

Mental Health, Suicide Prevention and Alcohol and Other Drug (MHSPAOD) Treatment Services in Brisbane South PHN region

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Background

Mental Health, Suicide Prevention and Alcohol and Other Drug Treatment Services

Our commissioned mental health, suicide prevention and alcohol and other drug (MHSPAOD) treatment services are designed to provide flexible support that is best suited to a person's individual needs. Support can be accessed in both group and individual settings. Our partners can assist you to identify which service will best suit your needs, there is no wrong point of entry, any of the listed organisations can help to get you started. Please click on the links below to contact our partners.

The following list refers only to partners offering services commissioned by Brisbane South PHN.

Brisbane South PHN Mental Health Referral Service

Enquiries: Monday to Friday, 8:30am– 4:30pm **Phone:** 07 3151 3841

Brisbane South PHN commissions organisations to provide free mental health services, including access to psychology and a range of individualised mental health services for people living in the Brisbane south region. The referral service is managed by Wesley Mission Queensland and is a dedicated support service for Brisbane south General Practitioners (GPs) and other referral partners.

How to refer:

1. Complete the Referral form, available under 'Mental Health' <https://bsphn.org.au/primary-care-support/forms-and-referrals/>
2. Fax to: 07 3539 6444, OR
3. Secure message via Medical Objects to the Referral Hub Brisbane South PHN Mental Health Referral Service WMQ (GW4106000JX)

There are a range of services available including brief mental wellbeing support, psychology, and clinical care coordination and psychosocial supports for people with severe or complex mental health conditions. The referral service will determine the best pathway for support or provide alternate options, based on the information included in the referral and from an initial discussion with the person and referrer. The service provider will then contact the individual to do an intake and assessment to confirm eligibility.

The GP will then be informed of which support pathway the person has been allocated to.

Brief Psychological Interventions

Brisbane South PHN commissions evidence-based brief psychological interventions designed to assist people experiencing, or caring for someone who is experiencing, low-intensity stress/distress, anxiety, or other generalised mental health concerns. Sessions may include peer support, coaching, psycho education, problem solving and practical skills building.

Services can be accessed in individual and group settings.

Brief psychological interventions can be accessed via the following referral sources:

- Self
- Friends and family
- General Practitioner (GP)
- Hospital and Health Service
- Other allied health professionals
- Community-based organisations

Wellbeing Mental Health Program	Evidence-based, short-term psychological interventions delivered by Wesley Mission in line with individual goals. Sessions may include peer support, coaching, psycho education, and assistance with developing practical supports and life skills.	Across the Brisbane south region	16 years and older	Enquiries PH 07 3151 3840 REFERRAL FORM https://www.wmq.org.au/services/mental-health-services/wellbeing-mental-health-service
Multicultural Problem Management Plus (PM+) CALD Program	Evidence-based, short-term psychological interventions delivered by World Wellness Group in line with individual goals for people from culturally and linguistically diverse backgrounds and communities. Sessions may include peer support, coaching, psycho education, and assistance with developing practical supports and life skills. Additional issues that may be addressed may relate to CALD specific experiences.	Across the Brisbane south region	18 years and older	Enquiries PH 07 3333 2100 EMAIL mentalhealth@worldwellnessgroup.org.au WEBSITE https://worldwellnessgroup.org.au/culture-in-mind/our-services/problem-management-plus-pm/ REFERRAL FORM https://worldwellnessgroup.org.au/wp-content/uploads/2020/01/MHS-Referral-Form-2020.docx

Mild to Moderate Mental Health Services

Brisbane South PHN commissions evidence-based mental health programs designed to assist people experiencing mild to moderate mental health concerns or people who have attempted or are at risk of suicide or self-harm. Services can be accessed in individual and group settings via the following programs:

- Change Futures - Psychology in Aged Care (PAC) Wellbeing Program
- Psychological Therapies
- Multicultural Psychological Therapies

Mild to moderate mental health services can be accessed via the following referral sources (unless otherwise specified):

- General Practitioner (GP)
- Psychiatrist
- Residential Aged Care Facility (RACF) staff
- Hospital and Health Service
- Other allied health professionals
- Community-based organisations

