampton

Curious to know more?

Contact us: Phone: 1300 707 655 | Email: ndis@bas.org.au

Funding acknowledgement:

Bridges NDIS Services receives funds from the National Disability Insurance Scheme (NDIS)

Transition from Prison

Address 9 Derby Street, SOUTH GLADSTONE QLD 4680
Telephone 1300 707 655
Website bridgeshcc.org.au
Email enquiries@bas.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



About our service

This is a service for people who require intensive support on release to access to essential services and resources and integrate back into the community. We assist clients develop a personal recovery plan prior to release, coordinate services both pre-release and post-release, facilitate warm referrals and offer practical support such as transport to access appointments, including attending court, appointments with parole officers and mental health services.

Service location

We deliver this program in the Capricorn Correctional Centre and in the communities of Rockhampton, Gladstone and other Central Queensland towns in the Rockhampton Local Government Area. We work in partnership with the Queensland Health Prison Mental Health Service and Central Coast Corrective Services.

Refer to service

Referrals for this program are exclusively by the Queensland Health Prison Mental Health Team.

Funding acknowledgement

Funded by Queensland Health Community Services Branch.

Programs

Wild Hearts Psychology

Address 1 Pengelly Street, WEST GLADSTONE QLD 4680
Telephone 0448 929 608
Email wildheartspychology@gmail.com
Hours of operation 9:00 AM to 4:00 PM Mon,Wed

At Wild Hearts Psychology, Jessica Conroy (psychologist), supports clients aged 8 years and up with a range of mental health conditions. Animal assisted therapy is offered to promote safety, connection and comfort. Areas of specialisation include perfectionism, anxiety, depression, trauma, self-compassion, grief and loss, mindfulness, mood disorders, and emotion regulation.

Pregnancy, Maternity & Newborn Health

Your Private Midwife

Address 240 Jim Whyte Way, BURUA QLD 4680
Telephone (07) 4865 8911
Website yourprivatemidwife.com
Email hello@yourprivatemidwife.com
Hours of operation 8:00 AM to 6:00 PM Every day



Providing holistic care along the continuum of pregnancy, birthing and with baby, from care providers working from a place of trusted intuition and evidence based practice. We offer homebirth, hospital escort and antenatal and postnatal packages.

We have a range of packages, all of which have an upfront cost, ranging from \$750 to \$2000 but all are also eligible for Medicare rebates.

Programs

Sexual Support Services & Counselling

Blood Borne Viruses and Sexual Health

Address 20 Park Street, WEST GLADSTONE QLD 4680
Telephone (07) 4976 3200
Fax (07) 4972 3776
Website cq.health.qld.gov.au



We provide specialist medical and nursing care, treatment and support regarding sexual health, HIV and viral hepatitis B and C. Our services are free and confidential, with male and female clinicians available.

Services

- Sexual health screening and treatment
- HIV and syphilis rapid testing
- HIV management and treatment
- Viral hepatitis treatment and education (hepatitis B and C)
- Emergency contraception and contraception advice
- PAP smear screening (cervical screening)
- Specialist medical clinics
- Information, advice, and resources
- CQ Youth Connect
- Health education sessions for high schools, youth centres, workplaces, service providers etc.

Clinic hours

- Monday, Wednesday, Thursday, and Friday: 8.30am to 4.30pm
- Tuesday: 8.30am to 7.00pm

How to access this service

A referral from your General Practitioner (GP) may be required but is not essential for most services. Screening appointments are preferred; walk ins are welcome.

Programs



Blood Borne Viruses and Sexual Health

Address 2 Flinders Street, WEST GLADSTONE QLD 4680
Telephone (07) 4932 5440
Website cq.health.qld.gov.au
Email 92Bolsoverrockhampton@health.qld.gov.au
Hours of operation 10:00 AM to 1:30 PM Mon

We provide specialist medical and nursing care, treatment and support regarding sexual health, HIV and viral hepatitis B and C. Our services are free and confidential, with male and female clinicians available.

Services

- Sexual health screening and treatment
- HIV and syphilis rapid testing
- HIV management and treatment
- Viral hepatitis treatment and education (hepatitis B and C)
- Emergency contraception and contraception advice
- PAP smear screening (cervical screening)
- Specialist medical clinics
- Information, advice and resources
- CQ Youth Connect
- Health education sessions for high schools, youth centres, workplaces, service providers etc.

Outreach clinics

Gladstone Community Health Service, Flinders Street, Gladstone

- 18 January 2021
- 15 February 2021
- 15 March 2021
- 12 April 2021
- 10 May 2021
- 7 June 2021
- 5 July 2021
- 2 August 2021
- 30 August 2021
- 27 September 2021
- 25 October 2021
- 22 November 2021

Programs

Gladstone Women's Health Centre

Address 65 Central Lane, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4979 1456
Website gladstonewomenshealth.org.au
Email info@gladstonewomenshealth.org.au



Free professional specialist sexual assault counselling to children, women, and men who have been sexually assaulted whether it was in the past or recently. Additionally, we provide counselling to those who have experienced sexual harassment or were sexually assaulted in childhood.

The centre also has counselling available to parents of children who have been sexually assaulted and for those who are supporting someone who has been sexually assaulted or experienced sexual harassment.

All of our counsellors are qualified, professionally supervised and belong to a professional body. However, not every counsellor will be right for you and we are happy to provide alternative arrangements or refer you to a more appropriate service.

Sessions are by appointment and free of charge. Please try to give us at least one working day for cancellations.

To book or for more information please call the centre at 4979 1456

Youth Employment & Training Services

Roseberry Qld - Head Office

Address 21 Dawson Highway, WEST GLADSTONE QLD 4680
Telephone (07) 4972 0047
Website roseberry.org.au
Email admin@roseberry.org.au



Youth focused vocational support services

Programs

UnitingCare - Gladstone



Address 25 Off Street, GLADSTONE QLD 4680
Telephone (07) 4970 1600
Website unitingcareqld.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

The Community Support Service works together with young people, residents and community groups to foster and strengthen community capacity.

The service works within the Discovery Coast area to develop skills and build competencies in the following area:

- Personal and social development
- Living skills development
- Education and training
- Community arts - craft and cultural

The service delivers a diverse range of educational community workshops, including therapeutic arts, traditional crafts and health cooking classes.

Programs

Livingstone Shire

General Education Programs

BIZNET AUSTRALIA PTY LTD

Telephone 0473 523 824
Website biznetau.com
Email biznetau@gmail.com



Would you like to be in a training event that was memorable, transformational and relevant to your every day work-life?

- Our top 3 public workshops:
1. Managing Conflict
 2. Managing Time and Priorities
 3. Presenting with Influence and Confidence

We can also create videos, elearning content and deliver online training.
For community groups it starts from only \$97 per participant for the full day for any of the above.
Call or email for brochure.

Our facilitators' styles are informal and informative. Fun is a great vehicle for successful learning and our team enjoy training, making it both entertaining and transforming. "If the participants aren't learning, it's because the trainers aren't training. The whole idea of behaviour-changing delivery is that the trainer needs to adjust to the learner's style, not the other way around. By making the training session an event, rather than a routine, you can enhance the experience and increase attention and retention." says our lead trainer, Mario Cortés

Call us for further information or to book:

Mario Cortés -
BizNet Australia Pty Ltd
Training + Elearning
Phone: 0473 523 824
Web: www.biznetau.com

Programs

Link and Launch Program

Address	Rawlings Street, YEPPOON QLD 4703
Telephone	0448 332 143
Website	yeppoonshs.eq.edu.au
Email	principal@yeppoonshs.eq.edu.au

Link and Launch officers are based at participating schools to connect with young people who have completed Year 12 but not yet transitioned to further study, training or work. These officers can assist young people to navigate a range of post-school study, training and work options in line with their individual goals, aspirations, skills and strengths and support them to make independent choices that will equip them to make a successful transition.

Eligible young people
Young people who are not in education, employment or training, and also completed Year 12 in the previous two years are eligible to join the program. All eligible young people who have completed their senior studies can join the program irrespective of where they went to school. Participation in the program is voluntary. Young people enrolled at school are not eligible to join the program as career guidance and planning support is already provided by schools, but they can get in touch to receive support after they leave school

North Keppel Island Environmental Education Centre

Telephone	(07) 4939 2510
Fax	(07) 4939 2522
Website	konomieislandeec.eq.edu.au
Email	principal@northkeppelisland.eq.edu.au



A Outdoor and Environmental Education Centre. Information provided by the Queensland Government Open Data Initiative.

RCS

Address	44 Arthur Street, YEPPOON QLD 4703
Telephone	(07) 4939 5255
Website	rcsaustralia.com.au
Email	info@rcsaustralia.com.au
Hours of operation	8:30 AM to 5:00 PM & 12:30 PM to 1:00 PM Mon-Fri



Provides agricultural training programs, community information and advisory services specialising in farm, business and people management for the agricultural industry.

Programs

General Youth Services

Capricorn Coast Leadership Development Centre

Address 170 Matthew Flinders Drive, COOEE BAY QLD 4703
Telephone (07) 4930 2022
Fax (07) 4930 2622
Website pcyc.org.au
Email capricorncoastadmin@pcyc.org.au
Hours of operation 8:30 AM to 4:00 PM Mon-Fri



The Queensland Police-Citizens Youth Welfare Association (PCYC) in partnership with government, community, business and families – achieving excellence in youth development encouraging participation in recreation, sporting, cultural and welfare programs.

Accommodation, meals and Adventure activities for both extended camps and day use.

Youth programs including Youth at Risk and Leadership, Indigenous Programs, School Age Care and State Youth Leadership Programs.

Youth In Livingstone

Address 80 John Street, YEPPOON QLD 4703
Telephone (07) 4913 3840
Website livingstone.qld.gov.au
Email enquiries@livingstone.qld.gov.au



What we offer

Information, Advice and Referral – Youth Services can assist young people to find the support they seek locally whether it be related to school, housing, relationships, boredom or stress. We can connect young people with sports and recreation activities and/or an arts and cultural opportunities and/or volunteering opportunities in the community.

One on one support

Youth Services can provide individual case management for young people who would like to management for young people who would like to further develop their life skills, coping skills, social skills and self-esteem, are 12-18 years, living in Yeppoon or Emu Park and who are at risk of disconnection.

Programs

Mental Health Services

Psychology

Address 8 Hoskyn Drive, YEPPOON QLD 4703
Telephone (07) 4913 3000
Website cq.health.qld.gov.au



Psychologists help patients manage mental and emotional well-being empowering them to solve day-to-day problems and improve quality of life.

Youth Employment & Training Services

Real Group

Address 6 Millroy Drive, BARMARYEE QLD 4703
Telephone (07) 4939 1445
Website realgroupaustralia.com.au
Email elise@therealgroup.com.au



This is a 13 week program for young people from 15-19 years who are not engaged in mainstream schooling presently. We complete a Certificate 1 in Skills for Vocational Pathways with a focus on work readiness and preparing our young people to be confident and accomplished to enter the workforce, engage in further training opportunities or return to the education.

Rockhampton

Crisis & Emergency Accommodation

Anglicare - Central Queensland

Address 160 - 164 Musgrave Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4837 5300
Website anglicarecq.org.au
Email web-enquiries@anglicarecq.org.au



Provide short term supported accommodation to families and individuals who are homeless and in crisis

Programs

Australian Red Cross - Rockhampton



Address 1 Canning St, ROCKHAMPTON QLD 4700
Telephone (07) 3367 4736
Website redcross.org.au
Email qldrockhamptonbranch@redcross.org.au

Access can be either by referral from the hospital (Patient Travel Subsidy Scheme) or by walk in. We have single, double and family rooms.

Homelessness to Housing



Address Community Inclusion and Enterprise Centre - Building 26,
Darumbal Road, NORTH ROCKHAMPTON QLD 4702
Telephone (07) 4920 0000
Fax (07) 4920 0010
Website cqid.com.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri

Homelessness to Housing provides assistance to the homeless people in Rockhampton find long term accommodation so they are not at risk of becoming homeless and on the streets in the future. They also provide their clients with the tools to live a sustainable life and to stay off the streets.

The Homelessness to Housing team can help to:

- Support you through your homeless journey
- Support you to secure housing
- Address issues preventing long-term housing
- Link you to other services to assist on your journey

Rockhampton Housing Service Centre



Address Level 3, 209 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone (07) 4848 7000
Fax (07) 4938 4088
Website chde.qld.gov.au
Email rockhamptonhsc@hpw.qld.gov.au

The Department of Housing and Public Works incorporating both Housing and Homelessness Services for the Central Region area covering 428,418.5 km² from Bowen in the North to Kingaroy in the South and Winton in the West. Contract Managers monitor contracts and leases to the non-government providers and monitor the housing supports provided to people who are homeless or at imminent risk of homelessness.

Programs

Youth Crisis Accommodation

Address 122 Kent Street, ROCKHAMPTON QLD 4700
Telephone (07) 4922 2453
Website roseberry.org.au
Email admin@roseberry.org.au
Hours of operation All Hours



Provides short term accommodation and support for young people who are homeless and in crisis
16-19yr olds – Male or Female, Referral via walk in or agency, Assessment interview

Drug & Alcohol Services

Alcoholics Anonymous - South Rockhampton

Address 19 George Street, ROCKHAMPTON CITY QLD 4700
Telephone 1300 222 222
Website meetings.aa.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri

New to AA? Having trouble with alcohol? Does your drinking worry you?

Is alcohol causing you to get into unpleasant or dangerous situations? Are family members complaining about your drinking?

There is a solution - maybe AA can help you!

Local Alcoholics Anonymous meeting - Gumbi Gumbi Rockhampton - 6.00pm every Saturday - just turn up - no need to book - 19 George Street Rockhampton Qld 4700
Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Non-alcoholics may attend open meetings as observers.

Programs

CQ Mental Health Alcohol and Other Drugs Services

Address Sterling Place, 156 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 0408 863 342
Fax (07) 4920 6871
Website health.qld.gov.au
Email gummagundoo@health.qld.gov.au
Hours of operation 8:00 AM to 5:00 PM Mon-Fri



To deliver Health Promotion Programs and confidential drug and alcohol counselling to any person suffering the effects of drug and alcohol related harm.

- Assessment
- Counselling
- Support for withdrawal
- Evidence based treatment services
- Brief intervention
- Relapse prevention
- Group work
- Referrals to other services (AOD Rehabilitation, Inpatient Withdrawal Services)
- Queensland Opioid treatment Program
- Police & Court Drug Diversion Programs
- Consultation and Liaison (AODS CL CNC- Based at Rockhampton Hospital)
- DABIT (Rockhampton Hospital Emergency Department)
- Primary Needle and Syringe Program (NSP)
- Harm Reduction and education activities

Programs

Creating Options Program

Address Unit 7, 190 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone (07) 3620 8880
Website drugarm.com.au
Email intake@drugarm.com.au



The Alcohol and Other Drug Support Group is an ongoing supportive environment for clients to discuss alcohol and other drugs, minimise stigma and raise awareness of issues associated with the use of alcohol and other drugs.

