

SERVICE DIRECTORY

Directory Post-Separation Counselling

Greater Brisbane

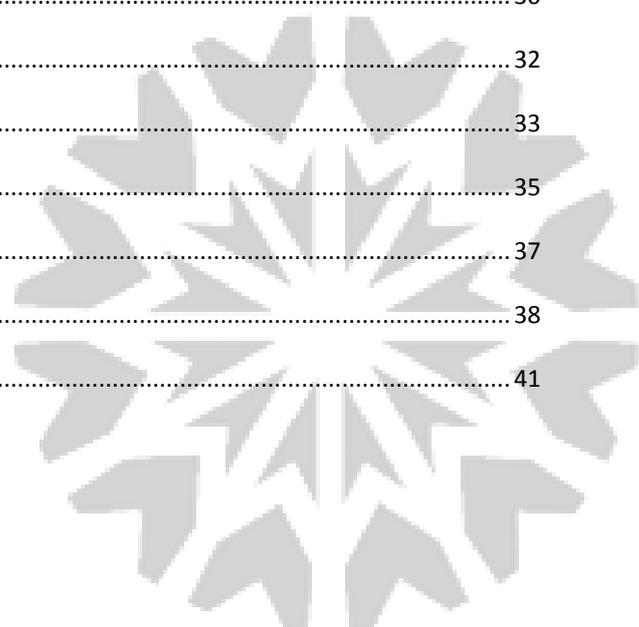
NOVEMBER 2018



GREATER
BRISBANE

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ABOUT THIS DIRECTORY

Separating families will often find various forms of counselling beneficial. In some instances, the assistance of counselling or psychiatric services will be necessary for the resolution of parenting and/or property matters in the family law system.

The Greater Brisbane Family Law Pathway Network (FLPN) is an initiative of the Australian Government Attorney General's Department. The overarching aim of a Family Law Pathways Network (FLPN) is to improve collaboration and coordination between organisations operating in the family law system in order to help separating and separated families obtain appropriate services.

By ensuring collaborative referrals and enhancing the understanding of available family services, the FLPNs represent an essential component of the Government's commitment to an accessible justice system that meets the needs of Australian families.

One way in which the Greater Brisbane FLPN aims to achieve that objective is to create comprehensive, useful directories of services so that professionals can assist their clients to access the services they need as quickly and seamlessly as possible.

Information has been drawn from Greater Brisbane FLPN members, other local service providers and existing local service directories and resources.

This directory is by no means exhaustive and there may be other therapists and counselling services that are not included herein.

To include, remove or change an entry please contact pathwaysprogram@raq.org.au. The Directory is updated on an as needs basis and every endeavour is made to keep it current.

Acknowledgements:

- *All activities undertaken by the Greater Brisbane Family Law Pathway Network are funded through the Federal Attorney General's Department as part of the national Family Law Pathway Network, an Australian Government Initiative.*
- *We appreciate Relationships Australia Queensland for auspicing the Greater Brisbane Family Law Pathway Network.*
- *Thanks to the Greater Brisbane Family Law Pathway Steering Committee for their input and support in the development of this Service Directory.*

FAMILY REPORT WRITERS, SOCIAL WORKERS AND PSYCHOLOGISTS

DR SARAH ANGEL

CLINICAL PSYCHOLOGIST, COUNSELLOR, FAMILY REPORT WRITER

www.psych-support.com.au

260 Petrie Terrace, Brisbane Qld 4000

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Email: info@psych-support.com.au

Further Information:

Dr Angel is a registered Clinical Psychologist, qualified by a Masters and Doctorate Degree in Clinical Psychology. She has been practicing as a highly regarded psychologist for over 19 years in both hospital and private practice settings.

Dr Angel is a full member of the Australian Psychological Society. She has co-written several books and written/produced relaxations CDs for adults and children. Ongoing professional development is maintained to constantly update her knowledge and professional skills.

With the wealth of experience gained from practice in both hospital and private practice settings, Dr Angel specialises in the treatment and assessment of psychological difficulties for adults, couples, children and families.

In addition to her general treatment work, Dr Angel has a specific area of expertise in the field of family matters particularly post separation. Dr Angel conducts family reports and consults for Child Inclusive Mediations (CIM). She also provides support to children post separation, assists parents manage difficult co-parenting relationships and provides family therapy. Her special area of interest is assisting broken families post separation, helping reunite parents and children across two family homes and assisting when a child may refuse visitation with a parent.

JOHANNA BAKERMANS

SOCIAL WORKER, FAMILY CONSULTANT, REPORT WRITER

Ladhope Chambers' office 501, level 5 131 Wickham Terrace Spring Hill Qld 4004.

PO Box 8237, Woolloongabba QLD 4102

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Mobile: 0407 764 695

E-mail: johanna.bakermans@ihug.com.au

<http://fcms-au.com/jbakermans.html>

Further Information:

Family Report Practitioner in Private Practice for the past ten years. Five years' experience in the fields of Child & Youth Mental Health and Child Protection. Fifteen years' experience with the Family Court of Australia as a counsellor/mediator, family therapist, case work supervisor and Director of the Court's Counselling Service. Nine years' experience as a Tribunal Member' including membership of the 'Children's Services Tribunal' and the 'Mental Health Review Tribunal. Johanna will travel intra and/or interstate where required.

LYNNE CLARK

SOCIAL WORKER AND FAMILY THERAPIST

Brisbane: Suite 74, Level 7, Silverton Place, 101 Wickham Tce, Brisbane.

Gold Coast: Suite 7, 5 Markeri Street, Broadbeach

Telephone: 0418 569 831

Email: lynclark@bigpond.net.au

Lynne has a Bachelor of Social Work and Master of Family Therapy Degrees and a Diploma in Dispute Resolution. She has practiced as a Family and Marital Therapist for more than 30 years and has specialised in the area of Separation and Divorce for the past 20 years. She is registered as a Dispute Resolutioner with the Attorney General's Department and is able to issue 60I Certificates under that section in the Family Law Act 1975. She is an accredited mental health worker with the Australian Association of Social Workers and a clinical member of the Australian Association of Family Therapists. She is a recipient of the North American Family Therapy scholarship and has trained and supervised both social workers and psychologists in both family therapy and dispute resolution. She is the author of "Separating Respectfully," written to provide separating parents with a structure in how to separate without causing emotional harm to their children. She offers a therapeutic Dispute Resolution process for parents and a child inclusive process, including children when required.

SUSAN DE CAMPO (LIFECARE)

REGISTERED COUNSELLOR, FAMILY REPORT WRITER, REGISTERED NURSE

Address: 2/27 Stoneham Street, Stones Corner Qld 4120

Phone: 07 3397 9665

Email: susan@lifecareconsultancy.com

Susan (MHSt(L&G) BA BCoun RN CertIV WkplAss&Trng MCNA MQCA(Fellow) PACFA Reg ARCAP Reg) is the Director and founder of LifeCare Consultancy. With **20 years' experience** in private practice as a Registered Counsellor specialising in loss and grief, young people and relationship therapy and over 30 years' experience as a Registered Nurse, Susan has a strong appreciation of the complexities associated with negotiating a relationship breakdown. As an accredited Regulation 7 Report Writer Susan provides expert evidence to the Federal Circuit, Family and Children's Courts of Australia. She teaches counselling related courses at UQ and QUT and delivers training and workshops both locally and nationally. Susan is also a Fellow of the *Queensland Counsellors Association*. (See also separate entry for LifeCare later in this directory.)

