

General practice guide to free mental health, suicide prevention and alcohol and other drugs programs

Brisbane South PHN has commissioned free services for consumers in the region across all levels of the stepped care model.

Medicare Mental Health Phone Service	1800 595 212	Free phone referral and service navigation for people seeking help for mental and emotional wellbeing.
Medicare Mental Health Centres	1800 366 877 Logan and Redlands	Medicare Mental Health Centres provide free walk-in short term mental health support.

			Service / Organisation	Description	Eligibility
IAR-DST	Level 2 low intensity	Evidence-based support for individuals or carers experiencing mild distress, anxiety or general mental health concerns.	Wesley Mission Queensland Wellbeing Mental Health Program 07 3151 3840	Individualised support for low-intensity mental health concerns e.g. anxiety or distress.	16 years+
			World Wellness Group Problem Management Plus (PM+) CALD Program 07 3333 2100	Individualised brief interventions for CALD individuals with mental health concerns.	18 years+
			Peach Tree Perinatal Wellness Sunshine Parenting Program 0468 449 430	Peer-led group workshops on perinatal wellbeing and parenting.	18 years+ Mothers with babies 0-12months
	Level 3 moderate intensity	Evidence-based therapy for people with mild-to-moderate mental health concerns, or at risk of suicide or self-harm. A mental health treatment plan is recommended for coordinated care.	Change Futures Psychology in Aged Care (PAC) Wellbeing Program 07 3857 0847	Individualised psychological therapies for aged care residents.	Residents of aged care homes
			Wesley Mission Queensland Psychological Therapies Program 07 3151 3840	Individualised psychological therapies for mild-to-moderate mental health or suicide risk.	All ages
			Change Futures Psychological Support Program 07 3153 1093	Individualised psychological therapies for mild-to-moderate mental health or suicide risk.	All ages
			World Wellness Group Psychological Therapies Program 07 3333 2100	Individualised culturally tailored psychological therapies for CALD individuals.	All ages

			Service / Organisation	Description	Eligibility
IAR-DST	Level 2 low intensity	MHCCC offers structured, goal-focused clinical care to support recovery and improve quality of life.	Stride (MHCCC and CPSP) 1300 001 907	Individualised clinical care coordination and psychosocial support to improve recovery outcomes.	18 to 64 years
			Fortify Health Group (MHCCC and CPSP) 07 3416 6660	Individualised culturally appropriate clinical care coordination and psychosocial support to improve recovery outcomes.	16 to 65 years
		CPSP provides non-clinical, community-based support to enhance psychosocial functioning. A mental health treatment plan is recommended to support coordinated care.	Home and Healthy Program (CPSP) participating organisations: Micah Projects YFS Institute for South Brisbane Logan and Urban suburbs and Beaudesert Indigenous Redlands 07 3826 1500 Health (IUIH) 07 3029 7000 Brisbane South 07 3828 3600	Individualised support for people experiencing or at risk of homelessness including psychosocial recovery services.	16 to 64 years
			Brook RED (CPSP) 07 3343 9282	Peer-led group-based and individualised support for recovery, guided by lived experience.	16 to 64 years
			Stepping Stone Club House (CPSP) Logan, Redlands and south Brisbane suburbs 07 3847 1058	Peer-led group and individual support programs promoting recovery and psychosocial wellbeing.	18 years+
Suicide prevention		Support early intervention, education, and compassionate care for individuals, families and communities impacted by suicide.	Wesley Mission Queensland - The Way Back Support Service, Outside of Hospital Pathway 07 3151 3825	Psychosocial support for those who have attempted suicide or had a suicidal crisis to increase social connectedness, improve access to clinical and community support services.	15 years+
			Wheelnutz-Torque It Out Adult Male Mental Health Support Logan and surrounding suburbs 07 3416 0854	Walk-in, no appointment needed for adult males to engage with peers in an automotive environment.	Male 18 years+
			QPASTT Suicide Postvention Woolloongabba 07 3391 6677	Postvention suicide support service targeted to CALD individuals	16 to 65 years

		Service / Organisation	Description	Eligibility	
First Nations		Institute of Urban Indigenous Health (IUIH) Brisbane and Logan regions 07 3828 3600	Social and emotional wellbeing services for First Nations peoples.	All ages	
		Inala Wangarra 07 3372 2333	First Nations culturally appropriate postvention suicide support service.	First Nations community members	
Child and youth	IAR-DST	Level 2-4 low-moderate intensity	Headspace Capalaba Woolloongabba 1300 581 274 07 3249 2222 Inala Meadowbrook 07 3272 5000 07 3804 4200 Beaudesert 07 5515 1800	Individualised and group support for mental health, physical health, alcohol and other drugs, and work/study issues.	12 to 25 years
			Open Doors Youth Service Logan region 07 3257 7660	Individualised support for LGBTIQ+ youth focusing on mental health and wellbeing.	12 to 24 years
		Level 4 high intensity	QPASTT Nexus program 07 3391 6677	Individualised and group mental health support for refugee children and youth.	12 to 24 years
			Headspace Meadowbrook - Early Psychosis 0423 614 781	Individualised early intervention for young people at risk of psychosis.	12 to 25 years
			Accoras Psychosocial Support Program Logan and Beaudesert region 07 3727 5022	Individualised and family-based support for young people with severe and complex mental health concerns.	7 to 17 years

		Service / Organisation	Description	Eligibility
Alcohol and other drug support	Provides therapeutic and practical support to help individuals reduce or manage substance use, build coping skills, and improve wellbeing.	Anglicare Amend program 1300 114 397	AOD support program specifically for pregnant women and mothers.	All ages. For pregnant women and mothers
		Drug Arm Community and Family Support Service (CAFSS) 07 3620 8880	12-week counselling program for individuals with AOD issues, including psychoeducation, skill-building and counselling.	16 years+ for LLW programs, not limited to the below
		Lives Lived Well Logan, Beaudesert, Redlands and outreach to Southern Moreton Bay Islands 1300 727 957	AOD recovery services focusing on psychoeducation, skill-building and counselling.	18 years+ with a current or past substance use concern
		Queensland Injectors Health Network (QUIHN) Logan, Beaudesert, Redlands and outreach to Southern Moreton Bay Islands 1800 172 076		
		Mater Mothers' Hospital CHAMP at Home 30km radius of Mater Mothers' Hospital 07 3163 1760	In-home AOD and psychosocial support for pregnant women or mothers.	All ages, pregnant or birthed in last 6 months

This information is accurate as of April 2025. All information and content in this document is produced in good faith by Brisbane South PHN and is based on sources believed to be reliable and accurate at the time of development. Whilst every effort has been made to ensure information and content is up to date and accurate, viewers/readers should not rely on the data cited but treat it as indicative only. Brisbane South PHN does not accept any responsibility or liability for any loss or damage as a result of any errors, inaccuracies, incompleteness or any discrepancies in the data, nor does Brisbane South PHN guarantee or make any representations in the data.

Mental health referrals

Connecting patients to the right level of stepped care.

1

Understand your patient's needs.



2

Use the Initial Assessment and Referral Decision Support Tool to confirm the level of care required.



3

Use the following options to find services matched to the IAR level of care indicated:

You can...

Search the online Medicare Mental Health Service Finder.

medicarementalhealth.gov.au/service-finder-for-your-patients



Refer to the General Practice Guide To Mental Health Services (PDF).

bsphn.org.au/community-health/mental-health



Phone for mental health triage and referral support.

Medicare Mental Health Phone Service: **1800 595 212**