Eligibility Criteria

Are currently experiencing significant difficulties due to alcohol or other drug use
Alcohol or other drug user's use is significantly impacting on functionality and health issues

Referral

All assessment and intake is conducted through the Central Intake Service. Agencies can refer clients in to the groups by through their local Drug ARM Clinical Worker by calling the Central Intake Service. Call 07 3620 8880.

Locations in Rockhampton

- *Rockhampton*
- Gumbi Gumbi
- 25 George Street
- Rockhampton QLD 4700
- Tuesdays 10.30am to 12pm
- For internal and external clients of Gumbi Gumbi

- *Rockhampton*
- Ozanam House
- 223 Alma Street
- Rockhampton QLD 4700
- Every second Friday 9.30am to 10.30am
- For internal clients of Ozanam House

- *Rockhampton*
- Mental Health Unit
- Rockhampton Base Hospital
- Canning Street
- Rockhampton QLD 4700
- Wednesdays 12pm to 2pm
- For in-patients of the Mental Health Unit

Programs

Family Drug Support- Central Queensland Rockhampton

Address Rockhampton Business Centre, 110-114 Campbell Street,
ROCKHAMPTON QLD 4700

Telephone 0490 536 976

Website fds.org.au

Email belinda@fds.ngo.org.au



FDS provides support to families and friends affected by alcohol and other drug issues:

24/7 Telephone Support Line: 1300 368 186

Family Drug Support provides a national twenty-four-hour, seven-day-a-week telephone helpline for family members & friends of people with alcohol or other drug issues.

Support Meetings

Non-religious, open meetings for family members and friends affected by drugs and alcohol. Open to anyone and providing opportunities to talk and listen to others in a non-judgemental, safe environment.

Stepping Stones

An intensive short course for family members and friends who are supporting someone with drug and/or alcohol problems.

The course brings people together with similar challenges and enables participants to find new ways of coping.

Stepping Forward

A short course that provides clear and practical information and a safe place to share and feel supported for family members and friends of people with alcohol and/or other drug problems.

A series of educational and interactive sessions covering drug and alcohol related topics such as:

- Families stages of change;
- Effective communication;
- Alcohol & other drugs information;
- Drug & alcohol treatment options;
- Setting workable boundaries;
- Dealing with conflict; and
- Families & Ice.

You can attend one or multiple of sessions.

Online 1 to 1 Support Session

Via video call family members and friends can gain support with our through our online platform - SAGE FM Family Drug Support

Programs

Lives Lived Well - Rockhampton

Address Unit 1, 155 Alma Street, ROCKHAMPTON CITY QLD 4700
Telephone 1300 727 957
Website liveslivedwell.org.au
Email centralqld@liveslivedwell.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



Lives Lived Well in Rockhampton is a **free and professional** counselling service for anyone seeking support or concerned about their alcohol and other drug (AOD) use.

Adult Alcohol and other Drug Supports

Lived Well's AOD service can support adults (25yrs +) with 4-6 counselling sessions, free of charge in Rockhampton, with outreach offered to Yeppoon weekly and phone or virtual appointments provided as required. Support is provided by experienced counsellors in a confidential environment. This service takes a harm minimisation approach focusing on safety for those accessing the support.

Youth Alcohol and other Drug Support Service

Lives Lived Well's Youth Support Service provides assistance to young people aged 12 – 25 years in the Rockhampton and wider region (also covering Yeppoon, Gracemere and Mount Morgan) who are being impacted by issues relating to alcohol and/or drug use. The support provided is confidential, flexible and tailored to the goals of the young person accessing the service. Appointments are free and can be arranged via phone, virtually or in person at Lives Lived's Well office in Alma St Rockhampton. The Youth AOD Team at Lives Lived Well have a focus on providing a safe space for young people to talk.

Anyone can refer a young person with their consent. Young people can also self-refer or be referred by a family member using below details.

Referrals - email info@llw.org.au or call **1300 727 957**, or follow this link for the online referral form on our website <https://www.liveslivedwell.org.au/refer-online/>

Programs

Lives Lived Well - Rockhampton - Binbi Yadubay

Address Nuttall Street, PARKHURST QLD 4702
Telephone 1300 727 957
Website liveslivedwell.org.au
Email info@llw.org.au



On a peaceful site in Rockhampton, 9km north of the city centre, is a live-in rehabilitation service offering people a place to come and stay to get their lives back on track.

The service, called “Binbi Yadubay – Healthy Beginnings” is unique in that it offers a combination of withdrawal, rehabilitation and family support all on the one site, each with its own dedicated area. This allows you to move from one program to the other without having to go far. The service is made up of:

- rehabilitation – 32 beds (single rooms)
- withdrawal treatment (8 beds)
- family support (2 three-bedroom units).

Our program offers adults a comprehensive alcohol and other drug residential treatment program, which is part of a continuous package of care. Before and after your stay, you can access free counselling and support in the community, which helps you to stay on track with your recovery goals. While staying with us in a safe and alcohol-free, drug-free and smoke-free environment, you undertake an evidence-based rehabilitation program, which provides strategies to help you:

- reduce substance use
- manage life challenges
- develop goals
- reconnect with culture and family
- and prevent relapse, towards supporting lives free from the harms of drugs or alcohol.

The program is delivered over six-week cycles, with the flexibility to be extended up to three months depending on your individual recovery. You can receive support from the moment you contact us, until you are fully settled back into the community. That’s because you can access our free community services before and after your stay.

Needle Syringe Program

Address Sterling Place, 156 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 0408 863 342
Fax (07) 4920 6871
Website health.qld.gov.au
Email gummagundoo@health.qld.gov.au



The NSP aims to reduce the spread of blood borne viruses and injecting related injury and disease among injecting drug users.

Provides sterile injecting equipment and safe disposal options for all sharps produced in the community as well as education, health referral and support services for people at risk from injecting drug use.

Programs

Opioid Treatment Program

Address Sterling Place, 156 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 0408 863 342
Fax (07) 4920 6871
Website health.qld.gov.au
Email gummagundoo@health.qld.gov.au
Hours of operation 8:30 AM to 4:00 PM Mon-Fri



Opioids such as methadone and buprenorphine may be prescribed as a means of keeping opioid dependent people 'safer' legally and physically, while they work on the appropriate areas of their lives. Entry into opioid treatment allows people to access other treatment and help, so if they wish to withdraw from their opioid treatment program, they have a realistic chance of maintaining abstinence.

Rockhampton Alcohol and Other Drugs Services

Address Sterling Place, 156 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 0408 863 342
Fax (07) 4920 6871
Website health.qld.gov.au
Email gummagundoo@health.qld.gov.au



Rockhampton Alcohol and Other Drugs Services

Programs

Employment Information & Assistance

CatholicCare Central Queensland - Rockhampton

Address 16 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone 1300 523 985
Fax (07) 4927 9209
Website catholiccarecq.com
Email referral@catholiccarecq.com



ACCESS Counselling Services – Employee Assistance Program (EAP) – Appointments by phoning 1300 523 985 – no referral necessary. EAP is designed to aid employees and their dependent children (regardless of age) deal with work or personal issues that may affect their work performance and wellbeing. 6 NOTE: EAP DOES NOT cover medical or specialist health services and counsellors cannot write reports including Work Cover or medical claims. Counselling can help with many issues including • Work related concerns – organisational change, harassment, conflict, work relationships • Personal development issues – eg: self-esteem or assertiveness • Grief and loss • Stress management • Alcohol and drug use • Changes in families – eg: separation or divorce • Any other issues that are causing the family problems Appointments are available - Monday to Thursday 9:00 – 5:00 PM & Friday 9:00 – 4:30 PM. **After hours appointments are available if needed.

Central Queensland Multicultural Assoc - Norman Gardens

Address Room 31, Building 41, CQUniversity North Campus, Buzacott Circle, NORMAN GARDENS QLD 4701
Telephone 0401 645 571
Email manager@cqma.org.au



CQMA helps job seekers to get job ready, look for jobs, and refer them to employment service providers.

Your Caring Way

Address Level 2, 39 East Street, ROCKHAMPTON QLD 4700
Telephone 1300 585 636
Website yourcaringway.com.au
Email rockhamptonlac@carersqld.com.au



Your Caring Way is a program for unpaid carers wanting to pursue their own goals, like training, education, volunteering, or employment. We offer free employment services and subsidised training options for unpaid carers. We're here to listen, assist in learning, and create a personalised step-by-step plan towards achieving fulfilment in your own life.

Programs

Financial & Gambling Management & Budgeting

Anglicare - Central Queensland

Address 160 - 164 Musgrave Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4837 5300
Website anglicarecq.org.au
Email web-enquiries@anglicarecq.org.au



Financial Assistance Program – provides financial assistance to meet essential financial obligations, such as rent, bond, telephone and electricity to individuals and families at risk of losing services.

AnglicareCQ Financial Resilience

Address 160 - 164 Musgrave Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4837 5300
Website anglicarecq.org.au
Email web-enquiries@anglicarecq.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri



For adults who are experiencing personal and/or financial issues, including those resulting from natural disasters

CQ Financial Counselling Service

Address Shop 4, 72 High Street, BERSERKER QLD 4701
Telephone (07) 4928 1844
Fax (07) 4926 2144
Website cqfcs.com
Email margaret.clements@cqfcs.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Central Queensland financial counselling assists those who are experiencing financial difficulties by providing them with information, advocacy, negotiation with creditors, support and referral services.

Programs

Gambling Help - Rockhampton and Central QLD

Address 119 High Street & Berserker Street, FRENCHVILLE QLD 4701
Telephone 1300 364 277
Fax (07) 4926 9954
Website raq.org.au
Email rockhamptonadmin@raq.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Gambling Help services offer a range of professional support and counselling services to assist people with gambling problems and their families. Gambling Help services are free and provide confidential assistance either face to face or over the phone. Gambling Help services can assist if:

- * You are concerned about your own gambling;
- * You are concerned about a family member or friend;
- * You are a health and community support worker, working with people affected by gambling;
- * You belong to a community group who requires information on problem gambling

Gambling Help services also provide community education on responsible gambling.

No Interest Loan Scheme (NILS)

Address Level 2, 39 East Street, ROCKHAMPTON QLD 4700
Telephone 1800 242 636
Website carersqld.com.au
Email rockhamptonlac@carersqld.com.au



No Interest Loan Scheme In partnership with Good Shepherd Microfinance, we offer No Interest Loans up to \$1500 to eligible carers, for the purchase of essential items such as white goods, medical services, vehicle expenses and much more.

Rural Financial Counselling Service - Southern Queensland - Parkhurst

Address C/- QDAF Building,, 25 Yeppoon Road, PARKHURST QLD 4702
Telephone 0427 803 706
Fax (07) 4622 3699
Website rfcssq.org.au
Email john.lacey@rfcssq.org.au



The Rural Financial Counselling Service provides free, confidential and impartial rural financial counselling to primary producers, fishers and small rural businesses.

Programs

Salvation Army - Rockhampton (Moneycare Service CQ)

Address 131-137 Park Street, Park Street, PARK AVENUE QLD 4701
Telephone (07) 4923 5600
Website salvationarmy.org.au



The Salvation Army Moneycare financial counselling is a free and confidential service. We can help you if you are in financial difficulty, in a financial crisis situation or wish to avoid financial difficulties.

The Smith Family - Communities for Children Capricorn

Address 80 Denham Street, ROCKHAMPTON QLD 4700
Website thesmithfamily.com.au
Email CFCCapricorn@thesmithfamily.com.au



Saver Plus is Australia's first matched savings and financial education program. The program is designed to assist families on lower incomes to improve their levels of financial education, develop a savings habit and build assets for educational purposes.

General Child Services

Foundations Care - Rockhampton

Address 8/49-51 Bolsover St, ROCKHAMPTON QLD 4700
Telephone (07) 4927 3196
Website foster.foundcare.org.au



Foundations Care is an Intensive fostering agency that is currently supporting carers and children / YP in the CQ region. We cover Maryborough, Bundaberg, Gladstone, Rockhampton and Emerald regions.

St Vincent de Paul Society Buddies Day

Address 69 Gladstone Rd, ALLENSTOWN QLD 4700
Telephone (07) 4927 8073
Website vinnies.org.au
Email state.admin@svdpqld.org.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri



The St Vincent de Paul Society Queensland operates the Buddies Day program, which aims to give disadvantaged children (aged 8-12 years) a cost-free, safe and enjoyable day out, away from the routines and influences of their normal home situation.

Programs

The Smith Family - Communities for Children Capricorn

Address 80 Denham Street, ROCKHAMPTON QLD 4700
Website thesmithfamily.com.au
Email CFCCapricorn@thesmithfamily.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Smith Family has been the Facilitating Partner of the Australian Government's Rockhampton *Communities for Children (CfC)* initiative since 2011. This initiative provides prevention and early intervention services to support vulnerable and disadvantaged families with children aged birth to 12 years. It uses a place-based, 'whole of community' approach to improve outcomes for children and their families in the Rockhampton Local Government Area.

Programs

General Education Programs

Capricornia Catchments



Address	100 George Street, ROCKHAMPTON QLD 4700
Telephone	(07) 4921 0573
Website	capcatchments.org.au
Email	jwhiting@capcatchments.org.au
Hours of operation	8:30 AM to 4:30 PM Mon-Fri

Capricornia Catchments is a not-for-profit, non-government, community-based natural resource management and community support organisation. Offices are located in Rockhampton and Middlesbrough. Capricornia Catchments provides services an area of almost 60,000km² (To put it into context, the area is equivalent to 1/4 the entire size of Victoria).

We offer a variety of services, such as:

Community Engagement and Education

- On-ground environmental conservation and restoration
- Youth and community engagement
- Threatened species programs inc. Pest animal surveys and control
- Project management
- Event coordination
- Beach clean-ups and data collection
- Training, workshops and information sessions
- Landholder (inc. Indigenous) liaison
- Auspicing for other community groups

Environmental and Land Management Services

- Property surveys and management plans
- Biosecurity Plan development
- Grazing Management Plans
- Property Planning
- Stocktake (forage) budgeting
- Erosion control and riparian rehabilitation
- Gully remediation
- Forage budgets and stocking rate assessments
- Water quality monitoring
- Weed and Pest Animal Management
- Revegetation
- Fire management
- peri-urban land management

Programs

CQUniversity Rockhampton City (Formerly TAFE)

Address Canning Street, ROCKHAMPTON CITY QLD 4700
Telephone 13 27 86
Fax (07) 4920 2384
Website cqu.edu.au



TAFE is the largest provider of post secondary education in Queensland and offers a wide range of vocational and adult education courses for the whole community. They offer vocational courses leading to formal qualifications in areas such as community services, computing, management, engineering, justice administration, health, retail and hospitality. Southbank institute also offer other programs for specific groups such as those with disabilities, the unemployed and those from non-English speaking backgrounds. Courses to develop specific skills such as literacy and numeracy are available in addition to programs to upgrade skills for the workforce.

Education Queensland - Rockhampton

Telephone (07) 4932 4000
Website education.qld.gov.au



The Department of Education and Training is committed to ensuring Queenslanders have the education and skills they need to contribute to the economic and social development of Queensland.