SUSAN GREGORY AND NARELLE NELLES – PARENTING AFTER SEPARATION

PSYCHOLOGIST AND SOCIAL WORKER

Organisation: Attachment Adoption and Relationship Consulting (AARC)

PO Box 9 Sandgate 4017

Telephone Number: 0427386904 (Susan) 0413425415 (Narelle)

Email address: susan@aarconsult.net narelle@aarconsult.net

Website: www.aarconsult.net

Further Information: A number of courses and counselling services available including the 'Parenting After Separation' course, helping parents focus on what is important in their relationship with their children in order to ensure the continued development of a healthy attachment.

ALLISON HAYNES

EDUCATION AND DEVELOPMENTAL PSYCHOLOGIST

Location: Morayfield
Phone: (07) 5495 6668
Email: allison@allisonhaynespsychology.com.au
Web: <http://allisonhaynespsychology.com.au/>

Further Information:

Provision of psychological services with a speciality in Autism Spectrum Disorders (ASD) including assessment, therapeutic intervention and support for parents. Experienced in all areas of child and adolescent psychology.

TERRI KELLY

FAMILY REPORT WRITER AND PSYCHOLOGIST

Bangalow Professional Centre, Suite 4, Lot 1 Ballina Road, Bangalow NSW 2479
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Web: www.terrikelly.com.au

Further Information:

Terri Kelly is a Psychologist and Accredited Regulation 7 Family Consultant in the Northern Rivers of NSW. Her goal is to help couples and individuals to find their way in life, heal from past wounds, grow into the person they want to become and, and thrive in their life and relationships. Specialising in Abuse, Anger Management, Anxiety, Child Psychology, Conflict Resolution, Couples Therapy, Custody issues, Depression, Forensic Psychology, Greif and Loss, Hypnosis, Pain Management, Parenting, PTSD, Relationships, Trauma, Work Related Issues and Expert Witness Services.

KAREN MARSHALL

PSYCHOLOGIST AND CHILD CONSULTANT

Email: paige18@ozemail.com.au
Mobile: 0411769883
Greater Brisbane Region

Further Information:

Karen Marshall provides Child Consultancy Services to families doing Mediation; Post-separation Counselling; Professional Supervision and Psychological Services including Family Therapy. A Registered FDRP, Karen has all relevant training in Mediation processes in a Family Law Context. Over the past 10 years she has worked Therapeutically with Family Systems and is passionate about

working in the best interests of children, both by providing them a voice and by making available to families relevant research and information to make wise decisions for their children, and ultimately for their families. Karen is strongly guided in this work by Family Systems Theory and by Child Development Theory. For the past seven years she has provided Clinical Supervision to other Professionals in the area of Family Mediation, but not only limited to this area of expertise. She is also a registered Supervisor with AHPRA and works with clients under the Medicare Mental Health Plan. Karen is able to provide Counselling to those going through change due to family law matters.

ROBYN-ANN MATHEWS

SOCIAL WORKER

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<http://www.fcms-au.com/rmathews.html>

Further information:

Robyn-Ann Mathews is an AASW Accredited Social Worker who has worked with children and families since 1980. Her experience includes 6 years with Dept Child Safety working in foster care; completing suspected child abuse and neglect assessments; adoption assessments; court work and case work with families. She broadened her expertise through work at the Royal Children's Hospital SCAN unit and Parent Aide unit. Robyn-Ann has been in private practice since 1987. After completing mediation accreditation in 1991, she continues to chair dispute resolution conferences for Legal Aid (Qld). She also provides mediation services on a private basis, both between parties and in a Child Inclusive Mediation process. Since 1995 she has prepared assessment reports for use in proceedings before the Family Court, Federal Circuit Court and Children's Court. From 2004 to 2008 she was a Regulation 8 Family Consultant. From 2009 until 2013 she worked as a Family Consultant at the Family Court and Federal Circuit Court. She then returned to private practice. Robyn-Ann is registered with the Attorney-General's Department to issue 60I Certificates under that section of the Family Law Act 1975. Robyn-Ann offers counselling to individuals, children and families; family dispute resolution / mediation and preparation of Court assessment reports. She has expertise in assisting parents to negotiate future parenting arrangements that are practical and in the children's best interests.

SEAN MORIARTY

FAMILY REPORT WRITER

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Fax: 07 3832 7006

Further Information:

Sean Moriarty has been involved in the preparation of Family Reports for the Family Court, Federal Circuit Court and Children's Court for 25 years. His areas of interest are interviewing of children, particularising abuse of children in a separated family context, interpreting information provided by children in the process of Family Reports and identifying strategies to assist co-parenting

MICHELLE QUIGLEY**FAMILY CONSULTANT/SOCIAL WORKER**

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admin@quigleysocialwork.com.au

<http://www.quigleysocialwork.com.au/>

Further Information:

Michelle Quigley is a Social Worker with a post graduate degree in family therapy in private practice specialising in the assessment of families and preparation of family reports to assist families involved in family law proceedings regarding parenting arrangements. Michelle is recognised as a Regulation 7 Family Consultant, preparing family reports directly for the Federal Circuit Court of Australia and the Family Court of Australia. Michelle is a registered Dispute Resolution Practitioner (Attorney Generals Department) and able to issue S601 Certificates. Contributing to Michelle's expertise is extensive experience in the assessment and treatment of children, and their families. This has been developed over a period of over twenty years working in a range of government services, in the areas of child and youth mental health, child development and parenting support and training.

Michelle conducts assessments for family reports, undertakes mediation including child-inclusive mediation and provides counselling to families engaged in the process of litigation.

EMMA RZOSKA**PSYCHOLOGIST, FAMILY REPORT WRITER AND REG 7 FAMILY CONSULTANT**

Psych Resolutions

3/24 Bulcock Street

Caloundra Qld 4551

Postal Address: PO Box 46 Caloundra Qld 4551

Phone: 07 3040 5012

Email: emmarzoska@psychresolutions.com.au

Web: www.psychresolutions.com.au

Further Information:

Emma Rzoska is a Sunshine Coast-based AHPRA Registered Psychologist listed as a Medicare Service Provider. Emma Rzoska has provided counselling and support for children, adults and families across a variety of settings since 1998. Emma Rzoska has extensive experience within the Family Law Courts and Family Law disputes. She is a specialist Family Report Writer. You can expect a high level of professionalism, integrity, sensitivity, neutrality and respect.

KEITH SEDGMAN

REG 7 FAMILY CONSULTANT / REPORT WRITER / FAMILY THERAPIST

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Keith Sedgman, BA [JCU], Grad Dip Counselling, Master in Social Sciences, BA [UQ] & Certificate in Dispute Resolution has formerly worked in Child Guidance Clinics [now CYMHS], Wilson Youth Hospital, Barrett Adolescent Psychiatric Centre, Children's Services Department [DOCS] and the Family & Federal Court, as well as being a past member of the Social Security Appeals Tribunal [SSAT] and the Children's Services Tribunal [CST].

Keith has had multiple peer reviewed professional journal articles published, as well as a book, as part of a Chief Justice's Scholarship and has presented at conference within Australia and overseas. He has been engaged in Children's Court and Family and Federal Court report writing, dispute resolution and counselling for 39 years.

Keith is available at his Gold Coast rooms Monday to Friday, generally, between 8.30am and 5.30pm, while also being able to travel intra and interstate, or overseas. Toowoomba and Brisbane colleagues have reciprocal arrangements in place to enable Keith to undertake reports and/or FDR at their premises, and for them to use his Gold Coast rooms.

GARY SHEPHERD

SOCIAL WORKER/MEDIATOR/FDRP/SOLICITOR

Shepherd Mediations
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Email: lowport@westnet.com.au
www.shepherdmediations.com

Further Information:

Gary Shepherd, LL.M., MSW, Grad. Dip. FDR, Notary Public, Dip. Counselling, is a Solicitor, Social Worker, Counsellor, and Nationally Accredited Mediator, and holds Masters Degrees in both Law [QUT] and Social Work [Monash University]. Gary has been a continuous member of the Queensland Law Society since 1980, and is registered with the Federal Attorney-General's Department as a Family Dispute Resolution Practitioner.

