


General Practice Guide for FREE Mental Health, Suicide Prevention and Alcohol and Other Drugs Programs


Brisbane South PHN has commissioned free services to ensure availability across all levels of the stepped care model.

Referrals	<p>Medicare Mental Health Phone Service 1800 595 212</p> <p>Free phone referral and service navigation for people seeking help for mental and emotional wellbeing.</p>	<p>Medicare Mental Health Centres - Logan and Redlands 1800 366 877</p> <p>Medicare Mental Health Centres provide free walk-in short term mental health support.</p>
	<p>If you are unsure of the level and type of support required, you can:</p> <p>Use the IAR-DST tool (Initial Assessment and Referral Decision Support Tool) via https://iar-dst.online/#/</p> <p>And/ or call the Medicare Mental Health Phone Service and a mental health clinician will complete an initial assessment and referral into an appropriate service or resource that matches the needs described.</p> <p>In a medical emergency, phone triple zero (000).</p>	
	 <p>SCAN to use the IAR-DST</p>	

All services listed:

- Do not require a mental health treatment plan.
- Service the Brisbane South PHN Region

Scan to view suburbs in our region:



	Level 2 - Low intensity			Level 3 - Moderate intensity			
	<p>Brief psychological interventions: evidence-based interventions for individuals, or their carers, who are experiencing low intensity distress, anxiety or other generalised mental health concerns</p>			<p>Psychological therapies: evidence-based therapeutic services for individuals experiencing mild-to-moderate mental health concerns, or those who have attempted or are at risk of suicide or self-harm.</p> <p><i>Mental health treatment plans are advised to ensure appropriate care coordination.</i></p>			
Service / organisation	<p>Wesley Mission Queensland - Wellbeing Mental Health Program</p> <p>07 3151 3840</p>	<p>World Wellness Group - Problem Management Plus (PM+) CALD Program</p> <p>07 3333 2100</p>	<p>Peach Tree Perinatal Wellness - Sunshine Parenting Program</p> <p>0468 449 430</p>	<p>Change Futures - Psychology in Aged Care (PAC) Wellbeing Program</p> <p>07 3857 0847</p>	<p>Wesley Mission Queensland - Psychological Therapies Program</p> <p>07 3151 3840</p>	<p>Change Futures - Psychology Support Program</p> <p>07 3153 1093</p>	<p>World Wellness Group - Multicultural Psychological Therapies Program</p> <p>07 3333 2100</p>
Description	Individualised support for low-intensity mental health concerns like anxiety or distress.	Individualised brief interventions for CALD individuals with mental health concerns.	Peer-led group workshops on perinatal wellbeing and parenting.	Individualised psychological therapies for aged care residents.	Individualised therapies for mild-to-moderate mental health or suicide risk.	Individualised therapies for mild-to-moderate mental health or suicide risk.	Individualised, culturally tailored therapies for CALD individuals.
Eligibility	16 years +	18 years +	18 years + Parents with babies 0-12 months.	Aged care residents in care facilities.	All ages	All ages	All ages

Level 4 - High Intensity					
<p>Mental Health Clinical Care Coordination (MHCCC): comprehensive, integrated clinical care coordination support that includes structured recovery and goal-oriented services to create significant improvement in individuals' quality of life, health, and wellbeing.</p> <p>Commonwealth Psychosocial Support Program (CPSP): non-clinical, community-based support that aims to improve an individuals, psychosocial functioning and achieve recovery goals.</p> <p><i>Mental health treatment plans are advised to ensure appropriate care coordination.</i></p>					
Service / organisation	<p>Stride (MHCCC and CPSP)</p> <p>1300 001 907</p>	<p>Fortify Health Group (MHCCC and CPSP)</p> <p>07 3416 6660</p>	<p>Home and Healthy Program (CPSP), participating organisations:</p> <p>Micah Projects - 07 3029 7000 <i>Southern Brisbane suburbs and Redlands</i></p> <p>YFS - Logan and Beaudesert regions 07 3826 1500</p> <p>Institute for Urban Indigenous Health (IUIH) - All Brisbane South 07 3828 3600</p>	<p>Brook RED (CPSP)</p> <p>07 3343 9282</p>	<p>Stepping Stone Clubhouse (CPSP) - Logan, Redlands and southern Brisbane suburbs.</p> <p>07 3847 1058</p>
Description	Individualised clinical care coordination and psychosocial support to improve recovery outcomes.	Individualised culturally appropriate clinical care coordination and psychosocial support to improve recovery outcomes.	Individualised support for people experiencing or at risk of homelessness, including psychosocial recovery services.	Peer-led, group-based and individualised support for recovery, guided by lived experience.	Peer-led group and individual support programs promoting recovery and psychosocial wellbeing.
Eligibility	18 to 64 years	16 to 65 years	16 to 64 years	18 to 64 years	18 years +