Programs

Learn 4 Life (Home Support Association)

Address 19 Cavell Street, WANDAL QLD 4700
Telephone (07) 4927 6383
Fax (07) 4927 6404
Email hsa@homesupport.org.au



Our Learn 4 Life Program is great for those who are leaving school, want to get a job, move out of home or would like to lead a more independent life at home and in the community. Programs are designed with you to meet your goals and are delivered at a pace that optimises your learning.

Work Readiness

Designed to prepare you for work opportunities within the community. Includes personal grooming and presentation, communication, working in a team work, problem solving, time-management, work health and safety, resume and interview preparation.

Money Management

Designed to help you understand the concept of money and manage your money in everyday life. Includes understanding the values of money, adding and taking away money using a calculator, and putting your knowledge into practice in the community.

Shopping and Cooking

Learn the fundamentals of planning, menus, budgeting for meals, cooking, safe food handling and kitchen safety. Practice healthy recipes you can make for one or a few.

Travel Training

Connect with your community. Learn to catch public transport to significant community places such as shopping centres, library, bank, police station, heritage village, TAFE, etc.

Information Technology

Be safe and creative online. In this program, participants learn about online safety, cyberbullying, editing photographs, creating slideshows, online social media and skype.

Leisure and Recreation

Find out what the community has to offer that is accessible, meets your interests and your budget. Build social networks through group participation and develop negotiation skills and making choices. Make community links that enable you to live the life you want.

Programs

Rockhampton Flexible Learning Center (FLC)

Address 210 Upper Dawson Road, THE RANGE QLD 4700
Telephone (07) 4994 9902
Website ereafsn.edu.au
Email rockhamptonflc@youthplus.edu.au

The Rockhampton Flexible learning Center (FLC) commenced in 2014 as a mobile program and then as a registered secondary school in the Edmund Rice tradition in 2015 to support the community in providing education to young people who are disengaged from education. The journey since 2015 has been to develop a curriculum that is appropriate, responsive and relative to the needs of the YP. It has also seen the development a school culture where the YP can take pride in their school, feel accepted, reflect, heal, and move forward in their education. In this short period, the school has grown both in the number of YP that attend and the staff employed. Initially there were approximately 50 enrolled in 2015, which has grown to 70 at the end of 2017. The growth has been slow and steady to allow time for the school to gain momentum and settle as a school. YP who attend RFLC come from Rockhampton, Mount Morgan, Yeppoon and a significant number from Gracemere. The school operates three buses to pick up and drop off the YP each day. Currently over 50% of the YP are indigenous. It is important therefore that we have focused on ensuring that cultural understandings and experiences are a part of the school's programs. Initially, the school went through a smoking ceremony by Uncle Bill Mann, traditional owner and local Elder for Darumbal. Included in the ceremony was the official opening of the school's yarning circle which was designed by one of the YP who previously attended the school. The school operates within a set of four principles: Respect, Participation, Honesty and Safe and Legal. All conversations, negotiations and behaviours are aligned with these four principles, allowing YP to learn to govern themselves within this framework. Staff are also expected to work within this framework ensuring that our way of operating with the YP is on common ground.

School to Jobs Alliance - Super Jobs for Super Kids

Address 241-259 Farm Street, ROCKHAMPTON QLD 4701
Telephone (07) 4927 8233
Email admin@glenmoress.eq.edu.au



Activities for children Prep -7 and their families, helping children build skills for life and learning.

Programs

St John Qld - Rockhampton

Address 72 Glenmore Road, PARK AVENUE QLD 4701
Telephone 1300 785 646
Website stjohnqld.com.au
Email enquiries@stjohnqld.com.au



To enhance the lives of Queenslanders and their families through the delivery of first aid, community support services, and innovative training.

General Youth Services

Driving Programs

Address 16 Bridge Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4927 7899
Website pcyc.org.au
Email rockhampton@pcyc.org.au



Learner Licence Workshops

Learner Licence Workshops occur once a month, where a representative from the Department of Transport & Main Roads attends PCYC and runs a session for at risk youth & disadvantaged community members to help them gain a sound understanding of the road rules, what it takes to be a safe driver, and ultimately a Learners Licence.

Braking the Cycle

Braking the Cycle is our volunteer driver mentor program designed to support learner drivers without access to a supervisor or registered vehicle to complete their 100 logbook hours. The aim of the program is to provide young people with increased employment opportunities, community connection and driver education.

Participants are matched with a specific volunteer from our extensive and experienced driver mentor network. Mentors provide encouragement and help young people improve their self-esteem and develop positive road safety attitudes.

Participants need to have a current learner licence, be aged between 16-25 years and have completed 3 professional driving lessons.

Programs

Life Without Barriers - Next Step After Care

Address 194 Alma Street, ROCKHAMPTON CITY QLD 4700
Telephone (07) 4921 1475
Fax (07) 4921 4346
Website lwb.org.au
Email Rocky.admin@lwb.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



To provide young people between the ages of 15 and 21 who have been in foster care or other out of home care arrangements, with support to build independent lives.

Next Steps Plus

Address Community Inclusion and Enterprise Centre - Building 26,
Darumbal Road, NORTH ROCKHAMPTON QLD 4702
Telephone (07) 4920 0000
Fax (07) 4920 0010
Website cqid.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Next Step Plus is a free service available for young people between the ages of 15 and 25 who are leaving, or have left care.

Next Step Plus can help you achieve your goals, build your life skills so you can be the best person you want to be.

If your between 15-18 years old and in care, Next Step Plus can support you with your transition from care planning. If you're between 18-25 years and have had a care experience at any time after your 12th birthday, Next Step Plus can support you.

Our Space

Address 120-331 Yaamba Road, PARK AVENUE QLD 4701
Telephone 0407 792 492
Email ourspacecoordinator@gmail.com
Hours of operation 9:30 AM to Midnight Wed; 2:00 PM to Midnight Thu; 10:00 AM to Midnight Fri

Our Space provides a safe space for young people to use within Stockland Rockhampton shopping centre and its free! We have access to information and referrals to service providers, refreshments, phone charging, gaming, art and craft resources and much more. We also hold sessions for people with disability and provide support for families in a range of areas. We are open Tuesday to Saturday.

Programs

Project Booyah



Address 161 Bolsover Street, ROCKHAMPTON CITY QLD 4700
Telephone 0419 425 546
Email Ramsay.JoeA@police.qld.gov.au
Hours of operation 9:00 AM to 3:00 PM Wed-Thu

Project Booyah represents an integrated program embracing a community inclusive approach which is delivering real change for young people at risk in Queensland. This is achieved by promoting seamless service delivery across whole government and establishing effective strategic and operational partnerships with private enterprises which hold a capacity to extend and sustain change for these young people. Aligned with evidence based best practice, our aspiration is to holistically address a young person's disengagement from their family, their community and education to ultimately reduce and prevent their involvement in anti-social behaviour, substance misuse, self-harm and/or crime and the criminal justice system. In order to achieve this Project Booyah incorporates adventure based learning principles, social and skill development training, community interventions, mentoring, case management, education and vocational scholarships to support young people and their families to build careers and vocational pathways as well as bridging their disconnect with society.

Whilst the Queensland Police Service (QPS) assumes coordinating agency, each program relies on the partnerships with government, public and private sector organisations to achieve real change in a young person's life. QPS conduct the whole government program in partnership with Queensland Police-Citizens Youth Welfare Association, Department of Justice and Attorney-General, The Department of Education and Training, TAFE Queensland and Queensland Health. All participating agencies share responsibility for assisting young people throughout the program and beyond and this multifaceted approach has been recognised as best practice. Importantly all aspects of the Project Booyah framework are evidence based and linked to published research and best practice models.

Save a Mate



Address 1 Canning St, ROCKHAMPTON QLD 4700
Telephone 0427 049 885
Website redcross.org.au
Email qldrockhamptonbranch@redcross.org.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri

Provides young people with the skills and knowledge to prevent, recognise and respond to substance related emergencies. The session is approximately 1 and a half hours and participants receive a certificate of completion.

Programs

T2S (Transition to Success)

Address 155 Alma Street, ROCKHAMPTON QLD 4700
Telephone (07) 4848 4600
Website qld.gov.au
Email T2SYJ@csyw.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



T2S is a voluntary therapeutic vocational and training program that provides alternative education and learning options for young people in or at risk of entering the youth justice system.

T2S helps young people get back to school, into further education or into jobs, with the ultimate goal of reengaging young people with their community.

Eligibility criteria and fee: Any young person in the community who is over 15 and feels they might benefit, and is at risk of being excluded from mainstream education.

Youth Wellbeing

Address Community Inclusion and Enterprise Centre - Building 26,
Darumbal Road, NORTH ROCKHAMPTON QLD 4702
Telephone (07) 4920 0000
Fax (07) 4920 0010
Website cqid.com.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Our service is a free service that aims to improve the social, emotional, physical and spiritual wellbeing of Aboriginal and Torres Strait Islander young people.

Ensuring the safety and wellbeing of children and young people in their homes, families and community reduces the risk of our young people entering or re-entering the youth justice and/or child protection systems.

Programs

Health Screening Services

BreastScreen - Rockhampton

Address	Rockhampton Hospital, 7 Canning Street, THE RANGE QLD 4700
Telephone	13 20 50
Website	breastscreen.qld.gov.au
Email	cssb@health.qld.gov.au
Hours of operation	8:00 AM to 4:00 PM Mon-Fri



BreastScreen Queensland provides free breast screening services to women aged 40 years and over and recommends women aged 50-74 years have a breast screen every two years. Individual and group bookings are available and no doctor's referral is necessary. Upon Request, Health Promotion Officers are available to speak to community groups and workplaces about breast cancer and breast cancer screening free of charge. For the cost of a local call, women can make an appointment for a breast screen by phoning 13 20 50 or women can book online anytime at www.breastscreen.qld.gov.au. Service is available on some Saturdays - please call to enquire.

Lesbian, Gay, Bisexual and Transgender (LGBTQIA+)

PFLAG Capricornia - parents and friends of lesbians and gays

Telephone	0400 767 832
Website	pflagbrisbane.org.au
Email	info@pflagbrisbane.org.au



Pflag (Parents & friends of lesbians & gays) is a global organisation with groups across Australia. Pflag consists of parents & friends who assist families with LGBT (Lesbian, Gay, Bi-sexual, Transgender) members. Its aim is to bring understanding, and care where needed.

Local Advocacy Services

Lotus Place - Central Queensland

Address	10 Albert Street, ROCKHAMPTON QLD 4700
Telephone	(07) 4999 4300
Website	lotusplace.org.au
Email	lotuscq@micahprojects.org.au



Lotus Place is a dedicated support service and resource centre for Forgotten Australians and Former Child Migrants.

Programs

Youth Justice Service

Address 155 Alma Street, ROCKHAMPTON QLD 4700
Telephone (07) 4848 4600
Website qld.gov.au
Email T2SYJ@csyw.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



Our goal is to provide a fair and balanced response to young people in contact with the youth justice system. This response:

- Holds young people accountable for their actions
- Encourages young people to reintegrate into the community
- Gives young people skills to create a better future
- Promotes community safety

Eligibility criteria and Fee: Youth who commit offences, or who are alleged to have committed offences and are referred through the Children's Court

Referral method and Target group: Youth aged 10 to 16 years

Programs

Maternity Support Services & Counselling

Young Mums Support Group

Address 137 Musgrave Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4922 7236
Fax (07) 4922 9008
Website girlstimeout.com.au
Email admin@girlstimeout.com.au
Hours of operation 8:00 AM to 4:00 PM Mon-Fri



If you are a young woman between 12-25 years old, we may be able to assist you in some way, shape or form, depending on circumstances. We offer Programs: Young Mums Support Group, Step Into Parenting, Me Myself and I.

The program is for women up to the age of 25 years old who are mothers or who are pregnant and provides information and assistance on:

- Pregnancy & Parenting
- Antenatal Support
- Pregnancy Option Support
- Education
- Advocacy
- Individual Counselling
- Workshops
- Court Advocacy
- Finance and Budgeting
- Clothing
- Referral Service

Mental Health Services

A Tea Friend - Rockhampton

Address 230 Bolsover Street, ROCKHAMPTON QLD 4700
Email atefriend@gmail.com

TEA FRIEND- Free mental health support group We are ordinary people: survivors and volunteers. We meet every weekend, online for evening tea. We also meet every month, at the library for morning or afternoon tea. No fee, although donations are welcome. Bookings are required, please contact:

atefriend@gmail.com We look forward to welcoming you to our support group!

Programs

Acute Care Team

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



The Acute Care Team Service is the point of access to Mental Health Services in CQ Health for people over 18 years old. We provide assessment and referral services for people who experience serious mental health problems.

Our services

You will speak with a health professional who will discuss your mental health needs and make a plan with you. We provide support to people experiencing a range of serious mental health concerns, including:

- psychosis
- mood disorders
- anxiety disorders

Our team has a range of mental health professionals including psychiatrists, psychologists, social workers, nurses and occupational therapists.

How to access this service

You can access this service by calling the 24 hour access number 1300 MH CALL (1300 64 2255).

You can also be referred by:

- family members or friends
- GPs and health professionals
- other government or non-government services

Adult Mental Health Inpatient Unit

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



Cares for people over the age of 18 years who require inpatient care for treatment of mental health issues. The inpatient unit is located on the Rockhampton Hospital campus and has 23 beds including 4 High Dependency Unit beds. For more information, visit: <https://www.health.qld.gov.au/cq/services/mental-health/services/adult-mental-health-inpatient-unit>

Programs

Alcohol and Other Drugs Service

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



We aim to reduce the harm from alcohol and drug use as well as improve the health and wellbeing of our clients, their families, and the community. Our main office is in Rockhampton but we also provide outreach services to other areas including Yeppoon, Emerald, Blackwater and Biloela. Our Youth Alcohol and Other Drugs Service in Rockhampton specialises in assisting young people aged 12-18 years.

Our services

- screening
- assessment
- treatment planning
- individual and group counselling
- family support
- psychotherapy
- referrals for detoxification or residential rehabilitation
- opioid treatment program
- Needle and syringe program
- All of our services are free to Medicare card holders.

For more information, visit: <https://www.health.qld.gov.au/cq/services/alcohol-and-other-drugs-service>

Carer Health and Wellbeing

Address Level 2, 39 East Street, ROCKHAMPTON QLD 4700
Telephone (07) 3900 8100
Website carersqld.com.au
Email rockhamptonlac@carersqld.com.au



Carer Health and Wellbeing. In September 2020, the Carer Health and Wellbeing Program was launched and has continued to grow. The Carer Health and Wellbeing Program offers a monthly calendar of events, providing carers with the opportunity to focus on their own health and wellbeing, develop new skills, and increase their awareness of community supports and organisations available to carers.

The Health and Wellbeing Program is a program developed in consultation with carers to meet the needs of carers in Queensland.