Gary is available Monday to Friday 9-5, and provides both mediation counselling services in relation to family law disputes relating to children and property matters. Gary is available to travel within Queensland for such purposes. Gary has held a practicing certificate as a Solicitor of the Supreme Court of Qld, continuously, for 38 years. He is also the co-author of SPOT [Separated Parenting Orders Training] an online programme, accessible through the 'Our Children Australia' website, and designed to assist parents with co-parenting after separation.

GRACE SILVESTRI

QUALIFIED SOCIAL WORKER / FDRP / TEACHER / TRAINER

Sedgman Silvestri Consulting Services
Suite 5, Level 1, Evandale Place
142 Bundall Road, Bundall, QLD 4217
Email: grace_s@iinet.net.au
Phone: 0400 717 054

Grace Silvestri, BA, Grad Dip Education, Master in Social Work, Grad Dip in Dispute Resolution & Certificate IV in Training & Assessment provides FDR, Psycho-educational training for family members or nominated parties to undertake voluntary supervision of parent-child/n contact and conjoint restorative family counselling to reconcile relationships and restore contact between disengaged or estranged parents and children.

Grace is engaged in a part-time dispute resolution agency role in Brisbane, and also manages a case-load of Separate Representative-referred Social Assessment Reports and hence, she is available at her Gold Coast rooms on Mondays and Fridays only, generally, between 8.30am and 5.30pm.

BERNADETTE STEIN

BSW MSW/REG 7 FAMILY CONSULTANT, SOCIAL WORKER/REPORT WRITER/COUNSELLOR

River City Psychology Centre, 101 Milton Street, Mackay Qld 4740

PO Box 8217, Mount Pleasant 4740
Phone: 0400 231595

Email: bs996409@bigpond.net.au

Services:

Family Report writing; family and individual counselling related to family law issues including reportable counselling; professional supervision; training/consultancy for small NGOs.

Bernadette worked in statutory child protection in Victoria and Queensland for 10 years, and was a children and family counsellor in the non-government sector for four years. She has been in private practice since 2006 and was appointed as a Regulation 7 Family Consultant in 2008. She is an AASW Accredited Social Worker, member of the AASW NQ branch committee, and a member of FLPA. She is able to provide court ordered and reportable counselling for children and families experiencing difficulties relating to family separation and court disputes. She works primarily in the Mackay Whitsunday area but is available to travel within Queensland if required.

BRISBANE CITY PSYCHOLOGISTS

Level 18, 141 Queen Street, Brisbane QLD 4000

Phone: 1300 751 204

Email: info@bcpsyc.com.au

Website: <https://www.brisbanecitypsychologist.com.au>

Services:

Our practice is open Monday through to Friday from 7:30 am to 7 pm.

Our Clinical Psychologists and Couples Counsellors have a proven track record in helping adults and couples overcome anxiety, depression, stress and relationship issues with evidence-based methods.

All our practitioners are Clinical Psychologists who have obtained the highest level of education, including Masters or PhD.

Our Current Practitioners and their background, experience and accreditations can be found here: <https://www.brisbanecitypsychologist.com.au/who-we-are/>

Fees and Rebates: <https://www.brisbanecitypsychologist.com.au/fees-and-rebates/>

Free Anxiety and Depression Self-Assessment: <https://www.brisbanecitypsychologist.com.au/anxiety-and-depression-test-k10/>

Free Depression Relapse Prevention Toolkit: <https://www.brisbanecitypsychologist.com.au/free-download-depression-relapse-prevention-toolkit/>

Other Free Resources: <https://www.brisbanecitypsychologist.com.au/blog/>

Issues we can help clients with:

- Anxiety disorders
- Blending Step-families
- Communication Skills
- Coping with Affairs
- Couples/Marriage Counselling
- Depression and Low Mood
- Coping with Relationship Break-ups
- Grief and Loss
- Emotional Dysregulation
- Difficult Life Transitions

MORAYFIELD PSYCHOLOGY CENTRE

ADULT, CHILDREN, FAMILY AND CORPORATE

Unit 5, Poinciana Street, Morayfield Qld 4506

Phone: 07 5495 6668

Fax 07 5495 6699

Email: admin@morayfieldpsychology.com

www.morayfieldpsychology.com

Further Information:

The Adult health service provides psychological assessment and treatment for individual adults and couples, group workshops on mental health and general well-being and a relaxation room opened to the public.

The Children & Family service provides mediation and independent assessment report for family court, psychological assessment and treatment for children (include all mental health issues, behavioural issues, developmental issues and neurological disorders), cognitive assessment for children and young people, parenting skills training (with one-way mirror provide live coach during parent-child interaction), group workshops for younger people and parents, such as anxiety group for children, social skill training for children with Autism Spectrum Disorder, and circle of support for parents and has staff who specialise in domestic violence and relationship counselling

The Corporate Service provides employee assistance program for companies and organisations.

Clients can initiate contact to our service and self-refer, or they can be referred by third parties. The service has psychologists who can provide services in other languages including Mandarin, Cantonese, and Malay.

RELATIONSHIPS AUSTRALIA

Relationships Australia Queensland (RAQ) is a leading provider of relationship and family support services. We believe healthy relationships are essential for the well-being of children, families and communities. RAQ in Central Queensland offers a range of services including domestic and family violence support services including counselling, children's counselling, court support, men's perpetrator programs; relationship counselling; victims of crime counselling and support services; family dispute resolution services; child contact services; parenting orders program; gambling help counselling and community education.

Client Contact Centre **1300 364 277**

RELATIONSHIP COUNSELLING

Counselling provides an opportunity to discuss and be supported to work through couples' issues, conflicts with friends, relationship breakdown (family, intimate partner, parental, social etc.). People may choose to attend counselling as an individual, couple or family.

VICTIMS OF CRIME COUNSELLING AND SUPPORT SERVICE

Provision of counselling and support for people impacted by a violent crime to assist their journey to recovery. This service also supports family members and friends of the victim and witnesses of a crime. Counselling is free.

GAMBLING HELP COUNSELLING AND COMMUNITY EDUCATION

For people who experience problems with gambling and the friends and family members of people who gamble. Free counselling for clients and community education for organisations. Free service. Please call 1800 858 858 to book an appointment or request community education from your nearest provider.

CHILDREN'S CONTACT SERVICE

The role of the Children's Contact Service is to promote and provide safe and positive contact arrangement for children whose parents are separated either with a parent or another significant family member such as a grandparent or step-parent. Supervised contact provides an opportunity for children to have safe and positive contact with their parents. Change over's at the contact service provide an opportunity for children to transition between parents or cares without conflict.

PARENTING ORDERS PROGRAM

The Parenting Orders Program (aka Keeping Up Contact) is an initiative funded by the Department of Families and Community Services. The intent of the program is to provide a service to parents and children from families who have separated and who are finding it difficult to comply with residence and contact orders made by the judiciary. The specific aims of the program are to reduce conflict between parents that is harmful to their children, assist parents in finding ways to meet contact arrangements without expensive litigation and reduce the breaching of court orders. Program participation is mandated by court order and the service is provided FREE of charge.

FAMILY DISPUTE RESOLUTION

Family Dispute Resolution is a process which helps people who are separating reach negotiated agreements on parenting, property and financial issues following separation. The process supports

good decision making that concerns your children and Solutions are negotiated and self-determined. The process assists in skill building for problem solving and conflict management and can encourage cooperation and improves communication and provides a structure in which future disputes can be resolved more readily. The process is cost effective and Services are private and confidential. This service can be accessed face-to-face, online or by telephone.

