



## Livingstone Living Well's Health & Wellbeing Community Directory

*Photo courtesy of Malcom Wells.*

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Enquiries: Central Queensland Rural Health; [admin@cqrdgp.com.au](mailto:admin@cqrdgp.com.au)

**\*\* An initiative of the Yeppoon Region's Suicide Prevention Group 'Livingstone Living Well' and supported by funding from the Australian Government through the PHN Program.**



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## 1.0 CENTRAL QUEENSLAND MEETINGS: SUICIDE PREVENTION

### Yeppoon Region

#### Livingstone Living Well -Suicide Prevention Group

Second Thursday of the month; 3:30 to 4:30pm; via Microsoft Teams

Facebook: <https://www.facebook.com/LivingstoneLivingWell>

Contact CQRH Project Officer

Email: Helen

[helen.munn@cqrdgp.com.au](mailto:helen.munn@cqrdgp.com.au)

### Biloela Region

#### Banana Shire Suicide Prevention Group

Second Tuesday monthly; 10:00 to 11:00am; in person and via Microsoft Teams

Contact CQRH Project Officer

Email: Tasha

[tasha.brennan@cqrdgp.com.au](mailto:tasha.brennan@cqrdgp.com.au)

### Emerald Region

#### Central Highlands Suicide Prevention Group

Second Thursday monthly; 10:30-11:30am; Emerald Hub

Contact CQRH Project Officer

Email: Alisha

[alisha.richert@cqrdgp.com.au](mailto:alisha.richert@cqrdgp.com.au)

### Gladstone Region

#### Gladstone Region Awareness and Suicide Prevention (GRASP)

Third Wednesday monthly; 4:00 to 6:00pm; Gladstone Mindcare; 147 Gondoon St Gladstone.

**Website:** <https://www.grasp.net.au/>

**Instagram:** @gladstoneregionasp

**Facebook:** GRASP-Gladstone-Region-Awareness-and-Suicide-Prevention

Contact the GRASP Secretary

Email: Dani

[dani@gladstonemindcare.org.au](mailto:dani@gladstonemindcare.org.au)

Or the CQRH/GRASP Project Officer

Email: Melanie

[melanie.ohl@cqrdgp.com.au](mailto:melanie.ohl@cqrdgp.com.au)

### Rockhampton Region

#### Central Qld Community Suicide Prevention Network

First Tuesday Monthly; 3:00 to 4:00pm; in person and via Microsoft Teams

**Website:** [www.cqcommunitysuicidepreventionnetwork.com](http://www.cqcommunitysuicidepreventionnetwork.com)

**Facebook:** <https://www.facebook.com/CQCSPN>

Contact the President of CQCSPN

Email: Camelia Perkins

[cqcspn@gmail.com](mailto:cqcspn@gmail.com)

Contact CQRH

Email:

[admin@cqrdgp.com.au](mailto:admin@cqrdgp.com.au)

**Central Qld Rural Health (CQRH) is proud to support community suicide prevention initiatives across the Central Queensland region. This is made possible through funding from the Australian Government's PHN Program.**

**Contact CQRH staff by Phone: 07 4992 1040**

**\*\* Please note, these networks are not crisis response services**

**Some of the groups do not meet over December or January.**

## 2.0 AUSTRALIAN SUICIDE PREVENTION & MENTAL HEALTH FRAMEWORK

### 2.1 National

National Federation Reform Council 2021: *Vision for Australia's future mental health and suicide prevention system (2021)*; including whole of government collaboration commitment [click here](#)

COA; NMHC; Vision 2030 for Mental Health and Suicide Prevention [click here](#)

COA; Dept Health 2021: *National Suicide Prevention Adviser-Final Adviser and Taskforce: Final Advice*; [click here](#)

- **Compassion First:** first report capturing the voices of people with lived experience of suicide
- **Connected & Compassionate:** second report detailing 8 practical and achievable recommendations and actions for driving change in Australia

**Shifting the focus:** third report demonstrating a model for operationalising a whole of government approach.

COA; Dept Health 2021: *National Mental Health and Suicide Prevention Plan: Prevention Compassion Care* [click here](#)

COA; NMHC; *National Stigma and Discrimination Reduction Strategy*; [click here](#)

COA; Dept Health 2013; *National Aboriginal and Torres Strait Islander Suicide Prevention Strategy*; 2013 document and 2021 review process [click here](#)

COA; HMAC 2017; *National Strategic Framework for Aboriginal and Torres Strait Islander Peoples' Mental Health and Social and Emotional Wellbeing 2017-2023*

National Aboriginal and Torres Strait Islander Leadership in Mental Health 2015; *Gayaa Dhuwi (Proud Spirit) Declaration* [click here](#)

COA; Dept Veteran Affairs 2020; *Veteran Mental Health and Well being Strategy and National Action Plan 2020-2023* [click here](#)

COA; Dept Health 2021: *National Suicide Prevention Trial Final Evaluation Report* [click here](#)

COA; Dept Health; *National Suicide and Self-Harm Monitoring System*; collects information on suicide, intentional self-harm and suicidal behaviour in Australia. Provides freely available national and state level data and insights; supports tailoring services, programs and policies; partners include AIH&W and NMHC [click here](#)

COA; Australian Institute of Health and Welfare; *Suicide and Self-harm monitoring*; Ambulance attendances; suicidal and self-harm behaviours; introducing the National Ambulance Surveillance System (NASS) collating monthly ambulance data; [click here](#) for more information on NASS.

COA; Dept Health: *What we're doing about suicide prevention*. Links to their strategies, plans, programs, research and initiatives to help prevent suicide in Australia, and reduce its impact. Includes research, grants and tenders and the Nationally-supported programs [Click here](#)

COA; Australian Institute of Health and Welfare (2022)- *Protective and risk factors for suicide among Indigenous Australians*. Produced for the Indigenous Mental Health and Suicide Prevention Clearinghouse [CLICK HERE](#)

ATSISPEP 2016, *Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project Report (Solutions that work; what the evidence and our people tell us)*; University of Western Australia; [Click here](#)

COA; Dept Health: *The National Suicide Prevention Leadership and Support Program- project information for PHNs* working on whole of population projects [Click here](#).

