



IF YOU JUST WANT TO HAVE
A YARN OR IF YOU WOULD LIKE
TO FIND OUT MORE
INFORMATION, ASK YOUR GP
OR LOCAL HEALTH CLINIC



Call our clinics
on 3240 8900
to make a GP
appointment

GET IN TOUCH

OUR CLINICS

Browns Plains

20-24 Commerce Drive
Browns Plains QLD 4118
☎ 3240 8900

Logan

39b Station Road
Logan Central QLD 4114
☎ 3240 8900

Loganlea

Unit 4 | 653 Kingston Road
Loganlea QLD 4131
☎ 3240 8900

Northgate

313 Melton Road
Northgate QLD 4013
☎ 3240 8900

Woolloongabba

55 Annerley Road
Woolloongabba QLD 4102
☎ 3240 8900

CRISIS SUPPORT



Police, Fire, Ambulance	000
Lifeline (Crisis Support)	13 11 14
Alcohol & Drug Info Service	1800 177 833
ATSILS (legal advice, 24 hrs)	1800 012 255
Beyond Blue	1300 224 636
Brisbane DV Service	3217 2544 Kids
Brisbane Homeless Outreach	3834 1673
Centrelink Indigenous Line	1800 136 380
DVConnect (men)	1800 600 636
DVConnect (women)	1800 811 811
Gambling Helpline	1800 858 858
HART 4000 (homeless support)	3004 0100
Helpline	1800 551 800
Homeless Hotline	1800 47 47 53
MensLine Australia	1300 789 978
MH CALL (advice, referral)	1300 64 22 55
Micah Projects—Home for Good	3036 4444
Murri Watch	3891 2822
National Debt Helpline	1800 007 007
Parentline	1300 301 300
QLife (LGBTIQ+ advice)	1800 184 527
Relationships Australia	1300 364 277
St Vinnies (food & clothing)	1800 846 643 13
HEALTH (advice)	13 43 25 84
13YARN (crisis support)	13 92 76
1800RESPECT	1800 737 732