ROYAL COMMISSION SUPPORT SERVICES

The Royal Commission into Institutional Responses to Child Sexual Abuse will inquire into how institutions with a responsibility for children have managed and responded to allegations and instances of child sexual abuse. It will investigate where systems have failed to protect children, and make recommendations on how to improve law, policies and practices to prevent and better respond to child sexual abuse in institutions. The Commissioners can look at any private, public or non-government organisation that is, or was in the past, involved with children, including government agencies, schools, sporting clubs, orphanages, foster care, and religious organisations. RAQ has been funded to provide support to people affected by the Royal Commission. The program is called the Royal Commission Support Service (RCSS)

DOMESTIC AND FAMILY VIOLENCE COUNSELLING

To support aggrieved people experiencing (For at risk of experiencing) violence in their families. Counselling is individually tailored in response to the violence experienced with the aim to enhance the safety and wellbeing of the person and their family.

DOMESTIC AND FAMILY VIOLENCE CHILDREN'S' COUNSELLING

To support children impacted by and experiencing (or at risk of experiencing) violence in their families. Age appropriate therapeutic interventions are individually tailored in response to a child's experience of violence with the aim to enhance the safety, recovery and wellbeing of the child/young person and their family. Parents (or caregivers) are part of the child/young person's therapeutic intervention in recognition of the integral role they have in the ongoing development the child/young person.

INTENSIVE FAMILY SUPPORT SERVICE BEENLEIGH-NERANG

107/58 Manila Street, Beenleigh Qld 4207

Phone 3442 5900

Service Description: Family has a child or young person (unborn to under 18 years) and the family would benefit from access to family support services and the child is not currently in need of protection.

INTENSIVE FAMILY SUPPORT SERVICE LOGAN

Suite 3108, Portal Office Park, 2994 Logan Road, Underwood

Phone: 07 3270 6400

Family has a child or young person (unborn to under 18 years) and the family would benefit from access to family support services and the child is not currently in need of protection.

FAMILY RELATIONSHIPS SERVICES LOGAN INCLUDING FAMILY RELATIONSHIPS CENTRE, PARENTING ORDERS PROGRAM (IPSWICH/LOGAN/), CHILDREN'S CONTACT SERVICE LOGAN

25 Ewing Road, Logan Central 4114

30-38 Limestone Street, Ipswich

Phone: 3442 1500

Service Description: Provide Information, referrals and advice for families at any stage of their relationship, individual sessions, group and joint sessions, FRC provides Family Dispute Resolution to help families resolve conflict and develop workable arrangements for their children.

PARENTING ORDERS PROGRAM, CABOOLTURE

344 King Street, Caboolture Phone: 5452 9790

Service Description: The Parenting Orders Program/Post-Separation Co-operative Parenting services help separated or divorced families who are in high conflict to work out parenting arrangements in a manner that considers a child's best interests in establishing or maintaining relationships, while ensuring the safety of all parties. The services help parents manage their conflict and understand the effect their conflict is having on their children. They can then develop strategies to deal more constructively with each other and manage parenting arrangements. A variety of interventions are used, and family members, including children, can receive a range of services such as counselling, multi-sessions or one-off group work education.

SUPPORTING CHILDREN AFTER SEPARATION IPSWICH/LOGAN

25 Ewing Road, Logan Central 4114

30-38 Limestone Street, Ipswich

Phone: 1800 007 007

SUPPORTING CHILDREN AFTER SEPARATION CABOOLTURE

344 King Street Caboolture
Phone: 5452 9790

Service Description: Supports children with difficulties and challenges that arise from relationship breakdown between parents and family separation through counselling and group sessions.

MEN STOPPING VIOLENCE IPSWICH & MEN CHOOSING CHANGE CABOOLTURE

30-38 Limestone Street, Ipswich Phone: 07 3816 9623
344 King Street Caboolture Phone: 07 5428 4200
Referral process: Self/Agency/Court

Addressing domestic and family violence, perpetrator intervention program, court support, Women's Advocacy Service

IPSWICH COUNSELLING SERVICE

30-38 Limestone Street, Ipswich

Phone: 07 3816 9600

Referral: Self/Agency

Service Description: People who struggle with day to day life to make positive changes in their lives

FINANCIAL COUNSELLING FOR PROBLEM GAMBLING/FINANCIAL COUNSELLING/NATIONAL DEBT HELPLINE CHERMSIDE/LOGAN/IPSWICH

766 Gympie Road, Chermside

30-38 Limestone Street, Ipswich

25 Ewing Road, Logan Central

Phone: 1800 007 007

Referral: Self/Agency

Service Description: Help people become more financially resilient, educate rights and responsibilities in relation to credit and debt issues, and connect with other financial resources and services

FAMILY SUPPORT PROGRAM IPSWICH

30-38 Limestone Street, Ipswich Phone: 07 3816 9600

Referral: Self/Agency

Service Description: Support families experiencing disadvantage and the child is not currently in need of protection

BETTER RELATIONSHIPS

The Better Relationships Mental Health & Family Wellbeing services provide support to many different parts of our community throughout the greater Brisbane region and South-East Queensland. Anglicare SQ is a not-for-profit organisation delivering care and support services to the community. They do so on behalf of the Community Services Commission of the Diocese of Brisbane. Anglicare SQ offers Community & Aged Care services as well as Social Service programs.

Better Relationships provides counselling services for families, couples, men, women and children.

Phone: 1300 114 397

<http://www.betterrelationships.org.au>

221 Logan Road, Woolloongabba 4102

CHILD DEVELOPMENT SERVICE

The Child Development Service is to provide a trans-disciplinary early intervention developmental service for children experiencing complex multi-dimensional developmental conditions. The service focuses on children under eight years of age who have challenges in multiple areas of development. The service focuses on empowering families with a shared diagnostic understanding of their child's developmental and medical presentation and how they can best support their child across the life course. Referrals are accepted from General Practitioners, Child Health Nurses and Paediatricians. Enquiries accepted from parents and a referral form can be provided to support a GP referral.

Anglicare Central Queensland's Counselling and Family Support team works with adults, young people, children and families to improve their life skills, enhance their relationships, and increase their wellbeing. The Counselling and Family Support team provide three separate services which are available free of charge to community members. All services work with individuals and families to explore their situations and feelings, identify their goals, and develop a plan to achieve them. Our services are culturally sensitive, and we are experienced in working with Indigenous people and people from culturally and linguistically diverse backgrounds.

Anglicare Mental Health and Family Wellbeing Services includes several different counselling and support services.

Website: <https://lifecareconsultancy.com/>

Address: 2/27 Stoneham Street, Stones Corner Qld 4120

Phone: 07 3397 9665

Email: susan@lifecareconsultancy.com

Supervised Contact Enquiries: amelia@lifecareconsultancy.com

LifeCare is a private counselling practice which has grown to encompass a 'well-being' network of social science and health care professionals dedicated to assisting clients with the myriad of issues affecting them professionally, socially and privately in their personal lives. Our network encompasses professionals from a broad variety of disciplines and focus areas.

LifeCare provide professional counselling support and a range of counselling and related services to adults, young people, children and their families. All of the staff at LifeCare are highly trained and qualified professionals who hold current affiliation with their relevant professional accreditation authorities.

- Counselling
- Separation/relationship breakdown
- Grief and Loss
- Trauma
- Family Therapy
- Children's Supervised Contact Programs
- Family/Couples Mediation
- Family Law
- Medico-legal/Personal Injury
- Professional Development
- Professional Supervision

Supervised Contact Services:

- Supervised Contact (available on weekdays and weekends)
- Interactive Supervised Contact
- Changeovers
- Report Writing

DRUG AND ALCOHOL SERVICES

ALCOHOLICS ANONYMOUS (AA)

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to maintain sobriety and who offer to share their recovery experience freely with other who have a drinking problem. The program AA suggests consists basically of “Twelve Steps” designed for personal recovery from alcoholism The only requirement to be an AA member is the DESIRE to stop drinking.