CBPATSISP and Black Dog Inst 2020: *Indigenous Governance for Suicide Prevention in Aboriginal and Torres Strait Islander Communities: A Guide for Primary Health Networks*, University of Western Australia/Black Dog Institute [click here](#)

### 2.2 Queensland

QMHC 2018: *Shifting Minds: Qld Mental Health, Alcohol and Other Drugs Strategic Plan 2018-2023*; individual, population and system outcomes; [click here](#)

QMHC: *Every Live: The Queensland Suicide Prevention Plan 2019-2029* [click here](#)

Griffith University; *The Qld Suicide Register*; Annual Reports; [click here](#)

### 2.3 Central Queensland

Primary Health Network (CQWBSC) & Central Qld Rural Health- *Central Queensland Suicide Prevention Plan 2018*; includes actions and targets related to the 9 Strategies recommended by LifeSpan/Blackdog Institute.

- ✓ For the CQSPP-2018 contact Central Qld Rural Health [admin@cqrdgp.com.au](mailto:admin@cqrdgp.com.au) 07 4992 1040 and [Click here](#)
- ✓ Find out more about the LifeSpan framework: [click here](#)

### 2.4 Local Government Areas (Central Queensland)

Livingstone Shire LGA: *Livingstone Living Well Suicide Prevention Action Plan 2022-2023*.

Gladstone LGA: *Gladstone Region Awareness and Suicide Prevention (GRASP) Network Strategic Direction 2022*.

Rockhampton LGA: *Central Queensland Community Suicide Prevention (CQCSPP) Network Strategic Plan 2022*.



### 3.0 UPCOMING EVENTS & ACTIVITIES

#### 3.1 Special Days & Campaigns

3-10 <sup>th</sup> July 2022	<b>NAIDOC Week:</b> find (and share) your local event; <a href="#">click here</a>
30 <sup>th</sup> July	International Day of Friendship; sharing the human spirit through friendship <a href="#">click here</a>
8-14 <sup>th</sup> August	<b>Rail Safety Week; Stand Back, Look Up, Stay Rail Safe;</b> an annual A/NZ community awareness designed to engage the community in safe rail practices to reduce fatalities (including suicide) and the ripple effects impacting the rail workforce and the community <a href="#">click here</a> . <a href="#">Click here</a> for the Reustrail resources (Railways Suicide Postvention Plan).
12 <sup>th</sup> August	<b>International Youth Day</b> <a href="#">click here</a>
26 <sup>th</sup> August	<b>Wear it Purple Day: "Still me, still human";</b> fostering supportive, safe, empowering and inclusive environments for rainbow young people; <a href="#">click here</a> Free school packs available <a href="#">click here</a>
5 <sup>th</sup> -11 <sup>th</sup> Sept 2022	<b>Women's Health Week</b> <a href="#">click here</a>
8 <sup>th</sup> September 2022	<b>R U OK? Day</b> <a href="#">click here</a>
10 <sup>th</sup> September	<b>World Suicide Prevention Day;</b> <a href="#">click here</a> for the Qld Mental Health Commission endorsed resources.
8-16 October	<b>Qld Mental Health Week: 'Awareness, Belonging, Connection';</b> register an event- <a href="#">click here</a>
10 <sup>th</sup> October	<b>World Mental Health Day; World Homeless Day</b>
7-13 <sup>th</sup> November	<b>Perinatal Anxiety &amp; Depression Awareness Week</b>

The Mental Health Commission's Calendar of Mental Health and Wellbeing Events and Days: [click here](#)

#### 3.2 Local & Regional Events & Activities

11 <sup>th</sup> July; 10am-1pm	<b>Yeppoon NAIDOC Walk &amp; Flag Raising</b> Monday 11 <sup>th</sup> July. Everybody welcome. <a href="#">Click here</a> Start Walk 10-10:30am from Old Railway Station to foreshore; 11:15 flag raising; 12 Noon sausage sizzle, music and market stalls. ALL WELCOME TO CELEBRATE NAIDOC WEEK
5 <sup>th</sup> – 14 <sup>th</sup> August	<b>CQUniversity Village Festival 2022</b> <a href="#">click here</a>
14 <sup>th</sup> October	<b>Livingstone Shire Council's: Wellness on the Coast-</b> Watch this space.
9 <sup>th</sup> September	<b>World Suicide Prevention Day: Yeppoon's Out of the Shadows Walk (and RUOK? Activity);</b> contact <a href="mailto:llw-spg@outlook.com">llw-spg@outlook.com</a> for more information.
October 2022	<b>Watch this space for Livingstone Shire's Mental Health Week activities.</b>

#### 3.3 Conferences and Other Professional Development

15 <sup>th</sup> - 17 <sup>th</sup> August	<b>2022 National Indigenous Suicide Prevention-No Sundown Conference; and 2022 First Nations' Mental Health Conference;</b> Hilton Hotel Cairns- call for papers and registrations <a href="#">Click here</a> . Organised by Indigenous Conference Services.
24-27 August 2022	<b>19<sup>th</sup> European Symposium for Suicide and Suicidal Behaviour (ESSSB); Copenhagen, Denmark</b>
6-8 Sept 2022	<b>2022 QCOSS Conference 'Power and Politics of the Care Economy;</b> Sofitel Brisbane Central; registrations <a href="#">click here</a>
24-25 Oct 2022	<b>Indigenous Wellbeing Conference; Empowering First Nations (Australian, Maori, Pasifika) Community-Led Change in Social and Emotional Wellbeing</b> <a href="#">click here</a>
1 <sup>st</sup> - 4 <sup>th</sup> May 2023	<b>2023 National Suicide Prevention Conference</b> <a href="#">click here</a>
14-16 June 2023	<b>3<sup>rd</sup> International Indigenous Health &amp; Wellbeing Conference, Cairns</b> <a href="#">click here</a>

**Life in Mind events Calendar** lists upcoming suicide prevention related events and conferences; find out what is happening and share your event. To access the calendar, [click here](#).

**Indigenous Conference Services;** Directory of Indigenous-related conferences being held in Australia [click here](#)

## 4.0 SUPPORT SERVICES

### 4.1 Crisis Support

**AnglicareCQ Warmline Service;** designed to reach out to people at risk of suicide across Central Qld including afterhours; ph 1300 769 814 for more information or intake details. Email [intakementalhealth@anglicarecq.org.au](mailto:intakementalhealth@anglicarecq.org.au).

