

My Mental Health Services Map

Access to a greater range of mental health services in North Brisbane and Moreton Bay

GPs now have access to an expanded range of PHN commissioned mental health and suicide prevention services to support their patients. Most services below can be accessed using the My Mental Health Services eReferral. Services are commissioned by Brisbane North PHN and there is no cost to the client. Some services have eligibility and exclusion criteria.

For acute presentations, please contact **1300 MH Call - 1300 64 2255** or direct the patient to their nearest emergency department.

| NEED | Mild K10 score 10-24 | | | | Mild/moderate K10 score 10-30 | | Moderate K10 score 25-50 | Severe K10 score 31-50 | |
|---------------|---|--|--|---|--|--|--|--|--|
| SERVICE | IUIH Connect (Institute for Urban Indigenous Health) 1800 254 354 | | | | | | | | |
| | Provides an integrated social health model, including primary mental health services, alcohol and other drug treatment services and suicide prevention services. | | | | | | | | |
| | Neami - Optimal Health Program 07 3493 6780 | Richmond Fellowship Queensland - New Access 1300 159 795 | World Wellness Group - Problem Management Plus 07 3333 2100 | Peach Tree Perinatal 0410 648 239 | headspace Caboolture 07 5428 1599 Nundah 07 3370 3900 Redcliffe 07 3897 1897 Taringa 07 3157 1555 | Change Futures: Psychology in Aged Care Wellbeing Program 07 3857 0847 | Brisbane MIND 1800 752 235 Healthcare/pension card required | ASHA 07 3283 8769 | Mental Health Hubs Community: The Recovery and Discovery Centre, inner north Brisbane 07 3510 2777 Neami: The Living and Learning Centre, Strathpine 07 3493 6780 Stride: Floresco, Caboolture 07 4593 0500 |
| AGE | 16 years and older | 18 years and older | | | 12 - 25 years | 65 years and older | All ages including children 0 - 11 | 12 - 25 years | 18 years and older |
| DESCRIPTION | Self-development program to build self-efficacy (8 week face-to-face group program). | Supports people to tackle day-to-day pressures and set practical goals (6 session coaching programs designed by Beyond Blue). | For people who identify as culturally and linguistically diverse to help manage stress and adverse situations (Group, phone and face-to-face sessions). | Mothers of infants aged 0-12 months experiencing mild postnatal depression and/or anxiety symptoms (6-week group program). | Provides early intervention mental health services and assistance in promoting young peoples' wellbeing. | For residents of aged care facilities. Provides group and individual support to people over the age of 65. | Short term psychological therapy for those who cannot access the universal service <i>Better Access</i> . Eligible clients must identify in one of the following under serviced groups: <ul style="list-style-type: none"> children 0-11 years culturally and linguistically diverse communities LGBTIQ+ communities people who have experienced trauma or abuse people at risk of suicide residents of Bribie Island and Kilcoy. | Provides mobile outreach support to vulnerable young people in the Moreton Bay north region. Please contact the service directly for referral pathways. | Delivering integrated clinical and non-clinical services for people with severe mental illness. Service types: <ul style="list-style-type: none"> care coordination (including mental health nursing) psychological group therapy one-on-one psychosocial support. |
| REFERRAL INFO | GPs can complete a referral to these services through the My Mental Health Services eReferral <i>rediCASE</i> GP Integrator or via HealthPathways. If your organisation does not have this software installed, we recommend you contact your Brisbane North PHN Primary Care Liaison Officer (PCLO) to organise installation. For technical enquiries relating to the <i>rediCASE</i> system, call 1800 783 336. Other service providers can refer by completing the My Mental Health Services eReferral form via HealthPathways. Self-referrals can be made directly with the provider or by contacting My Mental Health Service Navigators on 1800 752 235. | | | | | | | | |

For more information contact the **My Mental Health Service Navigators on 1800 752 235** or visit www.brisbanenorthphn.org.au.

SERVICE DIRECTORIES

My Mental Health Service Navigators (Brisbane North PHN)
1800 752 235
8.30 am - 4.30 pm

For information on mental health services and supports in the North Brisbane and Moreton Bay region.

1300 MH CALL – 24/7 (Queensland Health)
1300 64 22 55

The first point of contact for public mental health services providing support, information, advice and referral.

My Mental Health
www.mymentalhealth.org.au

A guide to Mental Health Services in north Brisbane including Moreton Bay and parts of Somerset.

Head to Health (Department of Health)
www.headtohealth.gov.au

National website with information, advice and free or low-cost phone and online mental health services and supports.

SUICIDE PREVENTION SERVICES

National Suicide Prevention Trial (NSPT)
 Intensive support for LGBTIQ+ and Aboriginal and Torres Strait Islander people who are facing a suicide crisis or bereaved community members.
LGBTIQ+: Centre for Human Potential 07 3211 1117

Open Doors Youth Service (12-25 years) 07 3257 7660

Queensland AIDS Council 07 3017 1777

Aboriginal and Torres Strait Islander: Kurbingui 07 3156 4800

Talk Suicide Support
9.00 am - 4.30 pm
Monday - Friday
1800 008 225

Free outreach support for people 15 years and over in the north Brisbane and Moreton Bay region. Support coaches work with people to coordinate care, address practical issues and provide emotional support.

The Way Back Service
1300 180 608
 Services provided to people aged 15 years and over following a recent suicide attempt or suicidal crisis.
 Referrals currently only accepted from Redcliffe Hospital.

Standby – Support after Suicide – 24/7
0438 150 180
 24-hour support to anyone who has been impacted by suicide.

Suicide Call Back Service 24/7
1300 659 467
 Free phone and online web chat service for people feeling suicidal or caring for someone who is suicidal.

Beyond Blue Support Service 24/7
1300 224 636
 Free phone chat with a trained mental health professional.

ALCOHOL AND OTHER DRUG SERVICES

Lives Lived Well
1300 727 957
 Alcohol and other drug treatment located in Caboolture, Redcliffe and Strathpine.

Brisbane Youth Service
07 3620 2400
 AOD program/counselling service for young people with substance use and mental health problems (12-25 years).

Hospital Alcohol and Drug Service
07 3646 8704
 Provides inpatient withdrawal or stabilisation for people with alcohol and other drug dependency.

Hello Sunday Morning Daybreak app
info@hellosundaymorning.org
 Online alcohol related behaviour change tool available free of charge.

Queensland Aboriginal and Islander Corp Alcohol and Drug Dependence Service
07 3358 5111
 Outreach, day and residential rehabilitation services for Aboriginal and Torres Strait Islander people.

QuIHN - Queensland Injectors Health Network
1800 172 076 | 07 3620 8111
 Outpatient rehabilitation services for people experiencing co-occurring mental health and substance-related disorders.

ADIS 24/7 Alcohol and Drug Support
1800 177 833
 For referral, confidential information and counselling.

-  helpline
-  support coordination
-  counselling
-  group support
-  digital
-  withdrawal
-  outpatient services
-  residential rehab