Confidential help offered, Mondays to Fridays 10am - 6pm. Women-only groups available.

Annerley City Library Annexe, 450 Ipswich Road, Annerley

Postal: Annerley PO Box 299

Office Phone (07) 3255 9962 (10am–6pm, Mon–Fri)

AA Helpline (07) 3255 9162 (10am–10pm, 7 days)

Fax (07) 3392 6430

Email admin@csobrisbane.org

Helpline 1300 222 222

ALCOHOL AND OTHER DRUGS SERVICES IN QUEENSLAND

Alcohol and other drugs (AOD) services provide people with a range of interventions that influence and support the decision to reduce or cease harmful substance use.

Referrals to alcohol and other drugs services can come from the individual experiencing the problem, family and friends, community services, Hospital and Health Services, GPs, Police, Courts and Corrective Services.

The Alcohol and Drug Information Service (ADIS) offers confidential and anonymous telephone counselling and information for individuals, parents, and concerned others.

ADIS can undertake telephone assessments, provide information about the effects of specific drugs and provide advice on various treatment options. They can also help clients contact the best service for their needs.

ADIS is available 24 hours, 7 days a week (Queensland only) by **calling 1800 177 833** (freecall).

QUEENSLAND NETWORK OF ALCOHOL AND OTHER DRUG AGENCIES (QNADA)

Non-government organisations providing a range of alcohol and other drugs services including residential treatment, withdrawal management (detox), individual and family counselling, outreach, case management, intoxication management, continuing care and harm reduction services.

<https://qnada.org.au/>

NARCOTICS ANONYMOUS

Narcotics Anonymous is a non-profit fellowship or society of men and women for whom drugs had become a major problem. It comprises recovering addicts who meet regularly to help each other stay clean. Members of Narcotics Anonymous find unparalleled therapeutic value in one addict helping another through group experience.

Call **1300 652 820** or **0488 811 247**

www.na.org.au

COUNSELLING AND SUPPORT FOR CHILDREN

ILLOURA CHILD AND FAMILY COUNSELLING CENTRE - BEAUDESERT

31 Duckett Street, Beaudesert 4285

Phone: 5541 19 55

Mobile: 0439 760 903

Services available Tuesday, Wednesday, Thursday 8.30 am to 5.30 pm

Family and child focused counselling, Parenting courses, Family mediation. Premarital, Marriage/ Relationship Counselling. Child & Family Counselling & Mediation. Parenting Skills; Divorce Recovery; Anger Management; Addiction (Drug & Alcohol); Stress/ Depression; Sexual Abuse; Domestic & Family Violence; Seminars & Workshops; Support Groups; Practicum Placements for Counselling Students.

SEE ALSO – RELATIONSHIPS AUSTRALIA, UNITINGCARE, CENTACARE, ANGLICARE AND CHILD AND YOUTH MENTAL HEALTH SERVICES

ABORIGINAL AND TORRES STRAIT ISLANDER COUNSELLING AND SUPPORT SERVICES

ABORIGINAL COUNSELLING SERVICE - GALLANG PLACE

57 Southgate Avenue, Cannon Hill 4170

Phone: (07) 3899 5041

Fax: (07) 3899 5141

reception@gallangplace.org.au

<http://www.gallangplace.org.au/>

Providing culturally appropriate counselling and support services:

- youth,
- women
- relationships
- domestic violence
- grief and loss
- advocacy service for police, Centrelink, school issues etc.

RELATIONSHIPS AUSTRALIA

Members of the Aboriginal or Torres Strait Islander community you are encouraged to contact Relationships Australia. Relationships Australia works with clients and partner organisations to offer a quality service in a culturally sensitive and respectful manner. Relationships Australia respects that everyone is unique and are guided by your experience to help provide the support you or your family need to achieve your vision for wellbeing.

<https://www.raq.org.au/services/aboriginal-torres-strait-islander-program>

ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY HEALTH SERVICE (ATSICHS)

Aboriginal & Torres Strait Islander Community Health Service (ATSICHS) Brisbane Limited was formed by community members and concerned general practitioners as a small volunteer group in the early 1970s. The service provided primary health care to the Indigenous community around Spring Hill. Now the organisation has grown to be one of the largest Indigenous community organisations in Queensland and proudly remains community controlled and managed. ATSICHS provides a diverse range of health and ancillary services in a culturally appropriate setting to more than 12,000 clients throughout the greater Brisbane area.

ATSICHS Brisbane provides primary health care through its services across Brisbane: Brisbane, Acacia Ridge, Logan, Northgate, Jimbelunga, Woodridge, East Brisbane and Woolloongabba.

(07) 3240 8924 / 3240 8900

ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY HEALTH SERVICE (ATSICHS) SOCIAL HEALTH

No shame in talkin about it!

If you're not feeling as good as you know you should, you may need to yarn to someone.

If you or someone you know is experiencing some problems with their mental health, it's really important that you get help early and talk to someone.

Ask your GP for a referral to our Social Health Team.

Talk with someone who understands

We all have good days and bad days. Our social health team are skilled and qualified to help you with a range of things. We can:

- help you find information about your mental health
- provide you with support and skills to get through the difficult times
- support you to find a doctor who might give you medication that can help.

Is there a cost? No, our social health and wellbeing program is FREE.

How do I access the Social Health team? Talk with your GP, they can refer you to the Social Health team for counselling and support. Your information is confidential and kept private.

Our team is made up of a number of professionals.

Psychologists – trained professionals who can provide treatment for conditions diagnosed by your doctors and for a range of problems affecting your social and emotional wellbeing.

Case Managers – a trained professional who helps individuals and families cope better with problems. Case managers work closely with clients and their families to identify their needs, goals, and the necessary resources to achieve these.

Counsellors – trained professionals who can provide help with a range of issues

Psychiatrists – a medical doctor that specialises in diagnosis and treatment of social and emotional wellbeing issues. They can also prescribe medication if you need it.

<http://atsichsbrisbane.org.au/human-services/social-health/>

INDIGENOUS COUNSELLING SERVICES

GANYJUU FAMILY SUPPORT

9/84 Wembley Road, Woodridge Qld 4114

Phone: 3808 9957

GALLANG PLACE

31 Thomas Street, West End Qld 4101

Phone: 3844 2283 www.gallangplace.org.au Greater Brisbane Murri Service Directory 2012
First Edition - 14 - October 2012

DOMESTIC AND FAMILY VIOLENCE AND SEXUAL ASSAULT

1800RESPECT NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE

1800RESPECT is a National Sexual Assault, Domestic Family Violence Counselling Service for people living in Australia.

The service provides professional 24/7 telephone and online, crisis and trauma counselling service to anyone whose life has been impacted by sexual assault, domestic or family violence. To help people affected by sexual assault, domestic or family violence to achieve recovery.

Counselling services are provided over the phone (1800 737 732), or online.

24 hours a day

1800 737 732

<http://www.1800respect.org.au>

BRISBANE DOMESTIC VIOLENCE SERVICE

The Brisbane Domestic Violence Service (BDVS) is a free and confidential service for people in the Brisbane Metropolitan area who are affected by domestic and family violence. The service supports women, children, family members, same sex couples and others.

BDVS' goal is to support women and children to reach a stage where they are safe and free from fear of domestic and family violence. We provide a range of services, including information and referral, crisis support, practical assistance, advocacy, counselling and emotional support.

For men, women and young people who are seeking assistance to stop using violence in their relationships and families, BDVS can provide information and referral to services appropriate to your situation.

