

Mental Health, Suicide Prevention and Alcohol and Other Drug (MHSPAOD)



Background

We have collected information from Brisbane South PHN's mental health, suicide prevention and alcohol and other drug commissioned service providers and relevant stakeholders. Please be aware that this may not be a full representation of all Brisbane south service providers.



Emergency and Crisis Supports

Organisation	Services offered	Phone
000	Do you want Police, Fire or Ambulance?	000
Lifeline	24-hour crisis support and suicide prevention services	13 11 14 TEXT 0477 13 11 14
1300 MH Call	Mental health telephone triage service	1300 642 255
13 Yarn	Crisis support 24/7 to yarn with without judgement and provide a confidential, culturally safe space to yarn about needs, worries or concerns	13 92 76
Suicide Call Back Service	24/7 phone and online counselling to people affected by suicide.	1300 659 467

Support Lines

Organisation	Services offered	Phone	Availability
Mental Health Supports and Services			
Head to Health Phone Service	Nationwide Mental Health support, referrals and online resources including programs, apps and forums	1800595212	Monday-Friday 8.30am – 5pm
Beyond Blue	Access mental health professionals, peer support, information and advice to seek further support	1300 224 636	24/7
Griefline	Griefline provides free counselling support to anyone experiencing grief, loss and the many related feelings that occur as a result.	1300 845 745	8am – 8pm
Carer and family Support			
Arafmi - 24hr Carer Support Line	Available for those caring for or about a relative/friend with a psychosocial disability. Share your feelings, receive support, find new resources and learn helpful coping skills to help you in your caring role	1300 554 660 07 3254 1881	24/7
PANDA	Providing a safe and confidential space for any expecting or new parent needing support with the challenges of becoming a parent.	1300 726 306	Monday-Friday 9am – 7.30pm Saturday 9am – 4pm
Parentline	A confidential telephone service providing professional counselling and support in Queensland and the Northern Territory.	1300 301 300	8am – 10pm
Child and Youth			
Kids Helpline	Confidential and anonymous, telephone and online support for people aged between 5 and 25	1800 551 800	24/7
ehheadspace	Chat privately with professional counsellors via phone or webchat, access online tools and resources	1800 650 890	Phone and webchat 9am-1am
Eating disorders and body image			
Butterfly Foundation	information, counselling and treatment referral for people with eating disorders, and body image and related issues.	1800 33 4673	8am - Midnight
First Nations Support			
Mob Link	Staffed by a deadly team of Intake Officers, Nurse, Doctors and Social Workers from across the region. When you call, Intake Officers will yarn with you to work out what you need.	1800 254 354	7am – 7pm
Men's Support			
Mensline Australia	Telephone counselling and online chat to men having relationship and family problems.	1300 789 978	24/7

Mental Health Services

Organisation	Phone	Email
Micah Projects	07 3036 4444	info@micahprojects.org.au
Stepping Stone	07 3847 1058	
Neami National (Head to Health Service)	1800595212	bs_headtohealth_IAR@neaminational.org.au
Wesley Mission Queensland - Psychological Therapies Program	07 3151 3840	ptintake@wmq.org.au
Accoras	07 3727 5022	info@accoras.org.au
Headspace Inala	07 3727 5000	headspaceinala@accoras.org.au
Headspace Beaudesert	07 5515 1800	headspace.Beaudesert@stride.com.au
Headspace Meadowbrook	07 3804 4200	headspace.Meadowbrook@stride.com.au
Headspace Woolloongabba	07 3249 2222	headspace.Woolloongabba@stride.com.au
Headspace Capalaba	1300 851 2	headspaceCapalaba@wmq.org.au
Wesley Mission - Way Back Support Service	0419487727	faxwaybacksupportservice@wmq.org.au
Lives Lived Well	1300 727 957	Info@liveslivedwell.org.au
QPASTT	07 3391 6677	connect@qpastt.org.au
Fortify Health Group	07 3416 6660	info@fortifyhealth.com.au
Stride	1300 001 907	brisbanesouthhub@stride.com.au
Change Futures	07 3857 0847	
World Wellness Group	1300 079 020	

Perinatal Health Services

Organisation	Phone	Email	Service Summary
Peach Tree Perinatal Wellness		southbrisbane@peachtree.org.au	

Alcohol and Other Drugs Services

Organisation	Phone	Email	Emergency supports
QuiHN (Redlands)	07 3620 8111	redlandsreferrals@quihn.org	Phone QuiHN on 07 3620 811 NSP open at QuiHN's Bowen Hills office on limited hours during Xmas week NSP vending machines available at Metro South Addiction and Mental Health Service, Cleveland, and Gundu Pa, Wynnum

First Nations Services

Organisation	Phone	Email	Service Summary
ATSICHS Brisbane	(07) 3240 8900	southbrisbane@peachtree.org.au	Community referred to crisis and support lines available during closures
Yuli-Burri-Ba	07 34099596		Community referred to crisis and support lines available during closures
Inala Wangarra Inc.	07 3372 2333	financeadmin@inalawangarra.com.au	ceo@inalawangarra.com.au