Programs

Carinity Wahroonga Adolescent Program

Address 114 Fitzroy St, ALLENSTOWN QLD 4700
Telephone (07) 4922 5226
Fax (07) 4922 5277
Website carinity.org.au
Email Wahroonga.admin@carinity.org.au
Hours of operation 8:00 AM to 5:00 PM Mon-Thu; 8:00 AM to 2:00 PM Fri



Carinity Communities Wahroonga offers psychological support and counselling to young people aged 13 – 24 years, with the primary focus on suicide intervention and mental health; to deal with trauma to develop coping strategies for issues such as abuse, neglect, depression, anxiety, bullying, self harm, suicidal thoughts and family relationships. The counselling and therapy sessions assist young people to be better equipped to engage with their peers, their families and function within the community more effectively. Wahroonga staff will assist young people to access services through Medicare's Better Access to Mental Health Care initiative. A small contribution is appreciated but not mandatory to access services.

Programs

Central Queensland University - Psychology Wellness Centre: Assessment and Therapy Service



Address	Glenister Sheil Road, NORMAN GARDENS QLD 4701
Telephone	(07) 4923 2233
Fax	(07) 4930 6999
Website	cqu.edu.au
Email	wellnesscentre@cqu.edu.au
Hours of operation	9:00 AM to 5:00 PM Mon-Wed

CQUniversity Psychology Wellness Centre provides a range of low cost, high-quality assessment and therapy services for children (6 years and up), adolescents and adults in the Central Queensland community. CQUniversity's Psychology Wellness Centre can help you, or someone you care about, deal with life's challenges. As a university clinic, registered Psychologists provide services that are based on the latest evidence-based practice from current research and best-practice guidelines.

Adult Therapy

- Services include:
- Anxiety and related disorders
- Generalised Anxiety Disorder
- Panic Attacks or Panic Disorder
- Social Anxiety Disorder
- Phobias
- Obsessive-Compulsive Disorder
- Depression and Bipolar disorders
- Trauma and related disorders
- Acute Stress Disorder
- Post-Traumatic Stress Disorders
- Adjustment issues
- Grief and loss
- Stress management
- Relationship issues
- Sleep difficulties
- Pain management
- Health-related problems

The Wellness Centre can assist in providing treatment for a variety of emotional and behavioural issues impacting on child and adolescent wellbeing. Our therapists are committed to using a holistic approach involving parents and caregivers, as appropriate, to learn strategies and build skills to assist their child or adolescent.

Child/Adolescent Therapy

Services include:

- Anxiety and related issues
- Social Anxiety
- Generalised Anxiety
- Phobias
- Panic Attacks

Programs

- Depression and mood difficulties
- Family adjustment to change
- Autistic Spectrum Disorder - social skills development
- Disruptive or oppositional behaviour
- Interpersonal problems
- Anger management
- Social skills
- Self-esteem
- Bullying
- Attention Deficit Hyperactivity Disorder-coping skills
-

PSYCHOLOGICAL ASSESSMENTS

The Wellness Centre offers the following types of assessment for children (from 6 years old), adolescents and adults.

- Cognitive / Intellectual Assessments.
- Learning Disorder.
- Personality Assessment (Adolescents and Adults only).
- Autism Spectrum Disorder (ASD).
- Attention Deficit Hyperactivity Disorder (ADHD).
- Neuropsychological Assessment (limited).

GROUP WORKSHOPS AND PROGRAMS - (Please contact the centre for commencement dates and fees).

‘TOGETHER’ IS A TEN-WEEK PROGRAM FOR CHILDREN AND PARENTS TO ADDRESS ANXIETY.

The overall goal of ‘TOGETHER’ is to teach children and parents to recognise anxious feelings and help develop skills to cope with anxiety-provoking situations. In ‘TOGETHER’, the psychologist and parent/s work with the child to learn new skills and behaviours.

LIVING WELL WITH MS

In partnership with MS Queensland, we offer a six-week program entitled ‘Living Well with MS’ (a six-week Acceptance & Commitment Therapy (ACT) Program).

This program is facilitated by provisional psychologists/psychologists under the supervision of Leonie Lorient (Clinical Psychologist). It is best suited to those in the early years of living with MS.

In a supportive group environment, you will gain strategies to assist you in:

- coming to terms with the realities of life following an MS diagnosis;
 - adjusting to the uncertainty of the disease;
 - managing stress and be proactive in problem-solving; and
- building your support for the future.

Programs

Child and Youth Mental Health

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



We provide assistance to people under 18 years of age who have complex mental health needs. This includes people experiencing:

- Depression
- Anxiety disorders
- Psychosis
- Post Traumatic Stress Disorder
- Eating disorders
- Obsessive Compulsive Disorder

Our services

We work with you and your family or carers to develop a shared understanding of your concerns. Our services are recovery oriented - this means we recognise and help build on your strengths for better health and wellbeing. Our plans and actions may involve working with other people or agencies (with your permission) for a joint understanding of how best to help you. Tools that may be part of a plan for your recovery include:

- Mental health assessments
- Individual therapy
- Family focused work
- Group work
- Medication if required
- Referrals to other teams

How to access this service

You can access this service by contacting us. You can also be referred by:

- family members or friends
- GPs and health professionals
- other government or non-government services

Programs

Child and Youth Mental Health Services (CYMHS) - Rockhampton

Address Quarry Street, THE RANGE QLD 4700
Telephone (07) 4920 5700
Fax (07) 4920 5719
Website cq.health.qld.gov.au
Email CQMHSCYMHSRockhampton@health.qld.gov.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri



Child and Youth Mental Health Service (CYMHS) provide mental health assessments and case management to children and young people who have or are at risk of developing severe and complex mental health problems.

The Child and Youth Mental Health Service provide a team review of all referrals. The initial referral is received and the parents/guardians of the client are contacted to gather further information and gain consent.

All information is gathered, a decision is made about whether CYMHS is the most appropriate service to meet the child and family's needs.

Programs



Community Care Unit

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au

At our Community Care Unit (CCU) we provide medium to long term mental health care and rehabilitation in a supervised residential setting for people aged between 18-65 who are in recovery but require support to transition to independent living. The team at the unit support residents and help them develop skills required to live in the community, such as:

- Staying well – both physical and mental health including medication management
- Life skills such as cooking, cleaning, and shopping
- Community access e.g. using public transport
- Community linking e.g. to sports or social organisations
- Return to work or study

Staff at the unit can help the resident with referrals for other supports. They also provide support to families and carers.

The CCU site is made up of:

- 20 one-bedroom units (including two suitable for use by people with physical disabilities). Each unit has their own:
 - Bedroom
 - Bathroom with laundry facilities
 - Living room
 - Kitchen/dining area
- Administration building with reception area, interview rooms, family meeting room, conference room and staff offices
- A shared building that has a group room for various educational programs and group activities, barbecue area and visitor toilet
- Carpark spaces

How to access this service

Referrals to the unit can come from:

- CQ Health mental health services
- other mental health services in Queensland

Programs

Community Mental Health

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



Our community care teams provide mental health assessment and treatment services to people who are affected by mental illness including:

- Depression
- Anxiety Disorders
- Schizophrenia and other Psychosis
- Post-Traumatic Stress Disorder
- Eating Disorders
- Bipolar Mood Disorder
- Situational crises

We also provide support to their family or significant others and carers. We have teams that specialise in child and youth mental health (people under 18 years of age) and older persons mental health (generally over 65 years of age).

How to access this service

You can access this service by contacting us. You can also be referred by:

- family members or friends
- GPs and health professionals
- other government or non-government services

Contact your local mental health team during business hours (Monday - Friday 8.30am - 4.30pm) to make a referral.

Programs

CQ Mental Health Disaster Recovery Team

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



Our service provides mental health support to people and communities who have been impacted by natural disasters in Central Queensland. People may experience new mental health concerns after natural disasters. Those with existing mental health concerns often need additional support.

How can we help?

We meet with residents that have been impacted by natural disasters.

We can help with:

- Individual therapy sessions
- Community engagement
- Educational workshops about situations or conditions that cause psychological stress
- Support and education to clinicians and other professionals
- Resilience building

Who do we help?

We provide support to people of any age in the Central Queensland region, who are experiencing, or are at risk of developing, a mental illness as a result of the impact of natural disasters.

For more information, visit: <https://www.health.qld.gov.au/cq/services/mental-health/services/cq-mental-health-disaster-recovery-team>

headspace Rockhampton

Address 155 Alma Street, ROCKHAMPTON QLD 4700
Telephone (07) 4994 2512
Website roseberry.org.au
Email headspacerocky@roseberry.org.au



Early Intervention mental health services for young people between 12 and 25 years

Programs

Older Persons Mental Health Acute Inpatient Unit

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



We provide acute care and management for older people (generally over 65) who have severe mental health disorders and require inpatient admission. The inpatient unit has 8 beds and is located in the Mental Health building on the Rockhampton Hospital campus.

Our services

- Comprehensive assessment
- Collaborative treatment
- Recovery planning
- Risk assessment
- Discharge planning for the people whose assessed level of risk and limited social supports make alternative inpatient or community care inappropriate
- Family and significant others are actively encouraged to visit and be involved in the care of their loved one. There are three designated parking bays including a disabled park outside the unit.

For more information, visit: <https://www.health.qld.gov.au/cq/services/mental-health/services/older-persons-mental-health-acute-inpatient-unit>

Psychology

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



Psychologists help patients manage mental and emotional well-being empowering them to solve day-to-day problems and improve quality of life.

Programs



Recovery Coaching

Address	Unit 9, 49 Bolsover Street, ROCKHAMPTON CITY QLD 4700
Telephone	1300 707 655
Website	bridgeshcc.org.au
Email	enquiries@bas.org.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri

What does recovery coaching really mean?

At Bridges, we believe that people can live their best life when they set clear and achievable goals, that are meaningful to them.

Bridges Recovery Coaches assist to build a participant's capacity and skills, encouraging independence and goal achievement.

We understand that everyone's path is different. We will walk alongside you on your journey and assist you to achieve your goals.

The Bridges approach to recovery coaching:

Personal medicine is one of our unique approaches - tapping into what you already do to look after your health & wellbeing. Personal medicine comes from within. It's not medication that you take. This means that there are endless options and pathways forward: they're not prescribed by others, they are personal to you. Bridges doesn't take your opportunity for growth lightly. Your starting point will depend on what you want to achieve. We're ready when you are.

Our staff have professional qualifications in mental health, wellness coaching, disability, and community services as well as training in recovery-oriented practice.

Bridges is culturally sensitive and has Indigenous cultural support workers available.

How to get a referral to Bridges recovery coaching:

Our Bridges recovery coaching service receives referrals from the following sources:

- You, as an NDIS participant
- Your GP, in line with your Medicare approved Mental Health Care plan
- Your support coordinator
- The NDIA, or Local Area Coordinator
- The Public Guardian

Bridges offer recovery coaching and support:

Bridges is accredited against the NDIS Practice Standards. We can help to meet your individual needs through a high quality, personalised service with accredited, professional staff. We also have 25 years' experience in the mental health industry.

How to pay:

With an approved plan and a Service Agreement with us, the NDIS can fund these services for you.

Our locations for Recovery Coaching:

Bridges recovery coaching services are available in the following Queensland locations:

Programs

- Bundaberg Region
- Fraser Coast Region
- Maryborough
- Hervey Bay
- Gladstone
- Rockhampton

Curious to know more?

Contact us: Phone: 1300 707 655 | Email: ndis@bas.org.au

Funding acknowledgement:

Bridges Recovery Coaching Services receives funding from the National Disability Insurance Scheme (NDIS).

Social and Emotional Well Being Program (SEWB)

Address	88 High Street, BERSERKER QLD 4701
Telephone	1800 224 700
Fax	(07) 4921 3082
Website	bidgerdii.com.au
Email	info@bidgerdii.org



The Social & Emotional Well Being Program (SEWB) is a nationally funded program providing generalist counselling services to Aboriginal and Torres Strait Islander people who are experiencing issues and concerns that affect their everyday emotional wellbeing.

The SEWB Program undertakes individual supported case management to empower the client to feel healthier through counselling therapies that relate to specific cultural healing practices, as well as facilitating the Bringing Them Home (BTH) component of the SEWB Program. The program also conducts specific counselling to members of the Stolen Generation and their families to ensure that individuals who access BTH Counselling Services have access to family tracing and supported referral options to other agencies working in the area of Bringing Them Home, such as QLD Link-Up Services

SEWB program covers the Rockhampton Region including (Capricorn Coast, Blackwater, Central Highlands, Mt Morgan, and Woorabinda. (Woorabinda is BTH component only)

Programs



Support Coordination

Address	Unit 9, 49 Bolsover Street, ROCKHAMPTON CITY QLD 4700
Telephone	1300 707 655
Website	bridgeshcc.org.au
Email	enquiries@bas.org.au
Hours of operation	8:30 AM to 5:00 PM Mon-Fri

What is support coordination?

Support coordination helps you to make the best use of your supports in plan. Support coordination is a capacity building support which helps you to:

- Understand and use your NDIS plan to pursue your goals
- Connect you with NDIS providers, community, mainstream and other government services
- Build your confidence and skills to use and coordinate your supports.

A support coordinator or specialist support coordinator delivers support coordination services.

There are three levels of support coordination that can be included in your plan:

1. Support connection – This support is to build your ability to connect with informal, community and funded supports enabling you to get the most out of your plan and pursue your goals.
2. Support coordination – coordination of supports: This support will assist you to build the skills you need to understand and use your plan. A support coordinator will work with you to ensure a mix of supports are used to increase your capacity to maintain relationships, manage service delivery tasks, live more independently, and be included in your community.
3. Bridges currently offers Level 1 and Level 2 Support Coordination.

You may also wish to focus on a specific goal in your NDIS plan, such as those related to finding suitable home and living supports. You can use your support coordination funding to work with a support coordinator who has the skills, knowledge and experience to meet your specific needs.

For more information go to the NDIS link listed below
<https://www.ndis.gov.au/participants/using-your-plan/who-can-help-start-your-plan/support-coordination/what-your-support-coordinator-should-do>

How to be referred to Bridges NDIS services:

- You, as an NDIS participant or your nominee
- You, as a person who chooses to self-fund
- The NDIA and Local Area Coordinator can request that Bridges provides the service, with your consent

NDIS referral form download [here](#).

How to pay for your Bridges NDIS services

With an approved plan, the NDIS can fund these services for you.

Our locations for Bridges NDIS Services:

- Bundaberg Region: Bundaberg, Childers, Gin Gin
- Burnett Region: Gayndah, with outreach to North and South Burnett

Programs

- Fraser Coast Region: Maryborough, Hervey Bay
- Central Queensland Region: Gladstone, and Rockhampton

Curious to know more?

Contact us: Phone: 1300 707 655 | Email: ndis@bas.org.au

Funding acknowledgement:

Bridges NDIS Services receives funds from the National Disability Insurance Scheme (NDIS)

Transition from Prison - Recovery Support Program



Address Unit 9, 49 Bolsover Street, ROCKHAMPTON CITY QLD 4700
Telephone 1300 707 655
Website bridgeshcc.org.au
Email enquiries@bas.org.au
Hours of operation 8:30 AM to 5:00 PM Mon-Fri

About our service

This is a service for people who require intensive support on release to access to essential services and resources and integrate back into the community. We assist clients develop a personal recovery plan prior to release, coordinate services both pre-release and post-release, facilitate warm referrals and offer practical support such as transport to access appointments, including attending court, appointments with parole officers and mental health services.