Psychology in Aged Care (PAC) Wellbeing Program	Evidenced-based psychological therapies delivered by Change Futures for people living in residential aged care facilities. In addition to the referral sources listed for all mild to moderate mental health services, referrals can be made by: <ul style="list-style-type: none"> • Residential Aged Care Facility (RACF) staff 	Across the Brisbane south region	65 years and older	Enquiries PH 07 3857 0847 EMAIL racmentalhealth@changeutures.org.au WEBSITE https://www.changeutures.org.au/our-services/specialist-services/aged-care-residents/
Psychological Therapies Program	Evidence-based, short-term psychological interventions delivered by Wesley Mission Queensland for people who are socioeconomically disadvantaged, and have at least one of the following contributing factors: <ul style="list-style-type: none"> • Experiencing or at risk of homelessness • Experiencing perinatal depression/anxiety • At risk of suicide or self-harm • Identifying as lesbian, gay, bisexual, transgender, intersex and/or questioning • Identifying as an Aboriginal and/or Torres Strait Islander person • Experiencing domestic and/or family violence • A child under the age of 12 years who has, or is at risk of developing, a mild to moderate mental illness or behavioural or emotional disorder 	Across the Brisbane south region	All ages	Enquiries PH 07 3151 3840 or FAX 07 3539 6445 REFERRAL FORM https://www.wmq.org.au/files/sharedassets/public-website/resources/brochures/mental-health-services/psychological-therapies-form/forms/referral-form-wmq.pdf SECURE MESSAGE QW410600LX Wesley Mission QLD Psychological Therapies

	<p>In addition to the referral sources listed for all mild to moderate mental health services, referrals can be made by:</p> <ul style="list-style-type: none"> • Paediatrician 			
<p>Multicultural Psychological Therapies Program</p>	<p>Evidence-based, short term psychological interventions delivered by World Wellness Group for people who are from culturally and linguistically diverse backgrounds who:</p> <ul style="list-style-type: none"> • Identify as culturally and linguistically diverse • Experience cultural barriers to accessing mental health services • Have no Medicare and are socially isolated • Are refugees/people seeking asylum/people with refugee experience, have migration and acculturation stressors, are of minority ethnic status, have experienced intergenerational conflict and those with multiple identity issues • Present with elevated levels of vulnerability/complexity • Are experiencing financial hardship with no medical services available • Are experiencing mild to moderate mental health issues requiring urgent intervention 	<p>Across the Brisbane South region</p>	<p>All ages</p>	<p>Enquiries PH 07 3333 2100</p> <p>EMAIL mentalhealth@worldwellnessgroup.org.au</p> <p>REFERRAL FORM https://worldwellnessgroup.org.au/wp-content/uploads/2020/01/MHS-Referral-Form-2020.docx</p> <p>WEBSITE https://worldwellnessgroup.org.au/mental-health-and-wellbeing-services/</p>

Severe and Complex Mental Health Services

Brisbane South PHN commissions evidence-based mental health programs that are designed to assist people experiencing severe and/or enduring mental health concerns and associated complexities. Services can be accessed via the following programs:

- Mental Health Clinical Care Coordination (MHCCC)
- National Psychosocial Support
- headspace Early Psychosis
- Continuity of Support (closed program)

Mental Health Clinical Care Coordination (MHCCC)

MHCCC provides both clinical and non-clinical psychosocial supports designed to improve social skills and build psychological and functional capacity, assisting individuals and their families to manage their mental illness and promoting the increase of social and economic participation. Clinical care and coordination may include intake, triage, and assessment to ensure appropriate treatment, coordinating services, care planning and support. MHCCC programs offer both group and individual therapies.

MHCCC services can be accessed via the following referral sources:

- Self
- Friends and family
- General Practitioner (GP)
- Hospital and Health Service
- Other allied health professionals
- Community-based organisations
- Psychiatrists

Mental Health Clinical Care Coordination (MHCCC)	Stride MHCCC program provides clinical care and coordination and non-clinical psychosocial support for an individual experiencing mental ill-health that is significantly impacting their social, emotional, personal and work-life.	Across the Brisbane south region	18 to 64 years	Enquiries PH 07 3914 9930 Email: BrisbanesouthMH@stride.com.au WEBSITE www.Stride.com.au
Mental Health Clinical Care Coordination (MHCCC)	Harmony Place MHCCC program provides clinical care and coordination and non-clinical psychosocial support for culturally and linguistically diverse (CALD) people experiencing mental ill-health that is significantly impacting their social, emotional, personal and work-life. CALD services are delivered in a culturally appropriate manner with interpreters available where required.	Brisbane and Logan/Beaudesert	18 to 64 years	Enquiries PH 07 3412 8222 WEBSITE http://harmonyplace.org.au/

National Psychosocial Support (NPS)

NPS offers evidence-based supports underpinned by the principles of recovery. NPS programs have been designed to build psychosocial functioning and capacity by assisting individuals and their families to manage mental health and wellbeing, increase social and economic participation, and complement existing health services and supports (e.g. physical health and mental health service supports). Psychosocial support can be accessed in both individual or group settings.