**Aust Gov: Dept of Defence;** All hours support line for ADF members and their families phone 1800 628 036; for more information [click here](#)

**LIFELINE:** tips to manage exposure, keep calm, show compassion/kindness, managing your wellbeing; strategies to cope with social distancing, self-isolation or quarantine; staying connected, helping children, links to reputable sources of information, other places to go for support: [click here](#)

- **ANYONE:** having a personal crisis  
**PHONE:** 13 11 14                      24/7  
**TEXT:** 0477 13 11 14      6pm – midnight (AEDT) 7 nights AEDT  
**CHAT:** <https://www.lifeline.org.au/crisis-chat>      (7pm – midnight 7nights)

**MATES in Construction: MATES Stronger Together;**

- **CONSTRUCTION WORKERS;** 24/7 support line **PHONE** 1300 642 111

**MATES in Mining:**

- **MINING WORKERS;** 24/7 support line **PHONE** 1300 642 111  
 Case Management, field visits, critical incident support, postvention support, training services.

**MensLine Australia:** men with emotional or relationship concerns; free

**MEN;** telephone and online counselling service and online resources; **PHONE 1300 789 978:** mensline.org.au.

**Queensland Health: 1300 MH CALL Service (phone 1300 64 22 55);** free; confidential; public access into the Qld public mental health services; mental health telephone triage service; can refer to the acute care teams where appropriate; first point of contact to public mental health services for Queensland; staffed by trained and experienced mental health clinicians: **PHONE:**

- 13 HEALTH (13 43 25 84) (000 in case of emergency)
- 1300 MH CALL (1300 64 22 55) if seeking counselling or need to speak with someone.
- Anyone can receive support, information, advice, referral; can provide advice and information in a mental health emergency or crisis; note **ring Triple Zero (000) in an emergency.**

**Q-LIFE; Counselling and referral service; early intervention, peer supported telephone and web-based services; free**

- **LGBTI people; all ages;** experiencing poor mental health, psychological distress, social isolation, discrimination, misgendered experiences etc. **PHONE** 1800 184 527; 3pm to midnight every day.

**StandBy – Support after Suicide:** 24/7 free telephone and face-to-face support; at any stage, whether the suicide is recent or in the past for:

- Individuals, families and communities bereaved or impacted by suicide;
- **Phone: 0418 656 764** [www.standbysupport.com.au](http://www.standbysupport.com.au)

**Suicide Call Back Service;** 24/7; free; telephone and online counselling for anyone affected by suicide;

- **Anyone** thinking about suicide; **PHONE** 1300 659 467 or chat online (and links to online resources)

**Thirilli; National Indigenous Postvention Service;** work with local Elders, communities and organisations to support the bereaved individuals and families; post-suicide bereavement support; contact 1800 805 801; [click here](#).

**13 92 76 (13YARN);** 24/7; trained Crisis Support available to yarn; for anyone in Australia. Resources for Aboriginal and Torres Strait Communities can be accessed by [clicking here](#).

**1800 RESPECT; Confidential information, counselling and support;** 24 hours; free; for anyone impacted by:

- **Sexual assault, domestic or family violence and abuse;** PHONE 1800 737 732



<b>4.2 Help lines</b>
<b>Alcohol &amp; Drug Information Services; PHONE 1800 177 833</b>
<b>Australian Gov; Translation and Interpreting Service:</b> For non-English speakers; 24 hours a day, 7 days a year; <i>State language required at the automated prompt and then when connected -&gt; then stay on the line while an available interpreter is found.</i> Phone 131 450; <a href="#">click here</a> for website.
<b>Australian Veterinarian Association;</b> Telephone Counselling Service; phone 1300 687 327
<b>Beyond Blue:</b> Looking after your mental health during the coronavirus outbreak; <a href="#">click here</a> . For immediate support: <ul style="list-style-type: none"> <li>➤ <b>ANYONE:</b> <ul style="list-style-type: none"> <li>Requiring support specifically related to COVID-19: <b>PHONE</b> 1800 512 348; <a href="#">click here</a>;</li> </ul> </li> <li>Feeling anxious or depressed and needing immediate support: <b>PHONE</b> 1300 224 636 24/7; chat online 3pm to 12am 7 days a week; email; join forums to chat with community members; <b>options for those deaf or hard of hearing and people whom English is not their first language:</b> <a href="#">click here</a>.</li> </ul>
<b>Blue Knot Foundation; National Counselling &amp; Referral Service:</b> support related to the following- <ul style="list-style-type: none"> <li>• <b>DISABILITY ROYAL COMMISSION;</b> Ph.1800 421 468 Mon-Fri 9am-6pm AEDT; Sat – Sun 9am-5pm; <a href="#">click here</a>.</li> </ul>
<b>Blue Knot Foundation; Blue Knot Helpline Trauma Counselling:</b> support related to- <ul style="list-style-type: none"> <li>• <b>NATIONAL REDRESS SCHEME;</b> For those who experienced childhood trauma; Ph.1300 657 380; <a href="#">click here</a>.</li> </ul>
<b>Butterfly Foundation; Eating disorders;</b> resources and help; phone National Helpline 1800 334 673; Email <a href="mailto:support@butterfly.org.au">support@butterfly.org.au</a> or chat online <a href="#">click here</a>
<b>Carers Australia: Short-term counselling/emotional/psychological support; free</b> <ul style="list-style-type: none"> <li>○ Support for carers and their families; 1800 242 636</li> </ul>
<b>eHeadSpace; online and telephone services with clinicians; free; supports 12 to 25 year olds</b> and their families going through tough times; connect 1 on 1 in a confidential, free, safe space. Program initiated under Roseberry Services. <ul style="list-style-type: none"> <li>○ <b>Website</b> <a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a></li> <li>○ <b>Phone</b> 1800 650 890;</li> <li>○ <b>Chat</b> online (register and login by <a href="#">clicking here</a>)</li> <li>○ <b>Email</b> a clinician (register and login by <a href="#">clicking here</a>)</li> <li>○ <b>Group Chat-</b> want to chat with a group? <a href="#">Click here</a> to join a chat, view transcripts of previous chats (young people), and view transcripts for previous chats (friend and family).</li> <li>○ <b>Personal, One to One sessions.</b> Watch this space.</li> </ul>
<b>Family Drug Support;</b> 24/7 Telephone Support Line 1300 386 186
<b>Gamblinghelp Qld;</b> Phone 1800 858 858 (24/7); <a href="#">Click here</a> for website information and how to ‘get support’ and access to face to face counselling locations; access to online counselling and real time chat.
<b>GP Psychiatry Support Line:</b> helping GPs manage the care of Mental Health consumers 1800 16 17 18; <a href="#">click here</a> .
<b>Homeless Hotline; 24 hours a day, 7 days a week; confidential; phone 1800 474 753</b>
<b>Kids Help Line: Ages 5 to 25 years; Phone:</b> 1800 551 800 at any time <a href="https://kidshelpline.com.au">https://kidshelpline.com.au</a>
<b>MindSpot Clinic; Assessment and Treatment services;</b> free online and telephone clinic for adults. Free, anonymous assessment and treatment. You will be connected to free AHPRA-registered mental health professionals (psychologists, clinical psychologists and psychiatrists). Supported by the Federal Government funding. <ul style="list-style-type: none"> <li>○ <b>ADULTS</b> with Anxiety or depression, stress, OCD, PTSD and chronic pain; <a href="#">click here</a>.</li> </ul>
<b>National Sexual Assault, Domestic Family Violence Counselling Service: 1800RESPECT;</b> confidential information, counselling and support services; <ul style="list-style-type: none"> <li>- <b>SURVIVORS OF SEXUAL ABUSE AND DOMESTIC VIOLENCE; PHONE</b> 1800 737 732 (interpreter 13 14 50); <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a></li> </ul>
<b>Open Arms: Veterans and Families’ counselling; VETERANS AND THEIR FAMILIES; PHONE:</b> 1800 011 046; <a href="#">click here</a> .
<b>PANDA; Perinatal Anxiety &amp; Depression Australia; National Helpline Mon-Fri 9am-7:30pm AEST/AEDT; phone 1300 726 306; <a href="#">Click here</a>; support in other languages <a href="#">click here</a></b>
<b>Relationships Australia; Relationship support services</b> <ul style="list-style-type: none"> <li>○ <b>INDIVIDUALS/FAMILIES/COMMUNITY RELATIONSHIPS; PHONE</b> 1300 364 277</li> </ul>
<b>SANE Australia;</b> free counselling services for people (and their friends, family, health professionals) affected by complex mental health issues; phone 1800 187 263 and online chat (10am to 10pm AEST/AEDT time) or book a call or email; <a href="#">click here</a>
<b>Wesley Mission: Gambling Counselling; PHONE</b> 1300 827 638. Links to information related to legal services, personal counselling, financial counselling and family counselling. <a href="#">Click here</a> for more information.
<b>NOTE: 24/7 crisis contacts, and other support and information services are listed on <a href="#">Qld MH Commission website</a> <a href="#">click here</a></b>