Phone (07) 3217 2544

Fax (07) 3013 6090

Email (non-urgent) bdvs@micahprojects.org.au

PO Box 3449 South Brisbane Q 4101

www.bdvs.org.au

If you or a family member or friend are experiencing domestic and family violence, please call (07) 3217 2544.

BDVS team members have extensive knowledge and experience in the delivery of services and support to people experiencing domestic and family violence. Support is available 24 hours a day, seven days.

If you are currently in an emergency situation call the Police on 000.

FAMILY RELATIONSHIP COUNSELLING SERVICE & RESPONSIBLE MEN PROGRAM

Responsible Men is a Domestic & Family Violence (DFV) intervention (behaviour change) program for men who use violence or are controlling in their relationships.

The focus is on how men can take responsibility to change their behaviour and decision making without using violence, and how they can use this knowledge to make positive changes for healthy and safe relationships.

Women who are perpetrators of domestic and family violence can access individual counselling services but not group programs.

Counselling for men: the focus is on providing a safe, respectful environment in which men and their families can reflect on their relationship and emotions. Men from ages 18 and up are welcome to contact the service. Parenting groups for men are also available in a variety of locations and they focus on issues relevant to fathers. Domestic violence prevention counselling is available for men who use strategies of power and control within their relationships. Fax-back Phase II aims to support men who have had police contact around domestic violence issues. This service offers some individual counselling, support, and referral and group counselling.

Phone: (07) 3826 1500

<http://www.yfs.org.au/services/domestic-and-family-violence/>

IMMIGRANT WOMEN'S SUPPORT SERVICE

Immigrants Women's Support Service (IWSS) offers cost free, culturally sensitive and confidential advocacy, counselling and support to immigrant and refugee women and their children from non-English speaking backgrounds that are affected by domestic and sexual violence.

IWSS can provide face to face support to women in the Greater Brisbane area. Telephone contact and support is available to women Queensland-wide, including those in remote and rural areas.

IWSS provide:

- culturally sensitive support, information and referral
- confidential and professional counselling and/or case management
- advocacy and support in negotiating systems (eg. legal, health, housing, migration etc)
- use of professional interpreters when required by the women
- bicultural-bilingual workers
- telephone contact and support for women who live in remote and rural areas
- group and community education activities

mail@iwss.org.au

07 3846 3490

<http://www.iwss.org.au/>

IWSS offers free confidential, practical and emotional support to immigrant and refugee women from non-English speaking backgrounds and their children who have experienced domestic and/or sexual violence

Monday to Friday 9:00am to 4:00pm

DVCONNECT WOMENSLINE

DVConnect Womensline is the only state wide telephone service offering women who are experiencing domestic or family violence 24 hours a day 7 days a week. DVconnect offers free, professional and non-judgemental telephone support to you, wherever you live in Queensland.

They can arrange practical assistance such as counselling, intervention, transport and emergency accommodation for Queensland women and their children who are in danger from a violent partner or family member.

In addition and with help from the RSPCA Qld – DVconnect also assist between 12 and 20 pets to safety each month.

Phone: **1800 811 811**

<http://www.dvconnect.org/>

DVCONNECT - MENSLINE

Mensline is a free, confidential telephone counselling referral and support service for men. It is a Queensland wide service that currently operates between the hours of 9am - midnight, 7 days a week.

Mensline offers professional counselling and information, and acts as a strategic point of referral for Queensland men around issues of:

- domestic and family violence
- relationship problems and separation issues
- men's health
- child support
- family law issues
- suicide
- and other significant issues for men.

Importantly Mensline offers specialist assistance for men who are seeking strategies to address their own use of violence and other destructive patterns in their personal lives and relationships, as well as those who may be (or have been) victims of violence themselves.

Mensline also receives calls from people seeking information about these, and related issues, such as family members, parents and friends.

Mensline also runs a Court Support Service for men involved in domestic and family violence procedures.

7 days a week - 9am to midnight

Phone: **1800 600 636**

<http://www.dvconnect.org/mensline/>

PO Box 10575 Brisbane 4000 Confidential, Brisbane 4000

SEXUAL ABUSE COUNSELLING SERVICES

13 Health	13 43 25 84
State-wide Sexual Assault Helpline	1800 010 120
Brisbane Rape and Incest Survivor Support Centre	(07) 3391 0004

Centre Against Sexual Violence Redlands)	(07) 3808 3299 (Logan/
DVConnect	1800 811 811
Immigrant Women's Support Service	(07) 3846 3490
Living Well	(07) 3028 4648
Men Affected by Rape and Sexual Assault Service	(07) 3857 1222
Murrigunyah Aboriginal & Torres Strait Islander Corpn for Women	(07) 3290 4254 (Logan/Inala)
Sexual Violence Action Service	(07) 3816 3000 (Ipswich)
Sisters Inside Sexual Assault Service	(07) 3844 5066 (Brisbane)
Women's Infolink	1800 177 577
WWILD Sexual Violence Prevention Service	(07) 3262 9877 (Brisbane)
Zig Zag Young Women's Resource Centre	(07) 3843 1823 (Brisbane/ Inala)

MEN'S SEXUAL ASSAULT LINE

0411 220 055 or 3227 8666

LIVING WELL – MEN'S SEXUAL ASSAULT SERVICE

Nundah, North Brisbane

(07) 3435 4300

Web: www.livingwell.org.au

CHILD AWARE CHILD ABUSE COUNSELLING BRISBANE

Carina Office 798 Old Cleveland Road (Corner of Wonersh Street), Carina, Qld, 4152.

Strathpine Office: First Floor (upstairs), 6/326 Gympie Road, Strathpine, Qld, 4500

Postal: PO Box 448, Carina, LPO, Carina 4152

Phone: 1300 914 318

Fax (07) 3310 4884

Email info@childaware.com.au

www.childaware.com.au

Child Aware are passionate about child protection and providing evidence based counselling services in Brisbane to children that have experienced abuse and neglect. Child Aware psychologists ensure the best interests of children and young people are prioritised and are committed to providing services that promote hope, independence, and resilience.

We work with children that have experienced harm, including:

- Sexual abuse
- Neglect
- Physical abuse
- Emotional abuse

- Witnessing domestic violence

Child Protection is the responsibility of all adults and Child Aware provides various services to meet the needs of children and educate families. Services include:

- Counselling for children
- Counselling for parents and family members of children that have been affected by harm
- Parent Education about child protection concerns and harm types
- Protective behaviours education for children to teach a range of skills and strategies to assist in preventing and reducing harm.

ACT FOR KIDS

www.actforkids.com.au

Therapy services, family intervention and more

FINANCIAL AND GAMBLING COUNSELLING & SUPPORT

MONEYCARE BRISBANE - SALVATION ARMY FINANCIAL COUNSELLING SERVICE

Free and confidential financial counselling, including assistance with:

- Budgeting
- Bankruptcy
- Negotiating with creditors
- Bank loans

Locations – Spring Hill, Pine Rivers, Logan Slacks Creek, Redcliffe, Caboolture and Bundamba

For people who are not located near a Moneycare office, facility for financial counselling via correspondence.

<http://salvos.org.au/contact/social-services-and-programs/>

GAMBLING HELPLINE

- Crisis counselling for problem gamblers and anyone affected by their behaviour
- Referral to financial, gambling, relationship and legal services
- Multilingual crisis counselling
- Education
- Casework support
- Clinical consultancy
- Confidential, anonymous and free

24 hours 7 days

Phone: 1800 222 050

www.gamblinghelpline.org.au

FINANCIAL COUNSELLORS' ASSOCIATION OF QUEENSLAND

Financial counselling services available to assist clients with a range of issues relating to personal and business finances. These include information and options on:

- The rights and responsibilities of your finances
- Understanding debts and debt recovery processes
- Assistance with budgeting and money management
- Assist you to voice your circumstances to creditors and others
- Insolvency options
- Rural financial counsellors are also available to assist farmers, fishers and small rural businesses to identify options relating to their operation, including:
 - Cashflow budgeting and business planning
 - Business analysis to determine current situation and available resources
 - Identification of available options
 - Access to drought support measures and other forms of financial and professional assistance
 - Identification of areas of risk in the business

The financial counsellors who are members to this site do not charge a fee and are free from conflict of interest.