?

Service location

We deliver this program in the Capricorn Correctional Centre and in the communities of Rockhampton, Gladstone and other Central Queensland towns in the Rockhampton Local Government Area. We work in partnership with the Queensland Health Prison Mental Health Service and Central Coast Corrective Services.

Refer to service

Referrals for this program are exclusively by the Queensland Health Prison Mental Health Team.

Funding acknowledgement

Funded by Queensland Health Community Services Branch.

Wakai Waian Healing

Address 8 Archer Street, ROCKHAMPTON QLD 4700
Telephone 1800 732 850
Website wakai-waian.com.au
Email edwardmosby@wakai-waian.com.au



Provides Health Worker - Mental Health across various regions of Queensland.

Programs

Wise Women Psychology

Address Headricks Building, Level 1, 189 East Street, ROCKHAMPTON
CITY QLD 4700

Telephone 0477 860 973

Website wisewomenpsychology.com.au

Email wisewomenpsychology@outlook.com



A mental health psychology service for girls and women. Helping girls and women lead healthy and fulfilling lives. Medicare and NDIS referrals accepted via email. See website for further information, phone enquiries welcome.

Pregnancy, Maternity & Newborn Health

Gumma Gundoo: Antenatal Maternity Service

Address Sterling Place, 156 Bolsover Street, ROCKHAMPTON QLD 4700

Telephone 0408 863 342

Fax (07) 4920 6871

Website health.qld.gov.au

Email gummagundoo@health.qld.gov.au



We provide community based antenatal, postnatal and infant care services to pregnant Aboriginal and Torres Strait Islander women or women having an Aboriginal and Torres Strait Islander baby.

Livebetter Community Services - Rockhampton

Address 155a Alma Street, ROCKHAMPTON QLD 4700

Telephone (07) 4924 9700

Fax (07) 4927 8642

Website livebetter.org.au

Email admin@livebetter.org.au



Provides Midwife across various regions of Queensland.

Programs

Sexual Support Services & Counselling

Blood Borne Viruses and Sexual Health

Address Canning Street, ROCKHAMPTON QLD 4700
Telephone (07) 4920 6211
Website cq.health.qld.gov.au



We provide specialist medical and nursing care, treatment and support regarding sexual health, HIV and viral hepatitis B and C. Our services are free and confidential, with male and female clinicians available.

Services

- Sexual health screening and treatment
- HIV and syphilis rapid testing
- HIV management and treatment
- Viral hepatitis treatment and education (hepatitis B and C)
- Emergency contraception and contraception advice
- PAP smear screening (cervical screening)
- Specialist medical clinics
- Information, advice, and resources
- CQ Youth Connect
- Health education sessions for high schools, youth centres, workplaces, service providers etc.

Clinic hours

- Monday, Wednesday, Thursday, and Friday: 8.30am to 4.30pm
- Tuesday: 8.30am to 7.00pm

How to access this service

A referral from your General Practitioner (GP) may be required but is not essential for most services.

Screening appointments are preferred; walk ins are welcome.

Programs

National Women's Health Program (NWHP)

Address 225 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone (07) 4922 6585
Fax (07) 4922 2477
Website womenshealthrockhampton.com
Email reception@womenshealthrockhampton.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



National Women's Health Service – providing free confidential counselling to women and girls (14 years upwards) surrounding issues across the lifespan, including: depression, grief and loss, anxiety, relationships, domestic violence, puberty etc. Runs various education programs that provide information relating to self-esteem, assertiveness, and anxiety and also hosts community groups including an art, craft and chat group, tai chi, personal strength group, meditation, and discussion group.

Women's Health Information and Referral Service CQ Inc.

Address 225 Bolsover Street, ROCKHAMPTON QLD 4700
Telephone (07) 4922 6585
Fax (07) 4922 2477
Website womenshealthrockhampton.com
Email reception@womenshealthrockhampton.com
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



Provides confidential counselling, support, community education and advocacy for all individuals who have experienced rape or sexual assault, current or historic. Also providing support those who support survivors of sexual assault.

Programs

Youth Employment & Training Services

Indigenous Youth Mobility Pathways



Address 33 Charles Street, BERSERKER QLD 4701
Telephone (07) 4927 7112
Fax (07) 4921 1412
Website niaa.gov.au
Email rockhamptoniym@ceagroup.com.au

Training and Employment Opportunities for Participants Include:

- Central Queensland University and Central Queensland Institute of TAFE - offer a variety of Certificate level courses, Bachelor degrees and post graduate studies.
- A variety of traineeships and apprenticeship opportunities.
- Several Registered Training and Group Training Organisations who offer Certificate level courses.

Recreational Activities for IYMP Participants:

IYMP Rockhampton participants are actively engaged in many recreational activities including:

- Team sports
- Movie nights
- IYMP barbecues
- Bowling evenings
- Local football games
- Fishing trips

Living in IYMP Accommodation:

Participants have the opportunity to develop strong friendships with one another and to live in an environment which motivates each participant to achieve their personal, educational and career goals. IYMP accommodation is supported by culturally appropriate residential workers who offer holistic support to grow participants towards independence. Please click on the images above to view pictures of the IYMP participant accommodation and recreational activities in Rockhampton.

Get Set for Work

Address 16 Bridge Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4927 7899
Website pcyc.org.au
Email rockhampton@pcyc.org.au



The Get Set for Work program is a Skilling Queenslanders for Work initiative aimed at 15 – 19 year olds that are disengaged from school or are struggling to enter the workforce. While on the program, participants undertake training in Skills for Vocational Pathways, as well as completing basic hospitality skills, employability skills and life skills in a community environment.

Programs

Indigenous Youth Mobility Program - IYMP



Address Unit 1, 33 Charles Street, BERSERKER QLD 4701
Telephone (07) 3457 1200
Website iym.com.au
Email info@ceagroup.com.au
Hours of operation 8:30 AM to 4:30 PM Mon-Fri

To give Indigenous youths from regional and remote areas the opportunity to access training and employment. For Indigenous 16 – 24 year olds from remote areas.

Woorabinda Aboriginal Shire

General Youth Services

Queensland Police-Citizens Youth Welfare Association - Woorabinda

Telephone 0488 146 841
Fax (07) 4922 0174
Website pcyc.org.au
Email murritime@hotmail.com



PCYC Woorabinda has been created to let the Woorabinda community know what sporting events are taking place in the community at any time.

Programs

Mental Health Services

Alcohol and Other Drugs Service

Address 1 Munns Drive, WOORABINDA QLD 4713
Telephone (07) 4913 2800
Fax (07) 4935 0130
Website cq.health.qld.gov.au



We aim to reduce the harm from alcohol and drug use as well as improve the health and wellbeing of our clients, their families, and the community. Our main office is in Rockhampton but we also provide outreach services to other areas including Yeppoon, Emerald, Blackwater and Biloela. Our Youth Alcohol and Other Drugs Service in Rockhampton specialises in assisting young people aged 12-18 years.

Our services

- screening
- assessment
- treatment planning
- individual and group counselling
- family support
- psychotherapy
- referrals for detoxification or residential rehabilitation
- opioid treatment program
- Needle and syringe program
- All of our services are free to Medicare card holders.

For more information, visit: <https://www.health.qld.gov.au/cq/services/alcohol-and-other-drugs-service>

Schools

Australia/State Wide

Private (Primary and High Schools)

Faith Christian School Of Distance Education of Distance Education

Telephone (07) 3059 1881
Website faith.qld.edu.au
Email admin@faithcsde.com



Faith Christian School of Distance Education provides quality individualised programs, online lessons, camps, workshops, learning support and resources to over 1500 DE students across QLD.

Special Education Programs

ALANNAH and MADELINE FOUNDATION

Telephone 1300 720 747
Fax (03) 9690 5644
Website alannahandmadeline.org.au
Hours of operation 9:00 AM to 5:00 PM Mon-Fri



The Foundation was set up in memory of Alannah and Madeline Mikac, aged six and three, who were tragically killed with their mother and 32 others at Port Arthur, Tasmania, on 28 April 1996. The Foundation was launched in 1997 and has been operating for almost 20 years.

Our key objectives are to care for children who have experienced or witnessed serious violence; reduce the incidence of bullying, cyber bullying and other cyber risks; and, advocate for the safety and wellbeing of children.

Our programs are in one third of all Australian schools, and more than two thirds of all Australian public libraries (reaching all 1,500 within the next three years) and we support 10,000 children in refuges or foster homes across Australia every year.

We have reached more than 2 million children and their families nationwide since the organisation was established in 1997.

Our Care programs provide support for children and young people who have experienced violence or trauma – and for their families, carers and communities.

Through eSmart and Dolly's Dream, we empower young people to be positive digital citizens and to change the culture of bullying.

Our advocacy work speaks out for and with children and young people. We fight for their right to be free from bullying, violence and trauma, so their future is strong.

Department Of Education Queensland

Telephone (07) 3634 0539
Website education.qld.gov.au
Email eap@qed.qld.gov.au



The Education Adjustment Program (EAP) is a process for identifying and responding to the educational needs of students with disabilities. Adjustments are made for students with disabilities to enable them to access the curriculum, achieve curriculum outcomes and participate in school life. Child at a Queensland State School with any of the following diagnoses are eligible for support: • Hearing Impairment • Visual Impairment • Physical Impairment • Intellectual Impairment • Autism Spectrum Disorder • Speech-Language Impairment Parents need to talk to their child's teacher, principal or school guidance officer as the school needs to make the referral. Your child may require their Paediatrician to complete an Education Qld form to be sent to school.

SPELD Qld

Telephone (07) 3391 7900
Fax (07) 3392 4190
Website speld.org.au
Email speld@speld.org.au
Hours of operation 9:00 AM to 2:30 PM Mon-Fri



The services that Speld Qld Inc provide include an educational advisory and referral service, a library borrowing service, a tutor and assessment service, an assistive technology service, information workshops and seminars for parents, teachers and other professionals and a conference every two years. We promote actively throughout the community an awareness of the impact of specific learning disabilities.

Banana Shire

Private (Primary and High Schools)

Redeemer Lutheran College Biloela

Address 2 Collard Street, BILOELA QLD 4715
Telephone (07) 4992 1813
Fax (07) 4992 1455
Email redeemer@rlcb.qld.edu.au



Redeemer Lutheran Primary School commenced in 1978, and is now a single stream, co-educational, Christian School with 190 students from Preparatory to Year 6. Redeemer offers a comprehensive curriculum with the development of Numeracy and Literacy skills as a focus throughout the School. A sequential English programme beginning in Prep, which includes developing phonics skills, sight words and comprehension is in place in the Junior School.

The use of integrated Units in the upper School gives real purpose for English development. The committed and caring teaching staff are assisted by a number of specialist teachers including Physical Education, Library, Music, Learning support and Japanese. In 2007 a purpose built library was added to the School's modern facilities, which are set in pleasant garden surrounds. Each teaching space has an interactive whiteboard, data projector and speaker system which staff use to integrate Information Technology into the natural learning environment of the students which enhances their technology skills development and engages students in interactive learning. Fifty (50) laptops, the equivalent of 2 computer laboratories are available through out the school.

Redeemer School has networked with other Lutheran Schools in Bundaberg, Kingaroy, Hervey Bay and Gladstone who are in similar geographic locations. Together these schools support each other and liaise with Lutheran Education Queensland who provide support for the specific needs unique to schools outside the South East Corner.

For Further information please see our web site at www.redeemer.qld.edu.au

St Joseph's Catholic Primary School - Biloela

Address 66 Rainbow Street, BILOELA QLD 4715
Telephone (07) 4992 2353
Fax (07) 4992 1364
Website rok.catholic.edu.au
Email sjbi@rok.catholic.edu.au

Prep to Year 6. St Joseph's Catholic Primary School, Biloela, was founded in 1939 by the Sisters of Mercy, a Catholic teaching order of sisters founded by Catherine McAuley. The success of the school is attributed to the close, complementary relationship enjoyed amongst the staff, the students, the parents and the parish community. The families of St Joseph's are supportive of the school with the School Board and Parents and Friends Association playing important roles in the welfare of the school. St. Joseph's is an integral part of the wider Biloela and Callide Valley communities. We foster an enriching relationship with neighbouring schools, particularly Biloela State High School, Biloela State Primary School, Thangool State School and Redeemer Lutheran Primary School. We also enjoy close ties with Callide Power Station, Callide Mine, Banana Shire Council and a number of local service organisations. St Joseph's is involved in the wider community through participation in local events such as the Eisteddfod, Local Show, Under 8's Week and the Anzac Day March. St Joseph's works cooperatively with other schools through PCAP, sporting events, guest speakers, visiting artists, developing transitional programs with other primary schools and the high school.

Special Education Programs

Biloela State School Special Education Unit

Address 48 Rainbow Street, BILOELA QLD 4715
Telephone (07) 4992 8888
Fax (07) 4992 8800
Website biloelass.eq.edu.au
Email the.principal@biloelass.eq.edu.au



Please contact us for more information.

State (Primary and High Schools)

Banana State School

Address	36 Bramston Street, BANANA QLD 4702
Telephone	(07) 4995 9333
Fax	(07) 4995 9300
Website	bananass.eq.edu.au
Email	admin@bananass.eq.edu.au

Established in 1871, Banana State School is a co-educational school situated about 45 km from Biloela on the Dawson Highway, approximately 150 km south west of Rockhampton and 150 km west of Gladstone in Central Queensland.

Our school motto is 'Good citizenship'. We aim to provide a learning environment where the focus is on every student achieving their best personal outcomes. The school is assisted to attain this goal by working actively in positive partnerships with parents and community organisations. Our staff complete regular professional development to enhance their abilities to explicitly teach using a range of methods, including digital pedagogies. Our core business is teaching and learning and the daily focus is on improving standards in reading, writing, spelling, punctuation, grammar and numeracy. Our staff consists of a teaching principal, 1 full time teacher and a part-time teacher, 3 teacher aides, an administration officer, and a cleaner. Our chaplain and a special needs teacher visit on a weekly basis. Learning support is provided on a weekly basis for students who require intervention as identified through our data. Other visiting specialists include the guidance officer and a speech pathologist.

Baralaba State School

Address	1 Power Street, BARALABA QLD 4702
Telephone	(07) 4998 1100
Fax	(07) 4998 1590
Website	baralabass.eq.edu.au
Email	ellen.martin@bigpond.com

Baralaba State School (K-10) is a vibrant, inclusive school and a hub of its community. Founded in 1918 in a tent, Baralaba State School is located in Central Queensland, west of Gladstone. In 2018, we celebrated the centenary of our school – a significant milestone of our school's history. In 2019, Baralaba SS was one of the first schools in the state to open its State Delivered Kindergarten program - a significant milestone for the state schooling system. Today, we are proud of our school's traditions, our facilities and the learning opportunities that we provide our students to prepare them for their futures. We embody our school motto – "Success by effort."