NPS services can be accessed via the following referral sources:

- Self
- Friends and family
- General Practitioner (GP)
- Hospital and Health Service
- Other allied health professionals
- Community-based organisations

Stride	Stride specialises in working with people experiencing enduring mental health and psychosocial complexity.	Across the Brisbane south region	18 to 64 years	Enquiries PH 07 3914 9930 WEBSITE https://stride.com.au/
Harmony Place	Harmony Place specialises in culturally appropriate responses tailored to CALD communities, and in working with people experiencing enduring mental health and psychosocial complexity.	Brisbane and Logan/Beaudesert	18 to 64 years	Enquiries PH 07 3412 8222 WEBSITE http://harmonyplace.org.au/
Gallang Place	Gallang Place is a trauma informed organisation providing social, emotional and well-being services including counselling and mental health supports to Aboriginal and Torres Strait Islander people, their families and the community.	Brisbane, Logan/Beaudesert and Redlands	18 years and above	Enquiries PH 07 3899 5041 WEBSITE https://www.gallangplace.org.au/
Brook RED	Brook RED is an entirely lived experience organisation. We use our personal experience as the foundation of our work in supporting people who are experiencing mental health concerns and/or distress.	Redlands/Bayside	18 to 64 years	Enquiries: PH 07 3343 9282 Website: brookred.org.au
Stepping Stone Clubhouse	Stepping Stone Clubhouse is a membership-based community of people enduring mental health complexities, who are dedicated to rebuilding their lives.	Logan, Redlands and Brisbane South	18years +	Enquiries PH 0738471058 WEBSITE https://steppingstoneclubhouse.org.au

Social and Emotional Wellbeing Services

Brisbane South PHN commissions culturally appropriate mental health, alcohol and other drug treatment services and suicide prevention programs to the local Aboriginal and Torres Strait Islander population in the Brisbane South PHN region.

Social and Emotional Wellbeing services can be accessed via the following referral sources:

- Self
- Friends and family
- General Practitioner (GP)
- Hospital and Health Service
- Other allied health professionals
- Other community organisations

Gallang Place	This service provides counselling and support to Aboriginal and Torres Strait Islander peoples and families across the Brisbane south region.	Across Brisbane South region	18 years and older	Enquiries PH 07 3899 5041 WEBSITE https://www.gallangplace.org.au/
Institute for Urban Indigenous Health (IUIH)	This service provides social and emotional wellbeing services to Aboriginal & Torres Strait Islander peoples. Staff include psychologists, case managers, counsellors, and group facilitators for peer support groups.	Brisbane and Logan	All	Enquiries PH 07 3828 3600 WEBSITE https://www.iuih.org.au/

Child and Youth Mental Health

headspace focuses on early intervention; headspace assists young people with mental health and wellbeing. The child and youth primary mental health service, in addition to the core headspace model, encompasses brief interventions (low intensity), psychological therapies (mild to moderate) and severe and complex programs to enable a comprehensive stepped care approach to young people across the continuum of need. Some services (including counselling and GP services) are also available with a current Medicare card and valid mental health treatment plan. Centres have a range of programs & activities; please contact the closest centre for details.

headspace services can be accessed via the following referral sources:

- Self
- Friends and family
- General Practitioner (GP)
- Hospital and Health Service
- Other allied health professionals

headspace Capalaba	headspace Capalaba is operated by Wesley Mission Queensland.	Redlands	12 to 25 years	Enquiries PH 1300 851 274 or FAX 07 3102 9218 WEBSITE https://headspace.org.au/headspace-centres/Capalaba/
headspace Inala	headspace Inala is operated by Accoras.	Brisbane	12 to 25 years	Enquiries PH 07 3272 5000 or FAX 07 3279 8444 WEBSITE https://headspace.org.au/headspace-centres/Inala/
headspace Woolloongabba	headspace Woolloongabba is operated by Stride.	Brisbane	12 to 25 years	Enquiries PH 07 3249 2222 or FAX 07 3038 3090 WEBSITE https://headspace.org.au/headspace-centres/Woolloongabba/
headspace Meadowbrook	headspace Meadowbrook is operated by Stride.	Logan and Beaudesert	12 to 25 years	Enquiries PH 07 3804 4200 or FAX 07 3539 9828 WEBSITE https://headspace.org.au/headspace-centres/Meadowbrook/

headspace Early Psychosis Program

headspace Early Psychosis Program specialises in working with young people who may be experiencing a first episode of psychosis who are exhibiting symptoms that may warrant a diagnosis of psychosis, and/or have been assessed as ultra-high risk, therefore not fully meeting the diagnostic threshold for a psychotic disorder.