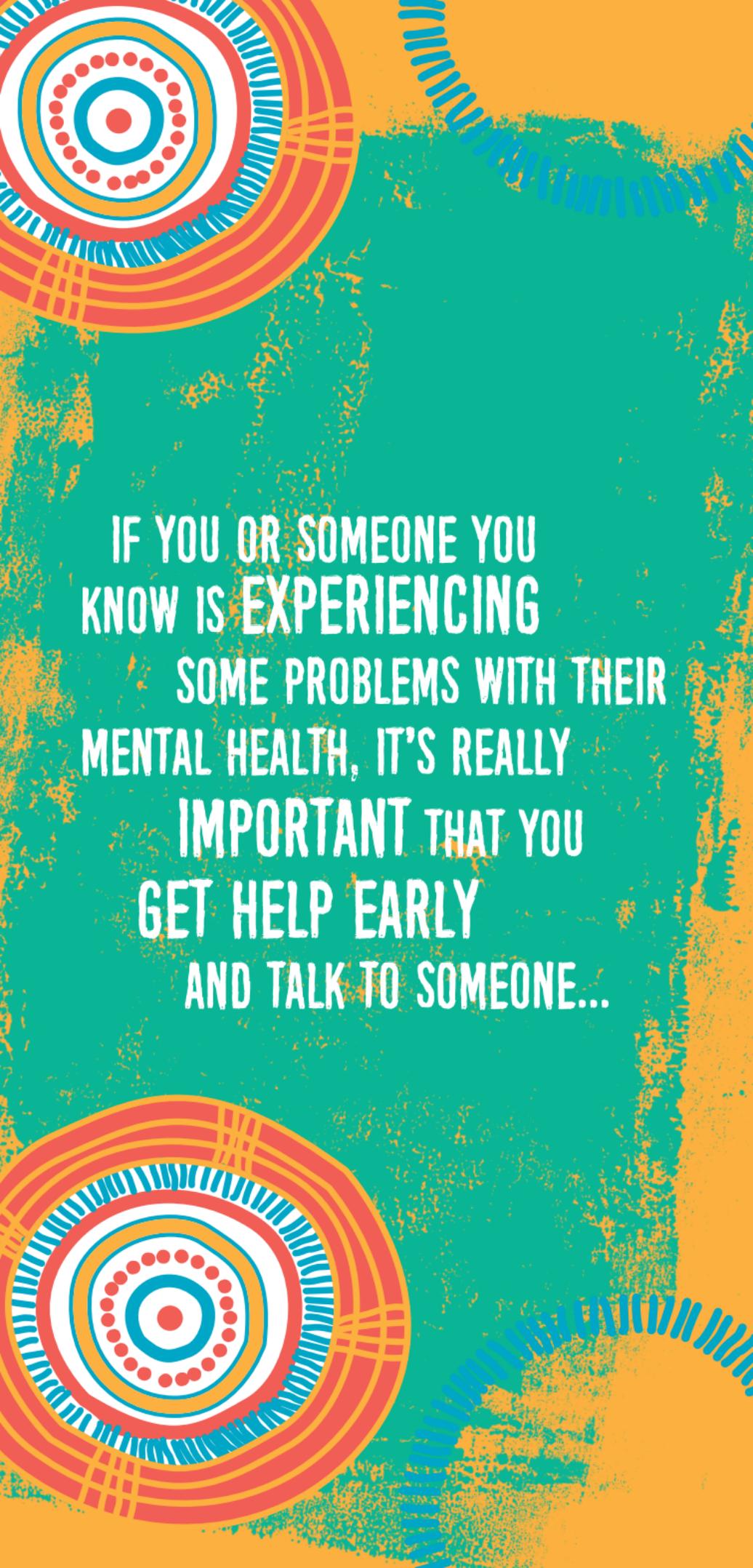


SOCIAL HEALTH AND WELLBEING PROGRAM



ATSiCHS
BRISBANE

**NO SHAME
IN TALKIN'
ABOUT IT!**



IF YOU OR SOMEONE YOU
KNOW IS EXPERIENCING
SOME PROBLEMS WITH THEIR
MENTAL HEALTH, IT'S REALLY
IMPORTANT THAT YOU
GET HELP EARLY
AND TALK TO SOMEONE...

Talk with someone who understands...

We all have good days and bad days. Our Social Health team is skilled and qualified to help you with a range of things.

We can:

- help you find information about your wellbeing
- provide you with support and skills to get through the difficult times.

Do I need a referral?

Yes. Ask one of our GPs at our clinic for a referral to our social health team. To be eligible for a referral, you must identify as Aboriginal and/or Torres Strait Islander and be up to date with your health check (715). You might also need a current GP mental health care plan if you see a psychologist.

Your information is confidential and kept private.

Is there a cost?

No, our social health and wellbeing program is FREE.

Who are our staff?

Our team is made up of a number of professionals.

- Psychologists – are trained professionals who can provide treatment for conditions diagnosed by your doctors and for a range of problems affecting your social and emotional wellbeing.
- Care Coordinators/Case Managers/Intake – are trained professionals who help individuals and families cope better with problems. Care Coordinators/Case Managers/Intake work closely with clients and their families to identify their needs, goals and resources to achieve these. They also support you in seeking out practical solutions for social concerns, i.e., housing and family conflict.
- Counsellors – are trained professionals who can provide help with a range of issues. They can provide emotional support and help you learn skills for a range of issues, e.g., depression, anxiety, trauma, grief and loss, work stress, identity/cultural issues, family conflict and anger issues.



GOING
THROUGH
A DIFFICULT
TIME?

When to seek counselling

You're not alone. Most people struggle emotionally with problems at some stage in their life – this does not mean we are 'weak', 'womba' or 'crazy'. Counsellors and psychologists help us 'weather the storm' of life when we start to feel as though the sun will never come out.

What happens in the first session?

We will get an understanding of your story, your problems and the things you are doing well. This helps to set goals for your next sessions.

How many times do I need to go before I feel better?

Everyone is different – some people may have positive effects from short-term support, and others may require ongoing support. Speak to your social health worker to see what best supports your needs.