Biloela State High School

Address	Cnr Scoria Street and Gladstone Road, BILOELA QLD 4715
Telephone	(07) 4992 8666
Fax	(07) 4992 8600
Website	biloelashs.eq.edu.au
Email	admin@biloelashs.eq.edu.au

Biloela is located 125 km west of Gladstone in the Banana Shire Region. Students come from eight primary schools in the area including two non-state schools.

The school is situated on a large site with two ovals, two basketball courts and a large covered area. A 13.5 ha farm is attached to the school and provides the area for Agriculture Science and Horticulture Programs.

The school has an extensive range of curriculum offerings, with growing flexibility for students in the senior phase of learning.

Vocational education and training (VET) courses, school-based apprenticeships and traineeships, work experience placements and alternative programs for students all contribute to a diverse and futures-orientated approach to schooling.

We have Special Education facilities to service our school community. Our experienced staff work closely with students, staff and parents/carers to build learning opportunities for all students.

Biloela State High School is an excellent school with an outstanding academic, cultural and sporting achievement record and strong community support.

Biloela State School

Address	48 Rainbow Street, BILOELA QLD 4715
Telephone	(07) 4992 8888
Fax	(07) 4992 8800
Website	biloelass.eq.edu.au
Email	the.principal@biloelass.eq.edu.au

The school was established in 1925. Infants Yr 1-2 Preparatory, Special, Primary Yr 3 –7. Services include: Social Justice Committee and Special Needs Committee.

Goovigen State School

Address	1 Rannes Road, GOOVIGEN QLD 4702
Telephone	(07) 4996 5191
Fax	(07) 4996 5108
Website	goovigenss.eq.edu.au
Email	admin@goovigenss.eq.edu.au

Goovigen State Primary caters for students from Prep to Year 6. The school was established in 1926 and is an important part of the Goovigen community.

Jambin State School

Address	Jambin Threeways Rd, SMOKY CREEK QLD 4702
Telephone	(07) 4996 5272
Fax	(07) 4996 5398
Website	jambinss.eq.edu.au
Email	the.principal@jambinss.eq.edu.au

Jambin State School was opened on 11 February, 1929 by Kate Collins, the first Principal. Sixteen children attended this first day. The school began as a high-set two room building with a half enclosed veranda for keeping bags out of the weather. The area underneath was used as a classroom as numbers grew.

Mount Murchison State School

Address	308 Gladstone Road, BILOELA QLD 4715
Telephone	(07) 4995 2253
Fax	(07) 4992 2341
Website	mtmurchisonss.eq.edu.au
Email	admin@mtmurchisonss.eq.edu.au

Small 2 teacher school 10km from Biloela. Prep to Year 6. Two classes Prep-3 and 4-6.

Moura State High School

Address	Gillespie Street, MOURA QLD 4718
Telephone	(07) 4997 5888
Fax	(07) 4997 5800
Website	mourashs.eq.edu.au

Moura State High School is a small high school for students across years 7 – 12.

Moura State School - Special Education Program

Address Gillespie Street, MOURA QLD 4718
Telephone (07) 4997 5222
Fax (07) 4997 5200
Website mourashs.eq.edu.au

Moura State High School has four feeder schools: Moura State School, Banana State School, Bauhinia State School and Theodore State School. A Special Needs unit is also attached to the high school, catering to a small group of students.

Taroom State School

Address Wolsey Street, TAROOM QLD 4420
Telephone (07) 4628 9333
Fax (07) 4628 9300
Website taroomss.eq.edu.au
Email principal@taroomss.eq.edu.au

We are committed to ensuring that every student has access to an inclusive, safe, respectful and student- focused learning environment, that proactively promotes high quality teaching and learning experiences for all students underpinned by our over-arching philosophy, 'Joining Together – Reaching Excellence'.

Thangool State School

Address 2 Aerodrome Road, THANGOOL QLD 4716
Telephone (07) 4995 8240
Fax (07) 4995 8471
Website thangoolss.eq.edu.au

Thangool State School provides a warm, supportive environment where all students are given the best opportunity to reach their potential. Our school is set in a rural environment, where primary industries have traditionally provided the chief form of income for families attending our school.

Schools

Theodore State School

Address	The Boulevard, THEODORE QLD 4719
Telephone	(07) 4990 3333
Fax	(07) 4990 3300
Website	theoress.eq.edu.au

Theodore State School is a Band 7, P-10 school located in the Central Coast District of the Fitzroy Central West Region in central Qld and belongs to the Dawson cluster of schools.

Wowan State School

Address	Don Street, WOWAN QLD 4702
Telephone	(07) 4937 1133
Fax	(07) 4937 1003
Website	wowanss.eq.edu.au

Originally opened in 1916, Wowan State School is proud of its heritage and offers a certain ambience/quality often not found in larger city schools. We have a unique culture that reflects our proud history. Our curriculum is aligned with the Australian Curriculum and all student learning experiences are organised to meet the needs of individuals.

Central Highlands

Private (Primary and High Schools)

Emerald Christian College

Address	6373 Gregory Highway, EMERALD QLD 4720
Telephone	(07) 4982 0977
Fax	(07) 4982 0244
Website	ecc.qld.edu.au



A Non-State School for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Schools

Marist College (Emerald)

Address Jeppesen Drive, EMERALD QLD 4720
Telephone (07) 4982 3400
Fax (07) 4982 3033
Website maristcollegeemerald.com.au



A Non-State School for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Our Lady of the Sacred Heart School (Springsure)

Address Gap Street, SPRINGSURE QLD 4722
Telephone (07) 4984 1525
Fax (07) 4984 1353
Website olshsrok.catholic.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

St Patrick's School (Emerald)

Address 41 Yamala Street, EMERALD QLD 4720
Telephone (07) 4982 2485
Website stpatricksemerald.com.au
Email spe@roc.catholic.ed.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Special Education Programs

Blackwater North State School Special Education Program

Address William Street, BLACKWATER QLD 4717
Telephone (07) 4980 5333
Fax (07) 4980 5300
Website blackwaternorthss.eq.edu.au
Email principal@blackwaternorthss.eq.edu.au

Blackwater North State School Special Education Program

Capricornia (Emerald Campus) School of Distance Education

Address	Cnr Gray and Gladstone Streets, EMERALD QLD 4720
Telephone	(07) 4987 9100
Fax	(07) 4987 4156
Website	capricorniasde.eq.edu.au
Email	the.principal@capricorniasde.eq.edu.au



Capricornia School of Distance Education ensures that our vision to, “Be Different. Make a Difference” is evident every day in our educational services. We are a unique high performing Band 9 school operating from two campuses across Central Queensland. Our motto is “Isolated But United Across Capricornia” and is real for all Students, Home Teachers and Staff of our School. Capricornia School of Distance Education is committed to providing every student with a balanced education in a supportive and caring school environment. Our goal is to maximize the educational outcomes for every student through a range of curricular activities. Our staff are committed to achieving this goal for each and every student.

Our goal is to overcome the challenges created by distance, isolation and family circumstance in order to educate our students to reach their full potential.

At Capricornia School of Distance Education, education is a team effort, and our school community is like an extended family. It is the extra effort made by the staff, parents, home teachers and students that brings everyone closer together. We believe for the student to achieve their very best they can there needs to be a very positive relationship between the school and the home. At our school we are a TEAM who bring experience and enthusiasm to our role of providing high quality education to meet the needs of all learners so they can engage in all opportunities and achieve their dreams and aspirations.

There is a strong sense of pride in our school; pride in the very high academic achievement of the students, conduct and school spirit. We are proud of the way our school has continued to grow and develop and be a centre for e-learning excellence. We hope that you and your students will look back on your years at Capricornia School of Distance Education with pride and fond memories of hard work, rewarding experiences and life-long friendships.

We hope that your association with the school will be a happy one and that your involvement with our activities will help to further a spirit of co-operation and cohesion within the school community.

Denison State School

Address	16 Gray Street, EMERALD QLD 4720
Telephone	(07) 4980 7333
Fax	(07) 4987 6058
Website	denisonss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

State (Primary and High Schools)

Anakie State School

Address	Cook Street, ANAKIE QLD 4702
Telephone	(07) 4981 1111
Fax	(07) 4985 4227
Website	anakiess.eq.edu.au
Email	lrobi113@eq.edu.au

As a school we set high expectations for student learning, student behaviour and curriculum delivery. In 2013, we have set down our charter of expectations for the whole school.

Bauhinia State School

Address	11559 Fitzroy Development Road, BAUHINIA QLD 4718
Telephone	(07) 4996 4150
Fax	(07) 4996 4182
Website	bauhiniass.eq.edu.au
Email	ampay0@eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Blackwater North State School

Address	William Street, BLACKWATER QLD 4717
Telephone	(07) 4980 5333
Fax	(07) 4980 5300
Website	blackwaternorthss.eq.edu.au
Email	principal@blackwaternorthss.eq.edu.au

Blackwater North State School is a primary school catering for students from Prep to Year 6. The school is set in pleasant grounds with shaded areas for the children to sit and enjoy their lunch. The school's design is low set taking into consideration the needs of students with disabilities. This is especially important because there is a Special Needs Program in the school that cares for students with varying individual requirements.

Blackwater State School

Address Wey Street, BLACKWATER QLD 4717
Telephone (07) 4986 0111
Fax (07) 4986 0100
Website blackwaterss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Bluff State School

Address 28 Main Street, BLUFF QLD 4702
Telephone (07) 4982 9167
Fax (07) 4982 9324
Website bluffss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Capella State High School

Address 35-45 Gordon Street, CAPELLA QLD 4723
Telephone (07) 4988 7333
Fax (07) 4988 7300
Website capellashs.eq.edu.au
Email principal@capellashs.eq.edu.au

The values and beliefs that drive and influence our decisions are: SUCCESS - "I achieve my goals. I strive to new heights", TEAMWORK - "I consider others. I show support", ATTITUDE - "I am enthusiastic and ready to learn", RESPECT - "I show respect for self, others and property" These values and beliefs are embedded in the curriculum and expressed through our everyday learning. All are inter-related and without all four in place, Capella State High School would not function effectively. It is expected that all members of our school community will consistently display our values and beliefs in all actions. These values and beliefs are the foundation of our Responsible Behaviour Plan for students.

Capella State School

Address 41 Huntley Street, CAPELLA QLD 4723
Telephone (07) 4988 7111
Fax (07) 4986 4634
Website capellass.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Comet State School

Telephone (07) 4984 5142
Fax (07) 4984 5105
Website cometss.eq.edu.au

A State School for Prep to Grade 6. Please contact only outside teaching hours. Information provided by the Queensland Government Open Data Initiative.

Denison State School - Special Education Program

Address 16 Gray Street, EMERALD QLD 4720
Telephone (07) 4987 5960
Fax (07) 4987 6058
Website education.qld.gov.au



A Special Education Program for Prep to Grade 10. Information provided by the Queensland Government Open Data Initiative.

Dingo State School

Address Cnr Kennedy & Normanby Streets, DINGO QLD 4702
Telephone (07) 4935 9169
Fax (07) 4935 9206
Website dingoss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Duaringa State School

Address Charlotte Street, DUARINGA QLD 4712
Telephone (07) 4935 7125
Fax (07) 4935 7026
Website duaringass.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Emerald North State School

Address Campbell Street, EMERALD QLD 4720
Telephone (07) 4988 2333
Fax (07) 4982 2999
Website emeraldnorthss.eq.edu.au
Email admin@emernortss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Emerald North State School - Special Education Program

Address Special Education Unit Campbell Street, EMERALD QLD 4720
Telephone (07) 4988 2327
Fax (07) 4988 2329
Website education.qld.gov.au



A Special Education Program for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Emerald State High School - Special Education Program

Address Old Airport Drive, EMERALD QLD 4720
Telephone (07) 4988 2222
Fax (07) 4988 2200
Website emeraldshs.eq.edu.au



A Special Education Program for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Emerald State School

Address Anakie Street, EMERALD QLD 4720
Telephone (07) 4983 9666
Fax (07) 4983 9600
Website emeraldss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Lochington State School

Address Glenlee Road, LOCHINGTON QLD 4720
Telephone (07) 4985 5150
Fax (07) 4985 5340
Website lochingtonss.eq.edu.au
Email the.principal@lochingtss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Orion State School

Address 1002 Orion Ten Chain Road, ORION QLD 4722
Telephone (07) 4984 6126
Fax (07) 4984 6173
Website orionss.eq.edu.au

A State School for Prep to Grade 6. Please contact only outside teaching hours. Information provided by the Queensland Government Open Data Initiative.

Rolleston State School

Address 16 Warrijo Street, ROLLESTON QLD 4702
Telephone (07) 4988 9333
Fax (07) 4988 9300
Website rollestonss.eq.edu.au
Email the.principal@rollestoss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Springsure State School

Address 55 Eclipse Street, SPRINGSURE QLD 4722
Telephone (07) 4981 4333
Fax (07) 4984 1634
Website springsuress.eq.edu.au
Email the.principal@springsuss.eq.edu.au

A State School for Prep to Grade 10. Information provided by the Queensland Government Open Data Initiative.

Tieri State School

Address Bottlebrush Lane, TIERI QLD 4709
Telephone (07) 4981 7555
Fax (07) 4981 7500
Website tieriss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Tresswell State School

Address 5469 Dawson Developmental Road, NANDOWRIE QLD 4722
Telephone (07) 4984 4906
Fax (07) 4984 4020
Website tresswelss.eq.edu.au
Email principal@tresswelss.eq.edu.au



A State School for Prep to Grade 6. Please contact only outside teaching hours. Information provided by the Queensland Government Open Data Initiative.

Gladstone

Private (Primary and High Schools)

Chanel College (Gladstone)

Address 11 Paterson Street, GLADSTONE QLD 4680
Telephone (07) 4973 4700
Fax (07) 4978 3991
Website chanelcollege.qld.edu.au



A Non-State School for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Faith Baptist Christian School (Gladstone)

Address 1315 Dawson Highway, BURUA QLD 4680
Telephone (07) 4978 2850
Fax (07) 4978 2420



A Non-State School for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

St Francis Catholic Primary School

Address Francis Way, TANNUM SANDS QLD 4680
Telephone (07) 4973 3600
Fax (07) 4973 3611
Website stfrancis.qld.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Schools

St John the Baptist Catholic Primary School

Address J Hickey Avenue, GLADSTONE QLD 4680
Telephone (07) 4978 1799
Fax (07) 4978 3943
Website sjgrok.catholic.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Star of the Sea Catholic Primary School (Gladstone)

Address 181 Goondoon Street, GLADSTONE QLD 4680
Telephone (07) 4972 1305
Fax (07) 4972 4728
Website staroftheseagladstone.qld.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Trinity College - Gladstone

Address 4 Archer Street, GLADSTONE QLD 4680
Telephone (07) 4839 0500
Fax (07) 4979 3856



A Non-State School for Prep to Grade 10. Information provided by the Queensland Government Open Data Initiative.