Suicide Prevention

	Suicide prevention and postvention programs aim to reduce the risk of suicide through early intervention, support, and education, while also providing compassionate care and resources to individuals, families, and communities affected by suicide.		
Service / organisation	Wesley Mission Queensland – Aftercare Outside of Hospital Pathway 07 3151 3825	Wheelnutz- Torque It Out Adult Male Mental Health Support 07 3416 0854	Inala Wangarra 07 3372 2333
Description	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.	Walk in, no appointment needed for Adult Males to engage with peers in an automotive environment.	First Nation's culturally appropriate postvention suicide support service.
Eligibility	16 years +	Male 18 years +, Logan and surrounding suburbs	18 years + Parents with babies 0-12 months.

Child and youth

IAR-DST	Level 2-4 - Low to High intensity			Level 4 - High intensity	
Service / organisation	headspace Capalaba 1300 851 274 headspace Inala 07 3272 5000 headspace Woolloongabba 07 3249 2222 headspace Meadowbrook 07 3804 4200 headspace Beaudesert 07 5515 1800	Open Doors Youth Service <i>Logan region</i> 07 3257 7660	QPASTT - Nexus Program 07 3391 6677	headspace Meadowbrook - Early Psychosis 0423 614 781	Accoras - Logan and Beaudesert region 07 3727 5022
Description	Individualised and group support for mental health, physical health, AOD, and work/study issues.	Individualised support for LGBTIQ+ youth focusing on mental health and wellbeing in Logan.	Individualised and group mental health support for refugee children and youth.	Individualised early intervention for young people at risk of psychosis.	Individualised and family-based support for young people with sever and complex mental health concerns in Logan/Beaudesert.
Eligibility	12 to 25 years	12 to 24 years	12 to 24 years	12 to 25 years	7 to 17 years

Alcohol and other drug support

First Nations

IAR-DST	Not applicable				Level 2-4 - Low to High intensity	Suicide Prevention	
Service / organisation	Anglicare - Amend Program 1300 114 397	Drug Arm - Community and Family Support Service (CAFSS) Program 07 3620 8880	Lives Lived Well (LLW) - Logan, Beaudesert and Redlands region, including outreach to Southern Moreton Bay Islands 1300 727 957	Queensland Injectors Health Network (QUIHN) - Logan, Beaudesert and Redlands region, including outreach to Southern Moreton Bay Islands 1800 172 076	Mater Mothers' Hospital CHAMP at Home - within approx. 30km radius from Mater Mothers' Hospital. 07 3163 1760	Institute of Urban Indigenous Health (UIH) - Brisbane and Logan regions 07 3828 3600	Inala Wangarra 07 3372 2333
Description	AOD support program specifically for pregnant women and mothers.	12-week counselling program for individuals with AOD issues, including psychoeducation, skill-building, and case management in individual and group settings	AOD recovery services focusing on psychoeducation, skill-building, and counselling.	In-home AOD and psychosocial support for pregnant women or mothers.	All ages Social and emotional wellbeing services for First Nations peoples.	First Nation's culturally appropriate postvention suicide support service	
Eligibility	All ages For pregnant women and mothers.	16 years +	18 years + Must have recently accessed detox or residential rehab, or be involved with the justice system.	All ages Pregnant or birthed within last 6 months.	Culturally appropriate mental health, alcohol and other drug treatment services and suicide prevention programs for the local Aboriginal and Torres Strait Islander peoples.	18 years + Parents with babies 0-12 months.	

How to make a referral



1. Utilise the **IAR tool** to determine what level of service is required.



2. Identify the preferred service and/or service needs required for your patient



3. Call **Medicare Mental Health Phone Service** or a **Medicare Mental Health Centre** to make a referral

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
- Logan and Redlands
1800 366 877

Medicare Mental Health Centres provide free walk-in short term mental health support.

If you are unsure of the level and type of support required, you can:

Use the [IAR-DST tool \(Initial Assessment and Referral Decision Support Tool\)](https://iar-dst.online/#/) via <https://iar-dst.online/#/>

And/ or call the Medicare Mental Health Phone Service and a mental health clinician will complete an initial assessment and referral into an appropriate service or resource that matches the needs described.

In a medical emergency, phone triple zero **(000)**.