To find a financial counsellor in Queensland please call the UnitingCare's Financial First Aid Telephone Counselling Line, or go to ASIC's MoneySmart website.

1800 007 007

<http://www.fcaq.com.au>

PO Box 271 Fortitude Valley 4006

ALSO RELATIONSHIPS AUSTRALIA AND UNITINGCARE

LGBTIQ SUPPORT

DIVERSE VOICES

- Diverse Voices provide a peer-based telephone and internet chat counselling, referral and information service to ALL people dealing with sexuality and/or gender issues and people impacted upon by those dealing with issues arising from sexuality and/or gender. This includes, for example:
 - gay men
 - lesbian women
 - bisexual men or women
 - transgender men or women
 - intersex men or women
 - ANYONE whether male or female who is confused/worried/unsure about their sexuality
 - family members or friends of lesbian, gay, bisexual, transgender or intersex men or women
 - people who work with lesbian, gay, bisexual, transgender or intersex men or women (eg teacher, boss, welfare worker, etc)

Services include:

- Peer Telephone Counselling
- Online Webchat with a counsellor
- Community and Social Information
- Referral to Community Health and Support Services.

7 days - 3.00pm to Midnight

1800 184 527

<http://diversevoices.org.au/>

RAINBOW COUNSELLING – RELATIONSHIPS AUSTRALIA

Provided by counsellors with specialised skills, knowledge and experience in the area of LGBTI service provision, the service's central hub is our Spring Hill venue in Brisbane, but Relationships Australia also has a network of specially trained counsellors in many of its regional venues. Call the contact centre to find a counsellor who is right for you.

1300 364 277

<http://www.raq.org.au/services/rainbow-counselling-service>

PRIDE COUNSELLING

<https://www.pridecounseling.com/>

LIFE SUPPORTS COUNSELLING

Life Supports is proud to offer LGBT-friendly* counselling to members of the lesbian, gay, bisexual, and trans/gender diverse communities, including people who are intersex or identify as genderqueer, nonbinary or gender-questioning.

www.lifesupportscounselling.com.au

1300735 030

ONLINE PARENTING ORDERS PROGRAM

LORRIE BROOK AND GARY SHEPHERD – CREATORS AND FACILITATORS

WWW.PARENTINGORDERSPROGRAM.ONLINE

An online program to improve Post-Separation Parenting.

The court and legal practitioners will often advocate for parents to complete a program (sometimes referred to as a parenting orders program) designed to assist them with the challenges and pitfalls that arise for separated parents.

This program has been designed so that you can complete the course at your own leisure. It is conducted online so that you can complete the program in the comfort of your own home.

Anyone with an interest in co-parenting, following separation can complete the program.

Regardless of your view of the other parent, the best outcome for your children is, usually, to have both of their parents actively involved in their lives, and to feel loved and appreciated in each household. All research supports this, and courts are well aware of the desirability of children having both parents play their role in the upbringing of their children.

Online Program Only \$90 plus GST

Online + 15 minute Consultation \$180 plus GST

OTHER GENERAL COUNSELLING SERVICES

CABOOLTURE COMMUNITY CARE

Food and clothing

Transport costs

Budget counselling

Grief counselling

Relationship counselling

Sometimes help is provided for bills

Contact Details

(07) 5495 6400 <http://caboolturecommunitycare.org.au/> (07) 5499 3299 PO Box 440 Caboolture 4510
Shop 19 8 King Street, Caboolture 4510

FOUNDATIONS COUNSELLING CENTRE

wwwFOUNDATIONS counselling.com.au

We have a team of qualified and experienced counsellors, psychologists and mental health social workers who can help you through life's various challenges.

Fees vary for each practitioner. Medicare rebates may be available. Free counselling with students.

Monday - Friday: 8.30am - 7.30pm

Saturday: 8.30 - 1.00pm

Shop 7, 521 Beams Rd, Clock Corner Shopping Centre, Carseldine Qld 4034

Ph. (07) 3263 9132

SANDBAG COMMUNITY CENTRES AND SERVICES

Domestic Violence & Family Counselling: Provide domestic violence counselling, groups & support for women and children (8+yrs) as well as generalist counselling. Disability Service: Community Linking Program; Community Centre Community Access Program: drop in community centre, information and referral, activities and events

The Sandgate and Bracken Ridge Action Group Incorporated, known as SANDBAG Inc. is an independent community based organisation that has been working within the Brisbane North Community for the past 25 years.

Supporting women and children (8+ years). Client to initiate contact for counselling intake.

Domestic and Family Violence, Support Services, Children and Youth, Disability, Cultural and Linguistic Diversity\

General Counselling and support is offered to people experiencing difficult life circumstances. This includes supporting people with matters including but not limited to grief and loss, trauma, anxiety and depression.

Children and Young People – We offer a range of programs for primary and high school students. We can assist with family breakdown by working directly with young people and their families or caregivers to resolve conflict and improve relationships.

SANDBAG has been providing counselling, support and community advocacy for many years around the area of Domestic and Family Violence.

We believe all women and children should be able to feel safe and fully participate in community without fear of violence.

We offer individual counselling and support for women and children; therapeutic groups for women and a range of community activities aimed at raising awareness and creating change.

Sandgate Community Centre

153 Rainbow Street, Sandgate 4017
(07) 3869 3244

Bracken Ridge Community Hub

77 Bracken Street, Bracken Ridge 4017
(07) 3269 0277

Email: admin@sandbag.org.au

AUSTRALIAN COUNSELLING ASSOCIATION

The Australian Counselling Association (ACA) is Australia's largest single registration body for Counsellors and Psychotherapists. ACA serves a crucial role in advocating and advancing the profession of counselling and psychotherapy.

Phone: 1300 784 333

Phone: 07 3356 4255

www.theaca.net.au

Fax: (07) 3356 4709

43C Carberry Street, Grange 4051

PO Box 88 Grange 4051

QUT HEALTH CLINICS - PSYCHOLOGY & COUNSELLING

<http://www.healthclinics.qut.edu.au/services-offered/psychology/>

Psychology and Counselling, and Family Mediation Service

Phone: (07) 3138 0999

QUT Health Clinics - Psychology & Counselling provides affordable, professional Psychology, Family Therapy, Counselling and assessment services for the general public, including children, adolescents, and staff and students of QUT.

Therapists are QUT postgraduate students in either Clinical Psychology, Educational and Developmental psychology or Counselling. The clinical and educational psychology interns are either registered or have provisional registration as psychologists. All students receive extensive supervision from highly qualified and experienced supervisors, and are trained in evidence-based treatments. The counselling therapists come from a wide range of professional backgrounds and work in teams closely supervised by highly experienced counsellors.

Sessions are provided on both an individual basis and through group therapy including couples and families. Services are offered in a specially designed suite of rooms. The Reflecting Team practice is another innovative way of providing Individual, Couple and Family Therapy, Clinical Supervision & Case Consultation.

Treatment is available for a range of issues:

- Depression
- Anxiety, panic attacks and phobias
- Sexual difficulties
- Stress, trauma and psychological injury
- Relationship issues
- Employment difficulties
- Anger management
- Grief and bereavement
- Eating problems and addictive behaviours
- Parenting
- Adjustment to medical conditions
- Resilience building groups for adolescents
- Behavioural problems
- Learning difficulties
- Excessive worry
- Separation anxiety
- Sleeping problems
- Family interaction difficulties
- Autism Spectrum Disorder
- ADHD
- Concentration and study skills
- Bullying.