Special Education Programs

Clinton State School

Address Harvey Road, GLADSTONE QLD 4680
Telephone 1800 171 882
Fax (07) 4978 1952
Website playgroupqueensland.com.au
Email info@playgroupqld.com.au

A Special Education Program for Birth to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Schools

Gladstone State High School Special Education Program

Address 30 Dawson Road, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4976 6111
Fax (07) 4976 6100
Website gladstonshs.eq.edu.au
Email principal@gladstonshs.eq.edu.au

Gladstone State High School Special Education Program

Rosella Park School

Address 20 Park Street, GLADSTONE QLD 4680
Telephone (07) 4976 8333
Fax (07) 4976 8300
Website rosellapkspecs.eq.edu.au
Email principal@rosellaparkspecs.eq.edu.au



A Special School for Primary Aged to Secondary Aged. Information provided by the Queensland Government Open Data Initiative.

State (Primary and High Schools)

Agnes Water State School

Address 1 Donohue Drive, AGNES WATER QLD 4677
Telephone (07) 4902 1320
Fax (07) 4902 1300
Website agneswaterss.eq.edu.au
Email principal@agneswaterss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Ambrose State School

Address 39 Gentle Annie Road, AMBROSE QLD 4695
Telephone (07) 4975 1165
Fax (07) 4975 1432
Website ambrosess.eq.edu.au

A State School for Prep to Grade 6. Please contact only outside teaching hours. Information provided by the Queensland Government Open Data Initiative.

Benaraby State School

Address 17 O'Connor Road, BENARABY QLD 4680
Telephone (07) 4970 4333
Fax (07) 4970 4300
Website benarabyss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Bororen State School

Address 1 Kent Street, BOROREN QLD 4678
Telephone (07) 4974 4124
Fax (07) 4974 4062
Website bororens.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Boyne Island State School

Address 151 Malpas Street, BOYNE ISLAND QLD 4680
Telephone (07) 4979 9333
Fax (07) 4979 9300
Website boyneislandss.eq.edu.au
Email admin@boynisclass.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Builyan State School

Address 6682 Gladstone Monto Road, BOYNE VALLEY QLD 4680
Telephone (07) 4974 1181
Fax (07) 4974 1131
Website builyanss.eq.edu.au

A State School for Prep to Grade 6. Please contact only outside teaching hours. Information provided by the Queensland Government Open Data Initiative.

Calliope State School

Address Stirrat Street, CALLIOPE QLD 4680
Telephone (07) 4975 8333
Fax (07) 4975 6437
Website calliopess.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Clinton State School

Address	Harvey Road, GLADSTONE QLD 4680
Telephone	(07) 4979 9333
Fax	(07) 4978 1952
Website	clintonss.eq.edu.au
Email	info@playgroupqld.com.au
Hours of operation	8:00 AM to 4:00 PM Mon-Fri

Clinton State School provides educational opportunities for primary age students from Prep to year 6. The school was established in January, 1974 and currently has a total enrolment of 932 students. Clinton State School is located in the western suburbs of Gladstone and is just a 60 minute drive North to Rockhampton. It covers 6.4 hectares of landscaped grounds with two ovals, multi-purpose covered areas and an outstanding performing arts hall.

Clinton State School offers high quality educational opportunities to students in the areas of academia, sport, music and citizenship.

We lead the way in offering educational experiences which promote the growth and development of well-balanced, confident young students. Through a differentiated and negotiated curriculum our students are able to access all core requirements of Australian Curriculum, Assessment and Reporting Authority (ACARA) while meeting challenges within a supportive environment to encourage skill development within various curriculum areas.

The integration of quality Information Communication Technology (ICT) resources in every classroom allows our students to access computer information technologies. Our students learn the value of striving for success and through this effort change not only their educational outcomes but also their lives.

Gladstone Central State School

Address	74 Auckland Street, GLADSTONE QLD 4680
Telephone	(07) 4979 7222
Fax	(07) 4972 2396
Website	gladstonecentralss.eq.edu.au
Email	admin@gladcentss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Gladstone Schools Engineering Skills Centre

Address NRG Power Station, Hanson Road, CALLEMONDAH QLD 4680
Telephone (07) 4972 8950
Fax (07) 4972 3453
Website education.qld.gov.au



A Support Unit (Other). Information provided by the Queensland Government Open Data Initiative.

Gladstone South State School

Address 153 Toolooa Street, GLADSTONE QLD 4680
Telephone (07) 4899 4333
Fax (07) 4972 6799
Website gladstonesouthss.eq.edu.au
Email principal@gladsoutss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Gladstone State High School

Address 30 Dawson Road, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4976 6111
Fax (07) 4976 6100
Website gladstonshs.eq.edu.au
Email principal@gladstonshs.eq.edu.au

We have a strong improvement agenda focussed on high impact strategies that lead to high quality teaching and learning. Students are encouraged to engage with their own learning to become assessment literate, self- directed learners well prepared for their future. We value partnerships with parents / guardians in their child's learning journey.

Gladstone West State School

Address Boles Street, GLADSTONE QLD 4680
Telephone (07) 4979 7333
Fax (07) 4972 6396
Website gladstonewestss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Schools

Kin Kora State School

Address 43 Hibiscus Avenue, KIN KORA QLD 4680
Telephone (07) 4971 5111
Website kinkorass.eq.edu.au
Email krich178@eq.edu.au



We are a primary school of about 750 students

Lowmead State School

Address 3077-3083 Lowmead Road, LOWMEAD QLD 4676
Telephone (07) 4156 9162
Fax (07) 4156 9215
Website lowmeadss.eq.edu.au

A State School for Prep to Grade 6. Please contact only outside teaching hours. Information provided by the Queensland Government Open Data Initiative.

Miriam Vale State School

Address 15 Roe Street, MIRIAM VALE QLD 4677
Telephone (07) 4974 6333
Fax (07) 4974 6300
Website miriamvaless.eq.edu.au
Email admin@mirivaless.eq.edu.au

A State School for Prep to Grade 10. Information provided by the Queensland Government Open Data Initiative.

Mount Larcom State School

Address 65 Raglan Street, MOUNT LARCOM QLD 4695
Telephone (07) 4970 2333
Fax (07) 4975 1211
Website mtlarcomss.eq.edu.au

A State School for Prep to Grade 10. Information provided by the Queensland Government Open Data Initiative.

Nagoorin State School

Address Corner Degalil and Ubobo Streets, BOYNE VALLEY QLD 4680
Telephone (07) 4974 1198
Fax (07) 4974 1376
Website nagoorinss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Rosella Park School

Address 20 Park Street, GLADSTONE QLD 4680
Telephone (07) 4976 8333
Fax (07) 4976 8300
Website rosellapkspecs.eq.edu.au
Email principal@rosellaparkspecs.eq.edu.au



At Rosella Park School we understand that our school is a community made up of learners with varying and individual needs. Because we aim to support the development of the whole person, learning at Rosella Park embraces the vision that every child can learn.

Tannum Sands SHS Business and Information Technology Skills Centre

Address Handley Drive, BOYNE ISLAND QLD 4680
Telephone (07) 4973 0128
Fax (07) 4973 9421
Website education.qld.gov.au



A Support Unit (Other) for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Tannum Sands State High School

Address 65 Coronation Drive, TANNUM SANDS QLD 4680
Telephone (07) 4979 9777
Fax (07) 4979 9700
Website tannumsandsshs.eq.edu.au
Email principal@tannumsandsshs.eq.edu.au

A State High School for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Tannum Sands State School

Address Waratah Crescent, TANNUM SANDS QLD 4680
Telephone (07) 4979 9111
Fax (07) 4979 9100
Website tannumsandsss.eq.edu.au
Email the.principal@tannsandss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Toolooa State High School

Address 2 Philip Street, GLADSTONE CENTRAL QLD 4680
Telephone (07) 4971 4333
Fax (07) 4971 4300
Website toolooashs.eq.edu.au
Email principal@toolooashs.eq.edu.au

Toolooa State High School offers a curriculum encompassing a wide range of subjects and career paths from Visual Art, Dancing and Drama, to Engineering, Information Technology and Robotics, in addition to the core subjects.

Ubobo State School

Address Cedarvale Road, UBOBO QLD 4680
Telephone (07) 4974 1120
Fax (07) 4974 1100
Website uboboss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Yarwun State School

Address 35 Butler Street, YARWUN QLD 4694
Telephone (07) 4971 1111
Fax (07) 4971 1100
Website yarwunss.eq.edu.au

A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Livingstone Shire

Private (Primary and High Schools)

Sacred Heart Primary School (Yeppoon)

Address 14 Barracuda Crescent, YEPPOON QLD 4703
Telephone (07) 4994 8215
Fax (07) 4933 6470
Email shy@rok.catholic.edu.au



At Sacred Heart Catholic Primary School, we believe in supporting and nurturing your child to develop as an individual and as a member of our school and the wider community. We firmly believe that the primary educators of children are the parents/carers and that the partnership between yourself and our staff is crucial to the successful education and happiness of our children.

St Benedict's Catholic Primary School (Yeppoon)

Address 1 Laceys Road, Pacific Heights, YEPPOON QLD 4703
Telephone (07) 4930 2744
Fax (07) 4930 2766
Website sbyrok.catholic.edu.au
Email info@sbyrok.catholic.edu.au



As part of Catholic Education in the Diocese of Rockhampton, St Benedict's is a part of the mission of the church. Our community is invited to journey with Christ and with each other, full of vitality, optimism and a sense of fun, alongside the many communities that are part of our vast and rich Diocese.

St Brendan's College

Address 139 Adelaide Park Road, YEPPOON QLD 4703
Telephone (07) 4939 9300
Fax (07) 4939 5273
Website stbrendans.qld.edu.au
Email principalpa@sbc.qld.edu.au



We provide diverse academic and extra-curricular programs, giving boys significant opportunities to grow into young men of knowledge, respect and faith.

St. Ursula's College

Address Queen Street, YEPPOON QLD 4703
Telephone (07) 4939 9600
Fax (07) 4939 9610
Website stursulas.qld.edu.au
Email ursulas@stursulas.qld.edu.au



St Ursula's College, Yeppoon, is the only all girls, Catholic Boarding and Day Secondary College in Central Queensland. We celebrate every student and their unique abilities; our culture and environment produces strong, worldly women, capable of forging a positive path for themselves and others.

Special Education Programs

Taranganba State School Special Education

Address Taranganba Road, YEPPOON QLD 4703
Telephone (07) 4925 1888
Fax (07) 4925 1800
Website taranganbass.eq.edu.au
Email principal@taranganbass.eq.edu.au

Every school day, at Taranganba State School, our teachers and school leaders strive to maximise the outcomes of students with disability by engaging them in learning to develop their skills for their future. Making sure all students have access to high quality learning opportunities, focused on their individual needs, is a priority for our school.

Yeppoon State High School Special Education Program

Address Rawlings Street, YEPPOON QLD 4703
Telephone (07) 4925 1333
Website yeppoonshs.eq.edu.au
Email principal@yeppoonshs.eq.edu.au

Our school does whatever it takes to build an inclusive environment that supports students to achieve on the same basis as their peers. Inclusive schooling practices is about maximising the outcomes of all students through identification and reduction of barriers to learning.

Yeppoon State School Special Education

Address	Tucker Street, YEPPOON QLD 4703
Telephone	(07) 4925 1111
Website	yeppoonss.eq.edu.au
Email	admin@yeppoonss.eq.edu.au

Yeppoon State School offers a special education program in a fully inclusive setting. We believe in the inclusion of all students into the regular classroom setting whenever possible.

State (Primary and High Schools)

Byfield State School

Address	2233 Byfield Road, BYFIELD QLD 4703
Telephone	(07) 4935 1140
Fax	(07) 4935 1260
Website	byfieldss.eq.edu.au
Email	principal@byfieldss.eq.edu.au

Byfield State School is a small school located approximately 40 kilometres North of Yeppoon in the Capricornia region of Central Queensland. With mountains to the immediate West, national parks and coastal dunes to the East, Byfield is only accessible from the South. The natural beauty of the area makes it attractive to tourists, holiday makers and campers.

Cawarral State School

Address	125 Annie Drive, CAWARRAL QLD 4702
Telephone	(07) 4920 9333
Fax	(07) 4935 4202
Website	cawarralss.eq.edu.au
Email	principal@cawarralss.eq.edu.au

Cawarral State School is a school focused on producing successful, highly accomplished learners. Our goal is to have all students thrive whilst being learners here at Cawarral.

Coowonga State School

Address 269 Coowonga Road, COOWONGA QLD 4702
Telephone (07) 4934 4192
Fax (07) 4934 4445
Website coowongass.eq.edu.au
Email principal@coowongass.eq.edu.au

We value an open, positive partnership between parents, staff and students. When these links are strong, student learning is maximised.

Emu Park State School

Address 26 Fountain Street, EMU PARK QLD 4710
Telephone (07) 4925 4333
Fax (07) 4925 4300
Website emuparkss.eq.edu.au
Email admin@emuparkss.eq.edu.au

Students are made environmentally aware through quality programs that ensure our school is one of the most sustainable throughout the state. Due to the quality and quantity of our programs one of our staff was recently recognised regionally for his contributions.

Farnborough State School

Address 8 Hinz Avenue, FARNBOROUGH QLD 4703
Telephone (07) 4913 7333
Fax (07) 4913 7300
Website farnboroughss.eq.edu.au
Email principal@farnboroughss.eq.edu.au

At Farnborough State School we focus on developing each & every student to be literate, numerate and active, healthy, engaged citizens.

Keppel Sands State School

Address 1325 Keppel Sands Road, KEPPEL SANDS QLD 4702
Telephone (07) 4934 4760
Fax (07) 4934 4775
Website keppelsandsss.eq.edu.au
Email principal@keppelsandsss.eq.edu.au

Keppel Sands State School is a small rural school located in the coastal township of Keppel Sands, near Rockhampton in Central Queensland.

Marlborough State School

Address Magog Road, MARLBOROUGH QLD 4705
Telephone (07) 4935 6166
Fax (07) 4935 6353
Website marlboross.eq.edu.au
Email principal@marlboross.eq.edu.au

Marlborough State School is located in the township of Marlborough, 106 km north of Rockhampton on the Bruce Highway. The school was opened in 1917. Our close-knit community is supported by a hard working Parents and Citizens Association who constantly develop ways to raise funds to support effective learning for students.

Milman State School

Address 335 Milman Road, MILMAN QLD 4700
Telephone (07) 4934 3106
Fax (07) 4934 3119
Website milmanss.eq.edu.au
Email principal@milmanss.eq.edu.au

Milman State School is a professional and caring learning community with a focus on continuous improvement in student outcomes. We believe that all students have the right to learn in a safe and supportive learning environment - within this environment all school community members treat each other with respect and take responsibility for their actions.

Taranganba State School

Address Taranganba Road, YEPPOON QLD 4703
Telephone (07) 4925 1888
Fax (07) 4925 1800
Website taranganbass.eq.edu.au
Email principal@taranganbass.eq.edu.au

Taranganba State School, situated on Taranganba Road in the coastal township of Yeppoon is on the Capricorn Coast in Central Queensland. Yeppoon is in the Rockhampton Regional Council and is part of the Fitzroy-Central West Queensland Region of Education Queensland. Taranganba State School is proud to be one of the nine schools in the Capricorn Coast Cluster.