## 5.0 DIRECTORIES

### 5.1 Crisis Numbers

QMHC; Emergency Contacts; list the main 24/7 crisis services, support and information services [click here](#)

QMHC: *Crisis Contacts and other support and information services*; [click here](#).

**Wesley LifeForce: Service Finder**; services include 24 hour crisis support services, national helplines, statewide referral/counselling services, local support services, public hospitals, and bereavement support. Select your location at the following site: [click here](#)

### 5.2 Suicide Prevention

**Better off with you; suicide prevention initiative: National crisis and support services** [click here](#)

**Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention**;  
*Manual of Resources for Aboriginal and Torres Strait Islander Suicide Prevention* [click here](#)

**National Commissioner for Defence and Veteran Suicide Prevention; suicide prevention programs and initiatives**; links to national and state initiatives to support wellbeing and suicide prevention efforts to support servicing and ex-serving defence members. [Click here](#)

**Life in Mind: Organisations**; lists suicide prevention organisations and provides links to contact. Can search by audience including adults, carers, Aboriginal and Torres Strait Islander Health, older persons [click here](#). Please note the Life in Mind Disclaimer and the disclaimer at the end of this directory.

### 5.3 Mental Health and Wellbeing

COA; Dept Health; Head to Health; find digital mental health resources from trusted service providers [click here](#)

**Australian Gov. National Recovery and Resilience Agency; Mental Health and Wellbeing**; resources related to mental health support during disaster recovery. Links to counselling, Medicare related information; find a psychologist, social worker and online resources, links to free post-traumatic stress disorder support for emergency service workers and their families and kinship groups; <https://recovery.gov.au/recovery-support/mental-health-and-wellbeing>

**Beyond Blue- National Health Directory of Professionals**; find a psychologist (APS), psychiatrist (RANZCP), social worker (AASW) and occupational therapist (OTA) <https://www.beyondblue.org.au/get-support/find-a-professional>

**Beyond Blue- Aboriginal & Torres Strait Islander People; helpful contacts and websites**; for helpful contacts and websites, state Community Controlled Health Services, other sources of support (immediate support, who can assist, finding a professional, NewAccess coaching, Connecting with others on online forums and having conversations with family and friends: [click here](#)

**Indigenous Conference Services**; Directory of Indigenous-related conferences being held in Australia [click here](#)

**Life in Mind; Directory of organisations (and their resources-services)** working within the Suicide Prevention Space; [click here](#) ; Life in Mind; Community support and resources; [click here](#)

**Postvention Australia; Support Groups for those bereaved by suicide**; includes peer groups, facilitated groups, open groups, or closed groups; find a local support group, resources, practical help, or sign up to the newsletter; [click here](#)