headspace Early Psychosis Program can be accessed via the following referral sources:

- Self
- Friends and family
- General Practitioner (GP)
- Mental Health Service
- Alcohol and other drug treatment service
- Other community/health care service
- Education facility
- Public Hospital and Health Services (Gold Coast Health, Metro South etc) or private hospital Aboriginal and Torres Strait Islander specific services
- Other

headspace Early Psychosis Program	The headspace Early Psychosis Program is delivered across the region by Stride as an extension of the headspace model, and is located at headspace Meadowbrook	Across the Brisbane south region	12 to 25 years Experiencing symptoms psychosis or those at substantial risk of developing a psychotic disorder	Enquiries PH 07 3804 4299 or FAX 07 3539 9828 WEBSITE https://headspace.org.au/headspace-centres/meadowbrook/
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Suicide Prevention Services

Brisbane South PHN commissioned suicide prevention services are recovery focussed and underpinned by principles harm minimisation, psychoeducation and skill building through brief intervention, counselling, peer support and case management in individual and group settings.

Except for the PAUSE Program, suicide prevention services can be accessed via the following referral sources:

- Self
- Friends and family
- General Practitioner (GP)
- Hospital and Health Service
- Other allied health professionals

LGBTIQ+ Program	The LGBTIQ+ program delivered by Brook RED offers support for people who identify as Lesbian, Gay, Bisexual, Trans, Intersex, Queer/Questioning+ via peer support, skills development, and psychoeducation.	Redlands	16 years and older	Enquiries PH 07 3343 9282 WEBSITE https://www.brookred.org.au/
PAUSE Program	PAUSE is a short-term non-clinical follow up and support provided by Brook RED for people in the Logan Hospital catchment area, following self-harm or a suicide attempt, while awaiting connection to appropriate mental health care and social services.	Logan Hospital catchment area	16 years and older Referrals via Logan Hospital Emergency Department.	Enquiries PH 07 3343 9282 WEBSITE https://www.brookred.org.au/
NEXUS Program	The NEXUS Program is delivered by Queensland Program of Assistance to Survivors of Torture & Trauma (QPASTT) and offers individual counselling for children and young people from refugee backgrounds who may be at risk of suicide.	Across Brisbane south region	12 to 24 years	Enquiries PH 07 3391 6677 or FAX 07 3391 6388 WEBSITE https://qpastt.org.au/what-we-do/children-and-youth-programs

Alcohol and Other Drug Treatment Services

Brisbane South PHN commissioned AOD treatment modalities are underpinned by harm minimisation principles, psychoeducation and skill building through brief intervention, counselling, and case management in both individual and group settings.

It's recommended that referrals are initiated via self-referral however inquiries can be made by GPs and health professionals directly to the listed AOD treatment providers, or by contacting ADIS (Alcohol and Drug Information Service) on 1800 177 833 or through the website <https://adis.health.qld.gov.au/> to advise and connect with local services.

AMEND Program	The AMEND program delivered by Anglicare Southern Queensland specialises in supporting pregnant & parenting people who identify concerns related to substance use, and children and family members who may be affected.	Across Brisbane south region	18 years and older Women and children	Enquiries PH 1300 114 397 WEBSITE https://anglicaresq.org.au/children-and-families/family-and-relationship-support/support-for-families/amend-program/
Community & Family Support Service (CAFSS) Program	The CAFSS program delivered by Drug Arm specialises in supporting people who have recently assessed withdrawal management (detox) services or residential rehabilitation, and/or those involved with the justice system.	Across Brisbane south region	16 years and older	Enquiries PH 07 3620 8880 WEBSITE https://www.drugarm.com.au/how-we-help/adults/alcohol-and-other-drugs-support/
Lives Lived Well (LLW)	Programs delivered by LLW specialise in supporting people who have recently accessed withdrawal management (detox) services or residential rehabilitation, and/or are involved with the justice system.	Logan and Beaudesert	18 years and older	Enquiries PH 1300 727 957 WEBSITE https://www.liveslivedwell.org.au/
Queensland Injectors Health Network (QuiHN)	Programs delivered by QuiHN specialise in supporting people who have recently accessed withdrawal management (detox) services or residential rehabilitation, and people who are involved with the justice system.	Redlands, including outreach to Southern Moreton Bay Islands	18 years and older	Enquiries PH 1800 172 076 WEBSITE https://www.quihn.org/

www.bsphn.org.au

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