



Perinatal Mental Health & Wellbeing Support

Assessment & Treatment Services

- 000 – Imminent risk
- 1300 MH CALL - ph. 1300 64 22 55 – 24hr/ 7 days a week for advice, triage and assessment services and urgent or crisis situations -diverts to local mental health service
- **Logan Beaudesert Perinatal Wellbeing Service.** Ph. 3089 2734 Monday – Friday, 8am- 4.30pm wellbeingperinatal@health.qld.gov.au Website: metrosouth.health.qld.gov.au/wellbeing-program. **Specialist assessment and brief intervention & treatment for women 18 years +/- families living in Logan Beaudesert from preconception to 1 year post birth.**
- Headspace – 12yr – 25yrs. Provide mental health and physical health services, work and study support and alcohol and drug counselling
 - Woolloongabba, 182 Logan Rd, ph. 3249 2222.
 - Meadowbrook. 260 Loganlea Rd, ph. 3804 4200
- CYMHS - Logan Central & Beenleigh : ph. 30894100, Greenslopes, Inala
- GPs
- Referral to private perinatal psychiatrist for treatment plan (291)
- Private psychiatrists
- Perinatal ATAPS

Alcohol and Drug Services

- Metro South Addiction Services – Assessment, treatment, counselling, opiate replacement, outpatient withdrawal, group programs, support and information, alcohol and drug homeless team, needle syringe program.
 - Browns Plains: ph. 3412 3100, Inala, ph. 3275 5300, Logan Central, ph. 3089 4084, Bayside, ph. 3825 6060 (outreach to Beaudesert, Beenleigh, Ellen Grove, Stradbroke Island)
- AMEND, Brisbane & Logan: ph. 1300113397. Provide relapse prevention and parenting enhancement program for pregnant and parenting women and their families with substance misuse problems. CBT based, 18 sessions in home, free.

Multicultural Services

- Queensland Transcultural Mental Health Service. Ph. 3167 8333. State-wide CL Service, transcultural secondary assessment services, bicultural support services, information, resources and education.
- Multilink, 38 Blackwood Rd, Woodridge. 38084463. Provide migrant services, settlement support, child, youth and family services, playgroups, language support.
- ACCESS Community Hubs program Ph: 34128222 www.communityhubs.org.au. Located at 5 schools: Woodridge State & Woodridge North Schools; Mabel Park School; St Francis College; St Paul's Catholic Primary. Links families from culturally and linguistically diverse backgrounds to support, learning opportunities and the wider community.



Aboriginal and Torres Strait Islander Services

- ATSI CHS: Woodridge: ph. 32408940, Browns Plains, ph. 3239 5300, Acacia Ridge, ph. 3029 6502. Provide primary health care: GP, dental, mental health, child family and maternal, diabetes, ophthalmology, optometry, podiatry and dietary.
- Woodridge Mums & Bubs, 5 Charles Avenue, Woodridge, ph. 3029 6527. Provide GP services, RN, midwife, Child Health nurse with access to Paediatrician, speech Therapist, Hearing services and OT
- Logan hospital Group Practice Midwifery Service for ATSI women/ families – provides continuity type model of care with home visiting for ATSI women booked to Logan hospital with Indigenous health worker support
- Ganyjuu, Family and Child Centre, Glenda St, Waterford West. Ph. 1800 794 303. Provides family support and Transition 2 Kindy program playgroup for 2 ½ to 4 ½ year aged children.
- Mununjali, 35 Anna St, Beaudesert. Ph. 5541 2575. Provides youth support, housing and education support.
- Early Years Centre – Benevolent Society provide ATSI parent/ carers and children's group. (see details below in 'Family Supports').
- Gallang Place. 57 Southgate Avenue, Cannon Hill. Ph. 38995041. Provides culturally relevant support and counselling around a range of issues including family conflict, health and wellbeing, drug and alcohol misuse.
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Counselling Services

- Pregnancy Counselling Link (PCL) – Professional telephone, face to face or email counselling
 - Pregnancy or parenting issues, Fertility and reproductive issues
 - Loss and grief, Couple and family relationshipPh. 1800 777 690
- Sids and Kids –24 hr. Bereavement support line, - ph. 1300 308 307
- SANDS –24 hr. miscarriage, stillbirth and neonatal death support line as well as group support meetings available
Ph. 1300 0 SANDS – 1300 0 72637
- Women's Health Information Line – free QLD information and referral service – ph. 38399988 + midwifery support line
- Logan Women's Health Service, Springwood. ph. 38089233
 - Counselling, emotional and mental health resources and education
- DV connect. Ph. 1800 811 811 provide support around relationship violence, crisis support
- WAVSS – Woodridge. Ph. 38085566. Provide counselling for women and children around violence, information, crisis and court support
- Lifeline ph. 13 11 14 – 24hr/ 7 day crisis support, counselling.



Child and postnatal supports

- Child Health Services
 - Information on infant feeding, settling and sleep, breastfeeding education, parenting support, Drop in clinics for new parents
Ph. 1300 366 039 re clinic locations
- 13 Health – ph. 13432584 – 24 hrs/ 7 days week
- Ellen Barron – tertiary Child Health centre – GP/ child health nurse referral required. Ph. 3139 6500
- Australian Breastfeeding Association. Group support & Breastfeeding helpline –
Ph. 1800 686 268

Perinatal Mental Health/illness Support Services

- Peachtree – website, factsheets, perinatal peer support groups at Bulimba, Stafford, Caboolture, Caloundra
peachtree@peachtree.org.au, groups @peachtree.org.au
- Beyond blue – information, factsheets, support resources
- PANDA - website, factsheets, phone support (10 – 5pm Mon- Friday)
ph. 1300 726 306
- Black dog- information and factsheets. www.blackdog.org.au
- MotherToBaby (medications and more during pregnancy and breastfeeding) –American Teratology Specialist advice. www.mothersbaby.org.au

Family supports/ Non-Government Organisations

- Parent line. Ph. 1300 30 1300. Provides online information, phone and web counselling, factsheets. www.parentline.com.au
- Family and Child Connect ph. 13FAMILY – ph. 133264
(Brisbane, Browns Plains, Beaudesert, Logan, Bayside, Ipswich, Gold Coast) Information and advice, facilitate referrals for intensive family support provider services for at risk families/ families with complex needs
- Kingston East Neighbourhood Centre-177 Meakin Road, Slacks Creek. Ph. 38081684
 - Provides childcare, playgroups, counselling, family support, supported accommodation, family hub
- Eagleby Family Centre, 1 Bishop St, Eagleby:
 - provide a range of services including early parent groups, early parents group, multicultural groups, immunisation clinic, budgeting course, free food
- Early Years Centre – Benevolent Society: Browns Plains – ph. 3386 9000;
Beaudesert – ph. 55401500; Acacia Ridge – ph.33208400
 - Parenting programs, counselling, child care, antenatal services, child health services, groups for parents and babies, young parent groups, Premmies group, Toy library, ATSI parent/carers and children's group