5.4 Service Providers – National, State and Sector Directories
<b>Ask Izzy: find the services you need;</b> connects people in need with housing, a meal, money, health and wellbeing services, family violence support, counselling and much more. <a href="https://askizzy.org.au/">https://askizzy.org.au/</a>
<b>Australian Gov. Dept Social Services: Service Directory;</b> A directory to identify local emergency relief providers in your area: including financial counselling; emergency relief; family and relationship services; child and parent support services; respite care; counselling; forced adoption support. <a href="https://serviceproviders.dss.gov.au/">https://serviceproviders.dss.gov.au/</a>
<b>Black Dog Institute: Education &amp; Services;</b> evidence-informed programs, consultancy, resources, clinical service for workers, students, health professionals – individuals and communities; <a href="#">click here</a> .
<b>COA; Dept of Defence; ADF Mental Health Services;</b> links to mental health and psychology services: on and off base; Mental Health Programs Team: <a href="mailto:adfcmh.programs@defence.gov.au">adfcmh.programs@defence.gov.au</a> ; NQLD: <a href="mailto:adfcmh.nqld@defence.gov.au">adfcmh.nqld@defence.gov.au</a> QLD: <a href="mailto:adfcmh.sqld@defence.gov.au">adfcmh.sqld@defence.gov.au</a> ; <a href="#">click here</a> for more information and contacts. Health Centre regional Map <a href="#">click here</a> – Central Qld is on the edge of Nth and Sth and some of the search and resource tools are linked to regions
<b>Disability Gateway: Information and Services;</b> for people living with disability, their family, friends and carers. <a href="#">Click here</a>
<b>FarmHub:</b> Connecting Australian farmers to helpful services and supports; Farm Business Assistance; Climate Guides; Mental Health; Learning and Development; Preparing for drought. <b>Web</b> <a href="https://farmhub.org.au">https://farmhub.org.au</a> Contact Dept Agriculture and Fisheries <b>Phone</b> 13 252 23 or Qld Rural and Industry development Authority <b>Phone</b> 1800 623 946
<b>Gamblinghelp Qld: Qld gambling help service locations;</b> <a href="#">Click here</a> to search for local services.
<b>Lifeline – Service Finder;</b> free or low cost health and community services available in Australia; <a href="#">click here</a> .
<b>My Community Directory: Information about community organisations.</b> <a href="#">Click here</a> for Queensland Local Government Areas and <a href="#">click here</a> for Livingstone. To suggest a listing, <a href="#">click here</a>
<b>NDIS: Service Provider search tool;</b> search by name, service required and postcode; two of the service options include Psychosocial Recovery Coaches ('Recovery Coach') and 'Support Coordination'; both having service navigation as part of their role. The Recovery Coaches can have lived experience or learned experience and provide coaching and collaboration services to people with primary psychosocial disability <a href="#">click here</a> to access the service finder.
<b>National Health Service Directory- Health Direct;</b> Find a health service; <a href="#">click here</a> .
<b>National LGBTI Health Alliance:</b> LGBTI Organisations and Policy: COVID-19; links to: clinical resources; LGBTI and community health; Indigenous Health Services; disability support; intersex support; trans gender diverse; older LGBTI people; mental health and wellbeing; in language and translated resources; <a href="#">click here</a> .
<b>Qld Family &amp; Child Commission; One Place Community Services Directory for Qld parents, families and professionals;</b> <a href="#">click here</a>
<b>Qld Government: Support for Women 'Find a Support Service' search tool</b> <a href="#">click here</a>
<b>QMHC; Find Support Services;</b> lists the key Qld support services, including mental health service, support service; suicide; bereaved by suicide; community suicide prevention <a href="#">click here</a>
<b>Social and Emotional Wellbeing and Mental Health Services in Aboriginal Australia: Find a Health Service;</b> search by location, map or list <a href="#">click here</a>
<b>The Lady Musgrave Trust: The Handy Guide for Homeless Women in Regional Queensland;</b> <a href="#">click here</a> for the latest interactive directory to services and support.
5.5 Service Providers- Central Queensland
<b>Capricorn Enterprise; Community &amp; Sporting Directory CQ Region;</b> <a href="#">click here</a>
<b>Central Qld Family Law Pathways Network: CQFLPN Service Directory;</b> lists the core CQld Family Law System support services; along with ancillary support including mental health support services and links to other directories including for homelessness; email <a href="mailto:sandypaton@bigpond.com">sandypaton@bigpond.com</a>
<b>Community Centre (Livingstone Shire Council);</b> visiting outreach services, family services, health services; <a href="#">click here</a>
<b>CQ Youth Connect (for ages 14-26 and youth service providers).</b> CQ Youth Connect Services Directory <a href="#">Click here</a> for the Capricorn Coast and Rockhampton Wall Chart. Local youth resource related to schools, programs, support and referrals, counselling and crisis support.
<b>Family Law Pathways Network; CQFLPH Service Directory June 2020;</b> provides information on the core and ancillary services that support the Family Law System and service users in CQ. Includes private and not for profit groups; contact Sandy on: <a href="mailto:sandypaton@bigpond.com">sandypaton@bigpond.com</a> ; directory available from: " <a href="#">click here</a> ".
<b>PHN CQ, WB &amp; SC: Mental Health Services;</b> COVID Resources (developed/compiled by Life in Mind, Everymind, National Mental Health Commission and the suicide prevention and mental health sectors); link to Dept Health's 'Head to Health' program; Referral pathways 'CQ Health Pathways' for health professionals; <a href="#">click here</a> .

<b>5.6 Resource Directories</b>
<b>DRS4DRS; Find a resource for doctors;</b> library of resources <a href="#">click here</a>
<b>Dementia Australia: Information in Other Languages:</b> Dementia resources and tips for carers, families and friends of people living with dementia; in almost 30 different languages; <a href="#">click here</a>
<b>Dept Health; Mental Health and Suicide Prevention Resources:</b> Links to Mental Health planning, Suicide Prevention, Better Access Initiative related to mental health and Medicare rebates; link to support organisations <a href="#">click here</a>
<b>Emerging Minds; Healing Foundation; Resources; Improving the social and emotional wellbeing of Aboriginal and Torres Strait Islander children;</b> July 2021; suite of resources for practitioners (e-learning and fact sheets) to help families and children reconnect to cultures, while weaving back in the knowledge and protective factors that have kept First Nations peoples healthy and strong; better understanding of parenting through a trauma-aware, healing informed lens; <a href="#">click here</a> .
<b>eMHprac: ‘Your E-Mental Health Resources’;</b> eMHPrace Resource Guide; referencing (reviewed) online programs, online forums, phone services and a range of digital information resources for those experiencing mild to moderate mental health symptoms. <a href="https://www.emhprac.org.au/resources/">https://www.emhprac.org.au/resources/</a>
<b>Friends for Good; three key areas: Education and Awareness, service provision and research</b> aimed at breaking down the stigma surrounding loneliness and freeing people from it. <a href="#">Click here</a>
<b>KidsHelp Line; Resources for kids, teens, young adults, parents and carers, and schools and teachers; also their KidHelp line 1800 551 800</b> <a href="#">click here</a>
<b>LBTIQ+; Service and Supports;</b> for LGBTI elders and people providing care to LGBTI elders; LGBTIQI Aboriginal and Torres Strait Islander peoples (includes links to Black Rainbow; BlaQ and Yarns Heal <a href="#">click here</a> .)
<b>National Mental Health Commission: Mental Health Event Days;</b> a calendar of mental health and wellbeing events and days and links to associated resources: <a href="#">click here</a>
<b>QLife; LGBTIQ+ Services; national and state services and referral database.</b>
<b>Qld Health: Asset Library for First Nations (COVID-19);</b> collection of resources; to access the library: <a href="#">Asset Library</a>
<b>Refugee Health: Translated Resources;</b> range of translated resources including mental health and referral pathways <a href="#">click here</a>
<b>Rural Adversity Mental Health Program; Lived Experience Resource Central;</b> real stories of people who have overcome their own mental health struggles; reducing stigma around mental health and suicide <a href="#">click here</a>
<b>Transcultural Mental Health Centre: Consumer Medication Brochures:</b> translated in a range of languages; <a href="#">click here</a> .
<b>TSP For All: Psychosocial disability explained;</b> website sharing information, resources and tools related to mental health and the NDIS: designed primarily for healthcare professionals; recognising the needs of people with psychosocial disability. <a href="https://www.tspforall.com.au/">https://www.tspforall.com.au/</a>
<b>**Section 6 ‘Professional Networks’</b> identifies other professional bodies and resources that provide opportunities to receive newsletter and updates. Of particular note is Section 6.3 with links to Indigenous resources/clearing house to log resources on Indigenous suicide prevention.