The clinical psychology services also provide specialised services in conjunction with dietetics to assist adults who are overweight or obese with weight loss or healthy eating and activity. As part of

the QUT Eating Disorders Clinic, we provide specialised psychological services to anyone with an eating disorder other than those who have Anorexia Nervosa.

QUT Psychology and Counselling Clinic is a teaching and research clinic. Consultations are routinely video recorded for supervision purposes. You may be invited to participate in a research project or to allow a therapy session to be viewed by other students. None of this is done without your consent and you are under no obligation to participate in research or to permit therapy sessions to be used for teaching purposes (other than supervision).

CARERS COUNSELLING

CARERS QLD

Carers are eligible for 6 free counselling sessions to receive much-needed emotional and psychological support. This support can take the form of face-to-face sessions, telephone sessions or home visits if required. Individual support is available for unpaid family carers who care for a loved one with a Mental Illness (e.g. Depression, Anxiety, Schizophrenia, Eating Disorders etc) and/or other diagnoses (e.g. Autism / Aspergers, ADHD, learning difficulties etc). The carer themselves may also be experiencing mental health issues. No proof of formal diagnosis is required.

Phone: 1800 242 636

Information available in Arabic, Catalan, Chinese, Greek, Italian, Japanese, Korean, Punjabi, Hindi, English, Spanish and Vietnamese.

<https://carersqld.com.au/>

15 Abbott Street, Camp Hill, 4152

Monday to Friday, 9:00am to 5:00pm

Email: info@carersqld.com.au

MENTAL HEALTH SERVICES

MENTAL HEALTH SERVICES – METRO SOUTH

Inpatient, hospital-based and community mental health services, as well as community alcohol and drug services, to the largest culturally and linguistically diverse population in the state, and regions that have some of the highest population growth.

Locations: Bayside, Beenleigh, Browns Plains, Inala, Logan, Woolloongabba, Wynnum-Manley

1300 MC CALL (1300 64 22 55)

<https://metrosouth.health.qld.gov.au/mental-health>

MENTAL HEALTH SERVICES – METRO NORTH MENTAL HEALTH

1300 MHCALL (1300 64 2255)

Mental Health Services (MHS) provides services to people of all ages, from children to adolescents, adults and older persons. MHS have a range of specialist services including consultation liaison, forensic, addiction, eating disorders and a community mental health that includes an inner city homeless team. Your first point of contact for Metro North Mental Health, providing support, information and referral.

Located at Royal Brisbane and Women's Hospital, The Prince Charles Hospital, Caboolture and Redcliffe Hospitals with community-based services at Fortitude Valley, Herston, Rosemount, Strathpine, Pine Rivers, Nundah, Caboolture and Redcliffe with outreach services to Kilcoy.

CHILD AND YOUTH MENTAL HEALTH

The Child and Youth Mental Health Service (CYMHS) at Children's Health Queensland specialises in helping infants, children and young people up to the age of 18 years who have complex mental health needs.

CYMHS has a number of teams across the Greater Brisbane and Pine Rivers regions.

To find the service you need, go to www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/where-to-get-help/

HOMELESS HEALTH OUTREACH TEAM

162 Alfred Street, Fortitude Valley Qld 4006

Phone: 3834 1673

Open 8am-9pm 7 days

www.health.qld.gov.au/mentalhealth/

THE PARK – CENTRE FOR MENTAL HEALTH, TREATMENT, RESEARCH AND EDUCATION

Corner Ellerton Drive and Wolston Park Road, Wacol Queensland 4076

Locked Bag 500, Archerfield Queensland 4108

Phone: 07 3271 8222

www.westmoreton.health.qld.gov.au¹

the_park@health.qld.gov.au²

Further Information:

The Park provides a diverse range of mental health services to the people of Queensland, particularly to those in the south-east corner of the state. The clinical programs include High Security, Medium Secure and Extended Treatment and Rehabilitation / Dual Diagnosis Precinct services. Tertiary level services are provided to consumers of the Southside, Princess Alexandra Hospital, QEII Hospital and Ipswich sector of the West Moreton region.

REACHOUT.COM

ReachOut is an online mental health organisation for young people and their parents with practical support, tools and tips help young people get through anything from everyday issues to tough times. To get the most relevant information:

- Under 25, visit [ReachOut.com](https://reachout.com)
- Parents/Carers, visit [ReachOut.com/Parents](https://reachout.com/parents)
- Work in Schools, visit [ReachOut.com/Schools](https://reachout.com/schools)

LIFELINE – FOR ALL AGES

Provides all Australians access to crisis support and suicide prevention services.

CALL: 13 11 14 (Available 24/7)

CHAT: [Chat online](#) (Available 7pm – 12am AEST)

Visit: lifeline.org.au

KIDS HELPLINE – FOR AGES 5 – 25

Free 24/7 phone and online counselling service for young people aged 5 to 25.

CALL: 1800 55 1800 (Available 24/7)

CHAT: [Chat with us online](#) (Available 8am – 12am AEST)

VISIT: kidshelpline.com.au

SUICIDE CALL BACK SERVICE – FOR AGES 15+

Provides immediate telephone counselling and support in a crisis.

CALL: 1300 659 467 (Available 24/7)

CHAT: [Chat with us online](#) (Available 24/7)

Visit: suicidecallbackservice.org.au

1800 RESPECT – ALL AGES

Support if you, or someone you know, is experiencing sexual assault or domestic and family violence

CALL: 1800 737 732

CHAT: [Online text chat](#)

Visit: 1800respect.org.au

CHILDREN OF PARENTS WITH A MENTAL ILLNESS (COPMI)

The official website with information and resources for members of the public and professionals working with children who have a parent affected by mental illness.

<http://www.copmi.net.au/>

BEYOND BLUE

Beyondblue is an independent, not-for-profit organisation working to increase awareness and understanding of anxiety and depression in Australia and to reduce the associated stigma.

Beyondblue is a bipartisan initiative of the Federal, State and Territory Governments supported by the generosity of individuals, corporate Australia and Movember.

1300 22 4636

<https://www.beyondblue.org.au/> (webchat service available)

MENTAL HEALTH SERVICES - ROYAL BRISBANE HOSPITAL

The RBWH Mental Health is one of the busiest mental health services in Queensland. It is a state-wide leader in clinical care, service models, teaching and research.

Facilities and Services

- Inner North Brisbane Mental Health Service (INBMHS)
- Adolescent Psychiatry
- Alcohol and Drug Service
- Consumer and Carer Information
- Consumer and Carer Services
- Older Persons Mental Health Service
- Eating Disorder Service
- GP Psych Opinion
- Community Forensic Mental Health Services
- Consultation Liaison Psychiatry & Registrar Training
- RBWH Mental Health Psychoeducation Factsheets

Acute Assessment (24 hours):(07) 3834 1605

Adolescent Mental Health: (07) 3646 1179

Community Care Unit (Sommerset Villas): (07) 3857 9222

Drug and Alcohol Service (HADS): (07) 3646 8704

Forensic Mental Health: (07) 3221 2511

Inner North Brisbane Mental Health: (07) 3834 1605

Older Persons Mental Health: (07) 3646 1148

Outpatients: (07) 3646 1150

Psychiatric Emergency Centre (24hrs): (07) 3646 7256

<https://metronorth.health.qld.gov.au/rbwh/mental-health>

SUICIDE

Suicide Help (24hrs)

Ambulance/Police/Fire 000 or 112 mobile phones

Kids Help Line 1800 551 800

Lifeline 131 114

Relationships Australia 1300 364 277

Sexual Assault Crisis Line 3636 5206

Youth Care and Counselling 1300 656 800