Yeppoon State High School

Address Rawlings Street, YEPPOON QLD 4703
Telephone (07) 4925 1333
Website yeppoonshs.eq.edu.au
Email principal@yeppoonshs.eq.edu.au

At Yeppoon State High School, emphasis is placed on academic outcomes. We also believe that the development of a holistic education through the teaching of values and ethics instils in our graduates a sense of decency and respect for others.

Yeppoon State School

Address Tucker Street, YEPPOON QLD 4703
Telephone (07) 4925 1111
Website yeppoonss.eq.edu.au
Email admin@yeppoonss.eq.edu.au

Yeppoon State School is a co-educational school. We have a wonderful team of dedicated and competent staff who work closely together to provide challenging, meaningful and rich learning experiences for all of our students.

Rockhampton

Private (Primary and High Schools)

Emmaus College (Yaamba Road Campus)

Address 362 Yaamba Road, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4923 5700
Fax (07) 4923 5716
Website emmaus.qld.edu.au



A Associated Facility for Grade 7 to Grade 9. Information provided by the Queensland Government Open Data Initiative.

Heights College

Address Cnr Carlton Street and Yaamba Road, NORTH ROCKHAMPTON
QLD 4701
Telephone (07) 4936 1076
Fax (07) 4936 3952
Website heights.qld.edu.au



A Non-State School for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Kingsley College

Address 2 Schoolhouse Street, BERSERKER QLD 4701
Telephone (07) 4921 0580
Website kingsley.qld.edu.au
Email mail@kingsley.qld.edu.au



At Kingsley College, your child will experience a full academic program with the scope to pursue their dreams in the 21st century. Our commitment to you is to help your child develop and grow into a healthy young person with Christian values which will empower them to become leaders in their relevant spheres as they graduate.

Both our Primary and Secondary schools focus on empowering children for the real world socially and spiritually. All the while embedding in them a love for learning and encouraging real world application of the subjects they are learning.

Schools

Lighthouse Christian School

Address 480 Norman Road, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4926 4895
Fax (07) 4926 2181



A Non-State School for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Rockhampton Girls' Grammar School

Telephone (07) 4930 0900
Fax (07) 4930 0935
Website rggs.qld.edu.au



A Non-State School for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Rockhampton Grammar School

Address 203-205 Archer Street, THE RANGE QLD 4700
Telephone (07) 4936 0600
Fax (07) 4922 1552
Website rgs.qld.edu.au



A Non-State School for Prep to Grade 12. Information provided by the Queensland Government Open Data Initiative.

St Anthony's Catholic Primary School (North Rockhampton)

Address 390b Feez Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4994 8200
Fax (07) 4928 8526
Website sanrrok.catholic.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Schools

St Joseph's Primary School (Wandal)

Address 4 Herbert Street, WANDAL QLD 4700
Telephone (07) 4994 8230
Fax (07) 4922 1951
Website sjwlrok.catholic.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

St Joseph's School (Rockhampton, Park Avenue)

Address 29 Main Street, PARK AVENUE QLD 4701
Telephone (07) 4994 8205
Fax (07) 4927 7571
Website sjparok.catholic.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

St Mary's Catholic Primary School (Rockhampton North)

Address 135 Nobbs Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4994 8210
Fax (07) 4928 8664
Website smnrrok.catholic.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

St Paul's Primary School (Gracemere)

Address Breakspear Street, GRACEMERE QLD 4702
Telephone (07) 4933 2139
Fax (07) 4933 2127
Website spgrrok.catholic.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Schools

St Peter's School (Rockhampton)

Address 170 Upper Dawson Road, ROCKHAMPTON QLD 4700
Telephone (07) 4927 5994
Fax (07) 4927 7032
Website stpetersrockhampton.catholic.edu.au



A Non-State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

The Cathedral College

Address 189 William Street, ROCKHAMPTON QLD 4700
Telephone (07) 4999 1300
Fax (07) 4927 8694
Website tccr.com.au



A Non-State School for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Special Education Programs

Capricornia (Rockhampton Campus) School of Dist Ed

Address 241-259 Farm Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4931 4800
Fax (07) 4926 2435
Website capricorniasde.eq.edu.au



Capricornia School of Distance Education ensures that our vision to, "Be Different. Make a Difference" is evident every day in our educational services. We are a unique high performing Band 9 school operating from two campuses across Central Queensland. Our motto is "Isolated But United Across Capricornia" and is real for all Students, Home Teachers and Staff of our School. Capricornia School of Distance Education is committed to providing every student with a balanced education in a supportive and caring school environment. Our goal is to maximize the educational outcomes for every student through a range of curricular activities. Our staff are committed to achieving this goal for each and every student.

Our goal is to overcome the challenges created by distance, isolation and family circumstance in order to educate our students to reach their full potential.

At Capricornia School of Distance Education, education is a team effort, and our school community is like an extended family. It is the extra effort made by the staff, parents, home teachers and students that brings everyone closer together. We believe for the student to achieve their very best they can there needs to be a very positive relationship between the school and the home. At our school we are a TEAM who bring experience and enthusiasm to our role of providing high quality education to meet the needs of all learners so they can engage in all opportunities and achieve their dreams and aspirations.

There is a strong sense of pride in our school; pride in the very high academic achievement of the students, conduct and school spirit. We are proud of the way our school has continued to grow and develop and be a centre for e-learning excellence. We hope that you and your students will look back on your years at Capricornia School of Distance Education with pride and fond memories of hard work, rewarding experiences and life-long friendships.

We hope that your association with the school will be a happy one and that your involvement with our activities will help to further a spirit of co-operation and cohesion within the school community.

Rockhampton North Special School

Address 353-359 Dean Street, ROCKHAMPTON NORTH QLD 4701
Telephone (07) 4999 0222
Fax (07) 4928 4393
Website rockhamptonnorthspecs.eq.edu.au
Email principal@rocknorthspsch.eq.edu.au



A Special School for Primary Aged to Secondary Aged. Information provided by the Queensland Government Open Data Initiative.

Rockhampton Special School

Address Cnr Denison & William Streets, ROCKHAMPTON QLD 4700
Telephone (07) 4937 5333
Fax (07) 4922 6012
Website rockhampspecs.eq.edu.au



A Special School for Primary Aged to Secondary Aged. Information provided by the Queensland Government Open Data Initiative.

Young Engineers Central Queensland

Telephone 0424 985 172
Website cq.young-engineers.com.au
Email cq@young-engineers.com.au

Lifting children's scientific literacy and developing their 21st century skills through fun and engaging STEM activities. We use LEGO, motors, sensor, circuits and coding to design and build models that have real-world relevance all while having fun and developing social skills.

State (Primary and High Schools)

Allenstown State School

Address 33 Upper Dawson Road, ALLENSTOWN QLD 4700
Telephone (07) 4930 0109
Fax (07) 4930 0100
Website allenstownss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Bajool State School

Address Toonda Street, BAJOOL QLD 4699
Telephone (07) 4934 6128
Fax (07) 4934 6214
Website bajoolss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Berserker Street State School

Address 128-140 Berserker Street, BERSERKER QLD 4701
Telephone (07) 4999 0333
Fax (07) 4999 0300
Website berserkerstreetss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Bouldercombe State School

Address 52599 Burnett Highway, BOULDERCOMBE QLD 4702
Telephone (07) 4912 4777
Fax (07) 4912 4700
Website bouldercombess.eq.edu.au
Email principal@bouldercss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Centre of Regional Advancement of Learning, Equity, Access and Participation (LEAP) - Rockhampton

Address CQUniversity Rockhampton North - LEAP Research Centre, 554-700 Yaamba Road, NORMAN GARDENS QLD 4701
Telephone (07) 4921 2768
Fax (07) 4921 2768
Website education.qld.gov.au



A Support Unit (Other). Information provided by the Queensland Government Open Data Initiative.

Crescent Lagoon State School

Address North Street Extended, ROCKHAMPTON QLD 4700
Telephone (07) 4999 3333
Fax (07) 4999 3300
Website crescentlagoonss.eq.edu.au
Email principal@crescentlagoonss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Depot Hill State School

Address O'Connell Street, ROCKHAMPTON QLD 4700
Telephone (07) 4922 1795
Fax (07) 4922 9192
Website depothillss.eq.edu.au
Email principal@depothillss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Frenchville State School

Address Frenchville Road, FRENCHVILLE QLD 4701
Telephone (07) 4931 5343
Fax (07) 4931 5300
Website frenchvilless.eq.edu.au
Email principal@frenchvilless.eq.edu.au

The aim of our school is for every child to reach and exceed their potential. In an ever changing world, our students need skills to collaborate, communicate effectively and think critically and creatively with resilience and determination to succeed on their lifelong learning journey.

Frenchville State School is built on established traditions and high expectations with a culture of learning and growing. This is supported through a rich curriculum, a collaborative and dedicated staff, and a broad range of opportunities in academic, cultural and sporting areas. Our priority always remains on all students as we strive to develop curious, confident and compassionate learners.

Glenmore State High School

Address Cnr Bruce Highway and Farm Street, ROCKHAMPTON NORTH
QLD 4701
Telephone (07) 4923 0333
Fax (07) 4923 0300
Website glenmoreshs.eq.edu.au



A State High School for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Glenmore State School

Address 241-259 Farm Street, ROCKHAMPTON NORTH QLD 4701
Telephone (07) 4923 0666
Fax (07) 4923 0600
Website glenmoress.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Glenmore State School - Special Education Program

Address 246 Farm Street, KAWANA QLD 4701
Telephone (07) 4923 0631
Fax (07) 4923 0600
Website glenmoress.eq.edu.au



A Special Education Program for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Gogango State School

Address 10 Wills Street, GOGANGO QLD 4702
Telephone (07) 4934 7597
Fax (07) 4934 7700
Website gogangoss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Gracemere State School

Address O'Shanesy Street, GRACEMERE QLD 4702
Telephone (07) 4931 7555
Fax (07) 4931 7500
Website gracemeress.eq.edu.au
Email principal@gracemerss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Lakes Creek State School

Address 445 Paterson Street, LAKES CREEK ROCKHAMPTON NORTH QLD
4701
Telephone (07) 4932 6333
Fax (07) 4926 2139
Website lakescreekss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Marmor State School

Address Rogers Street, MARMOR QLD 4702
Telephone (07) 4934 6235
Fax (07) 4934 6127
Website marmorss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Mount Archer State School

Address 242 Thozet Road, ROCKHAMPTON NORTH QLD 4701
Telephone (07) 4923 5222
Fax (07) 4923 5200
Website mtarcherss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Mount Archer State School - Special Education Program

Address 8 242 Thozet Road, ROCKHAMPTON NORTH QLD 4701
Telephone (07) 4923 5226
Fax (07) 4923 5200
Website education.qld.gov.au



A Special Education Program for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Mount Morgan Central State School

Address 44 Morgan Street, MOUNT MORGAN QLD 4714
Telephone (07) 4912 5333
Fax (07) 4912 5300
Website mtmorganss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Mount Morgan State High School

Address 4 Central Street, MOUNT MORGAN QLD 4714
Telephone (07) 4912 5555
Fax (07) 4912 5500
Website mtmorganshs.eq.edu.au



A State High School for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

North Rockhampton State High School

Address Berserker Street, ROCKHAMPTON NORTH QLD 4701
Telephone (07) 4924 7888
Fax (07) 4924 7800
Website northrockhamptonshs.eq.edu.au
Email the.principal@nthrckshs.eq.edu.au



A State High School for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

North Rockhampton State High School - Special Education Program

Address c/- North Rockhampton SHS Berserker Street, ROCKHAMPTON
NORTH QLD 4701
Telephone (07) 4924 7837
Fax (07) 4924 7800
Website education.qld.gov.au



A Special Education Program for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Park Avenue State School

Address 13 Main Street, PARK AVENUE QLD 4701
Telephone (07) 4931 1111
Fax (07) 4931 1100
Website parkavenuess.eq.edu.au
Email principal@parkavenuess.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Park Avenue State School - Special Education Program

Address Farrell Street, NORTH ROCKHAMPTON QLD 4701
Telephone (07) 4931 1115
Fax (07) 4931 1100
Website education.qld.gov.au



A Special Education Program for Birth to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Parkhurst State School

Address 11 Mason Avenue, PARKHURST QLD 4702
Telephone (07) 4924 6555
Fax (07) 4936 1736
Website parkhurstss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Port Curtis Road State School

Address Port Curtis Road, ALLENSTOWN QLD 4700
Telephone (07) 4922 3056
Fax (07) 4921 3258
Website portcurtisroadss.eq.edu.au
Email principal@portcurtisroadss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Ridgeland State School

Address 43 Dalma-Ridgeland Road, RIDGELANDS QLD 4702
Telephone (07) 4934 5518
Fax (07) 4934 5565
Website ridgelandsss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Rockhampton Positive Learning Centre

Telephone (07) 4927 6499
Fax (07) 4922 1211
Website education.qld.gov.au
Email principal@thehallss.eq.edu.au



A Positive Learning Centre for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Rockhampton State High School

Address 1 Campbell Street, WANDAL QLD 4700
Telephone (07) 4920 4333
Fax (07) 4920 4300
Website rockhamptonshs.eq.edu.au
Email principal@rockhamptonshs.eq.edu.au



A State High School for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

Stanwell State School

Address 10 Teakle Street, STANWELL QLD 4702
Telephone (07) 4934 7174
Fax (07) 4934 7408
Website stanwellss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

The Hall State School

Telephone (07) 4924 8222
Fax (07) 4922 1211
Website thehallss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

The Hall State School - Special Education Program

Address 2 Murray Street, THE RANGE QLD 4700
Telephone (07) 4924 8212
Fax (07) 4922 1211
Website education.qld.gov.au



A Special Education Program for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Waraburra State School

Address 55 Johnson Road, GRACEMERE QLD 4702
Telephone (07) 4931 7888
Fax (07) 4931 7800
Website waraburrass.eq.edu.au
Email principal@waraburrss.eq.edu.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Westwood State School

Address 108 Herbert Street, WESTWOOD QLD 4702
Telephone 1800 171 882
Fax (07) 4934 7605
Website playgroupqld.com.au
Email membership@playgroupqld.com.au



A State School for Prep to Grade 6. Information provided by the Queensland Government Open Data Initiative.

Woorabinda Aboriginal Shire

Private (Primary and High Schools)

Wadja Wadja High School

Address 116 Munns Drive, WOORABINDA QLD 4713
Telephone (07) 4935 0158
Fax (07) 4935 0194



A Non-State School for Grade 7 to Grade 12. Information provided by the Queensland Government Open Data Initiative.

State (Primary and High Schools)

Woorabinda State School

Address Carbine Street, WOORABINDA QLD 4713
Telephone (07) 4913 2222
Fax (07) 4935 0359
Website woorabindass.eq.edu.au
Email principal@woorabindass.eq.edu.au

Woorabinda State School is a Kindergarten to Year Six school with nine classes of 190 children. The school's motto is 'Proud and Deadly', with our school values - We are deadly by being - kind, strong, respectful.

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