5.7 Tools and Apps
<b>Australian Gov. Dept Health: <i>Mental Health Resources</i></b> ; digital mental health resources; apps & programs; online forums (e.g. PTSD; Anxiety); phone, chat and email contacts; websites; general information eg volunteering, domestic violence; hobbies. <a href="https://headtohealth.gov.au/search-resources">https://headtohealth.gov.au/search-resources</a>
<b>Head to Health:</b> Links to a range of Mental Health Support tools and apps including Beyond Now Suicide Safety Plan App. <a href="https://headtohealth.gov.au/search-resources">https://headtohealth.gov.au/search-resources</a>
<b>Headspace: <i>Free Meditation and Mindfulness App</i></b> ; <a href="https://www.headspace.com/headspace-meditation-app">https://www.headspace.com/headspace-meditation-app</a>
<b>Headspace: <i>'Weathering the storm'</i></b> ; free app; meditations, sleep and movement exercises. Take a moment with a meditation; <a href="https://www.headspace.com/covid-19">https://www.headspace.com/covid-19</a>
<b>Black Dog Institute; Ibobly; <i>Social and Emotional Wellbeing App</i></b> ; Free; for Aboriginal and Torres Strait Islander peoples; private, confidential <a href="#">click here</a> .
<b>Red Cross Free mental wellbeing App 'My Team'</b> : a mental health support team you take everywhere; to support, grow and achieve goals, and reflect: <a href="https://www.redcross.org.au/internal/my-team-app">https://www.redcross.org.au/internal/my-team-app</a>
<b>Smiling Mind: <i>Free Mindfulness App</i></b> ; practice daily meditation and mindfulness exercises from any device; <a href="#">click here</a> .
<b>Reach Out (for young people)</b> : Links to a range of Health and Wellbeing tools and apps that have been professional-reviewed to support looking after <25 year olds. Online quiz to help link the tools and apps to goals; <a href="#">click here</a> .
<b>*** Refer to Section 9 in regard to training directories and calendars.</b>

6.0 PROFESSIONAL NETWORKS
6.1 Newsletter Registrations and Resources
<b>Beyond Blue; <i>Heads Up Better Mental Health in the Workplaces; create action plan, receive newsletter</i></b> <a href="https://www.headsup.org.au/healthy-workplaces/for-police-and-emergency-services">https://www.headsup.org.au/healthy-workplaces/for-police-and-emergency-services</a>
<b>Black Dog Institute;</b> Aboriginal & Torres Strait Islander Lived Experience Centre; <a href="#">click here</a>
<b>COA; AIHW;</b> Mental Health Services; Releases and other news providing a picture of the national response to the health and welfare service system to mental health care needs of Australians; subscribe by <a href="#">clicking here</a>
<b>COA; DES&amp;E;</b> Student Wellbeing Hub: Newsletter; subscribe by <a href="#">clicking here</a>
<b>COA; NMHC;</b> National Workplace Initiative; framework for mental health initiatives; work and connect people to initiatives and resources; strengthen programs and interventions currently underway; More information and to sign up to the Newsletter by <a href="#">clicking here</a> and email: <a href="mailto:nwi@mentalhealthcommission.gov.au">nwi@mentalhealthcommission.gov.au</a> .
<b>Community Centre (Livingstone Shire Council);</b> Social groups and information sessions, and monthly newsletter; <a href="#">click here</a>
<b>Emerging Minds;</b> newsletter; the sign up page is accessed by <a href="#">clicking here</a>
<b>LGBTIQ+ Health Australia;</b> Email updates, can select from a range of options, include Mental Health and Suicide Prevention (MindOut) <a href="#">click here</a>
<b>Life in Mind; eNews;</b> latest news and activities; the sign up page is accessed by <a href="#">clicking here</a>
<b>Mindframe: sign up to receive News, Events and Media Alerts related to suicide prevention and mental health:</b> receive media alerts which includes recent concerns and recommendations for the media/public speakers <a href="#">Click here</a>
<b>PHN Central Queensland, Wide Bay and Sunshine Coast: Events, Tenders, Newsletter;</b> sign up option found by <a href="#">clicking here</a> The PHN strive to improve health outcomes, commission services, identify health needs, work with stakeholders, and provide resources for GPs.



<b>6.2 Web-based News</b>
<b>Suicide Prevention Australia: News;</b> web page is accessed by <a href="#">clicking here</a>
<b>The Prevention Hub;</b> Preventing anxiety and depression through world-leading research; latest news <a href="#">click here</a>
<b>6.3 Organisational Networks and Resources</b>
<b>Australian Institute of Health and Welfare: Indigenous Mental Health &amp; Suicide Prevention Clearinghouse;</b> bringing together information related to people’s wellbeing, mental health and suicide prevention; <a href="#">click here.</a>
<b>Black Dog Institute; Indigenous-led National Lived Experience Network;</b> led by Aboriginal & Torres Strait Islander Peoples; foster support, connections and learnings. To deliver culturally in-tune service design/deliver, support. Email <a href="mailto:indigenousec@blackdog.org.au">indigenousec@blackdog.org.au</a> or register online for updates; <a href="#">click here.</a>
<b>Black Dog Institute; Suicide Prevention Network:</b> connecting a network of like-minded professionals working in suicide prevention right across Australia. <a href="#">Click here</a> for more information.
<b>Black Dog Institute; TEN-The Essential Network for health Professionals;</b> helping healthcare professionals find resources and support to manage burnout and maintain good mental health. <a href="#">Click here</a>
<b>Carer Gateway: Carer Support;</b> connects carers through an Australian-wide network of ‘Carer Gateway Service Providers that will help you find local services and supports to help you. Phone 1800 422 737. Support can be counselling, connecting with other carers, respite care, self-guided coaching, skills courses, practical help and advice or information about financial support: or just talk through your problems. Resources are available on taking a break, financial help, tips and carer support. <a href="#">Click here</a>
<b>Central Queensland Rural Health: Health Exchange Website;</b> Resources for health professional; funded by the RDAQ Foundation’s Grant for Good Health Program. The website will support the sharing and exchange of relevant health education resources and collaboration of both professionals and community members. If you have health resources you would like to present on this peer-to-peer platform, or wish to promote your organisation, send the power point presentations, brochures, flyers, info-graphics, screening tools or questionnaires to <a href="mailto:mel.ohl@cqrdgp.com.au">mel.ohl@cqrdgp.com.au</a> for approval by the review panel. <a href="#">Click here</a> for further information.
<b>Health Direct;</b> Australian Government-trusted information partners related to suicide prevention: <a href="#">click here</a>
<b>Life in Mind;</b> <a href="#">clicking here</a> Life in Mind connect Australian suicide prevention services to each other and the community; they link policy to practice; communities to help-seeking; and practitioners to best practice. The aim is to support responses to suicide and its impacts.
<b>Life in Mind; National Gateway</b> connecting Australian suicide prevention services to each other and the community. <a href="#">Click here</a>
<b>LGBTIQ+ Health Australia; Together for health;</b> <a href="#">click here</a>
<b>Mental Health Professionals’ Network;</b> giving practitioners the opportunity to network and to access national online professional development opportunities; <a href="#">click here.</a>
<b>PHN’s Health Pathways;</b> provided by PHN (CQWBSC); for general practices, specialists, allied health professionals; locally agreed information to support making the right decisions together with patients. Mechanism to find appropriate referral pathways. Access registration page by <a href="#">clicking here.</a>
<b>Relationships Australia: Central Qld Elder Abuse Prevention Network (CQEAN);</b> professional knowledge and expertise to guide and advise the sector in relation to elder abuse: considers responses, research and trends. The aim is to empower and inform seniors to live safe and health lives. Contact Maddison <a href="mailto:mrhodes@raq.org.au">mrhodes@raq.org.au</a> to be put on the mailing list.
<b>Wesley LifeForce Networks: Community Hub;</b> the Network is made up of a union of people and organisations that work towards suicide prevention at grassroot levels; members and affiliate members have access to a Community Hub to assist operating effectively and learning from each other <a href="#">click here.</a>
<b>Queenslanders with Disability Network:</b> Network of people and support groups; provide advice, information and planning tools for people with a disability; <a href="#">click here</a>



<b>6.4 Mental Health and Suicide Safe Media &amp; Communications</b>
<b>Life in Mind; National Communications Charter;</b> resources to guide the way people in the mental health and suicide prevention sectors talk about mental health and suicide prevention. Read the Charter and become a signatory by <a href="#">clicking here</a> .
<b>Mindframe; Guidelines for Safe Media Reporting</b> <a href="#">click here</a> <ul style="list-style-type: none"> <li>- <i>Media professionals: Reporting suicide and mental ill-health: A Mindframe resource for media professionals;</i></li> <li>- <i>Public Spokespeople: A guide for speaking publicly about suicide;</i></li> <li>- <i>Lived experience speakers: A guide for lived experience speakers: talking about suicide.</i></li> </ul>
<b>Mindframe 14<sup>th</sup> April 2022 Media Alert: Understanding the risks of unsafe reporting on youth suicide and bullying;</b> in response to an increase in reporting related to youth suicide and bullying; <a href="#">click here</a>
<b>StigmaWatch: Guidelines to tackle stigma around mental health and suicide in the media</b> <a href="#">click here</a> <ul style="list-style-type: none"> <li>- <i>StigmaWatch criteria to respond to media reporting breaches</i></li> <li>- <i>Confidential reporting mechanism</i></li> </ul>
<b>Facebook: Facebook Community Standards;</b> Suicide, Self Injury & reporting suicidal content (including a direct threat of suicide on Facebook). Facebook Policy: <a href="#">click here</a> . *** Reporting suicidal content: <a href="#">click here</a> . *** Please call 000 immediately if you or someone you know is in distress.

<b>7.0 PROGRAMS &amp; CAMPAIGNS</b>
<b>7.1 Programs and Resources</b>
<b>Australian Veterinary Assoc;</b> VetHealth Program; links to their resources, tools and support related to factors including depression, anxiety and suicide <a href="#">click here</a>
<b>Beyond Blue/Headspace/Early Childhood Australia: Be You Program</b> (previously ‘Mind Matters’ and ‘Kids Matter’); professional learning, tools and resources; equips educators to support the mental health and wellbeing of children and young people; Includes school postvention planning. Free resources. <ul style="list-style-type: none"> <li>- Getting Started- <a href="#">click here</a>.</li> <li>- The Events Calendar can be accessed through this webpage: <a href="#">click here</a></li> </ul> Fact Sheets: <a href="#">click here</a> ; _Suicide Prevention and Response: <a href="#">Click here</a>
<b>BlackDog Institute: myCompass free online interactive self-help program;</b> designed for mild to moderate symptoms of stress, anxiety and depression; personal online treatments; <a href="#">click here</a> .
<b>Clontarf Foundation: Building Self-Esteem and Confidence;</b> supporting young men finish year 12 and entering employment; <a href="#">click here</a>
<b>Emerging Minds: Children of Parents with a Mental Illness (COPMI);</b> National Initiative; resources for professionals, families, teenagers (with parents with a mental illness), expectant parents/family planning, and for family groups/support people, early childhood workers, primary school workers, ideas for secondary school workers, middle-school teachers booklet (related to MindMatters) and an ‘Inpatient Mental Health Service Family Friendly Checklist’. <a href="#">Click here</a>
<b>EVERYMIND;</b> Evidence-based mental health and suicide prevention programs; <a href="#">click here</a>
<b>Grow: Mental Wellness Programs;</b> supporting people to recover from mental illness through mutual support and personal development; over 18s. <a href="https://www.grow.org.au/our-programs/">https://www.grow.org.au/our-programs/</a> Two online Zoom support groups are: <ul style="list-style-type: none"> <li>• Online peer support meetings; <a href="#">click here</a>.</li> <li>• Managing mental health during the COVID-19 crisis; <a href="#">click here</a></li> </ul>
<b>Life in Mind;</b> Suicide prevention programs and resources for health professionals and the community; <a href="#">click here</a>



<p><b>COA; Open Arms-Veterans &amp; Family Counselling; Community and Peer Program;</b> involves 'lived experience' peers; working with veterans, family supports, community agencies and mental health clinicians; complement counselling and group program services; providing a more holistic and therapeutic experience for clients; phone 1800 011 046; <a href="#">click here</a>.</p>
<p><b>Australian Gov; PM's Veteran Employment Program;</b> tools to plan your transition, identify your skills, the civilian workplace, getting the job, starting your own business plus more <a href="#">click here</a></p>
<p><b>Wesley LifeForce: comprehensive approach to prevention, intervention and postvention.</b> <a href="#">Click here</a>  <b>Includes;</b> community networks support and resources; training in addressing mental health in the workplace; workshops on suicide prevention training for community members and healthcare professionals; postvention memorial service offered annually for those suffering the loss of a loved one.</p>
<p><b>Phoenix Australia; Disaster Mental Health Hub: Helping older adults after a disaster; training and resources</b> <a href="#">click here</a></p>
<p><b>Qld Government's:</b></p> <ul style="list-style-type: none"> <li>- <b>'Dear Mind'</b>; Remember to make time for you; tips for everyday mental wellbeing activities; 6 building blocks to strong mental wellbeing; link to additional support. <a href="https://mentalwellbeing.initiatives.qld.gov.au/">https://mentalwellbeing.initiatives.qld.gov.au/</a></li> <li>- <b>'Your mental wellbeing'</b>; Activities for a stronger mental wellbeing; resilience in the face of life's challenges; improving mental wellbeing by making small changes in your daily routine; 6 activity areas 'building blocks' to select and focus on; check-in element to see how you are going; <a href="#">click here</a>.</li> </ul>
<p><b>REACH OUT.COM:</b> free digital mental health and wellbeing programs: for young people and their parents; <a href="#">click here</a>.</p>
<p><b>SANE Australia;</b> National Charity; programs include counselling; stigma watch and promoting responsible media portrayal of mental health and suicide; art awareness to reduce stigma; workplace mental health skills; SANE Blog and resources; <a href="#">click here</a>.</p>
<p><b>Mhr4c: Carers Qld/SCHHS;</b> Extensive list of resources for carers categorised into logical sections; <a href="#">click here</a> and hover over 'start program' to see the framework.</p>
<p><b>Mental Health in Mind International; Youth Aware of Mental Health (YAM) program;</b> School based program for young people 13-17 years old in which to learn about and discuss mental health; online resources; <a href="#">click here</a> for the short implementation guide; or contact <a href="mailto:education@blackdog.org.au">education@blackdog.org.au</a> to locate a delivery partner.</p>
<p><b>The Brave Program: University Queensland; prevention and treatment of childhood and adolescent anxiety:</b> free; programs for children, teenagers and parents. Email <a href="mailto:brave4you@psy.uq.edu.au">brave4you@psy.uq.edu.au</a> or <a href="#">Click here</a> to access information on the following:</p> <ul style="list-style-type: none"> <li>• Young Child Program 3-7 years; Child Program 8-12 years; Teen Program 12-17; Guide for Professionals</li> </ul>
<p><b>*** Refer to Section 7 for specialised programs working in the suicide prevention and postvention space including Standby Support after Suicide and Thirri Support after Suicide Programs; and sector-specific programs.</b></p>
<p><b>7.2 Campaigns</b></p>
<p><b>Everymind: #YouCanTalk; empowers and increases confidence when it comes to talking about suicide</b> <a href="#">click here</a></p>
<p><b>RUOK? Ask Your Mob, Your Way, R U OK?</b> Supporting the 'Stronger Together' suicide prevention campaign for Aboriginal and Torres Strait Islander communities; includes culturally appropriate content. The campaign encourages people to engage and offer support to their family, friends and colleagues struggling with life. Focus on promoting a sense of connection, hope and identity <a href="#">click here</a>.</p>
<p><b>RU OK? Rail RUOK Day; TrackSAFE Foundation; includes Rail R U OK? Day</b> is a collaboration between TrackSAFE and R U OK?; this annual industry-wide event inspires rail staff across Australia and New Zealand to look out for one another during life's (including worklife's) ups and downs by asking "Are you OK?" and really listening to the answer. Information hub <a href="#">Click here</a></p>
<p><b>Veterinary Mind Matters Initiative;</b> National organisational commitment to protect and support the mental health and wellbeing of veterinary professionals <a href="#">click here</a></p>



## 8.0 INDUSTRY RESOURCES

### 8.1 Prevention Plans

#### HEALTH & BEHAVIOURAL SYSTEMS:

*Zero Suicide Institute: Resource Database, tools, readings, videos, webinars* [click here](#)

#### INDIGENOUS COMMUNITY:

*Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention;*

*Fact Sheet 5: What works in Indigenous Suicide Prevention;* [click here](#)

#### RAIL COMMUNITY:

*TrackSAFE Foundation* aim to reduce access to the rail corridor, encourage those in crisis to seek help, and encourage intervention when someone is in distress; to find out more, [click here](#)

#### DOCTORS & MEDICAL STUDENTS:

*EveryMind; BlackDog 2020; Every Doctor, Every Setting: A National Framework;* coordinated action on the mental health of doctors and medical students; [click here](#)

#### VETERINARIANS

*THRIVE*, a wellness initiative; aims to support veterinarians to prevent harm, promote the positives of the profession and protect those in crisis. [Click here](#)

**\*\*\* Refer to Section 2 for the government and regional prevention planning framework, which includes supporting Veterans and Indigenous people.**

### 8.2 Postvention Response Plans

#### POSTVENTION SERVICE PROVIDERS:

*AISP postvention Australia guidelines: for organisations and individuals providing services to people bereaved by suicide (2017).* [Click here](#)

#### COMMUNITY:

*Standby Support after Suicide;* Support after Suicide Toolkit and support information packs; [click here](#).

*Thirril; National Indigenous Critical Response Service;* support tools [click here](#).

#### RAIL COMMUNITY:

*Restrail* Toolbox; Railway suicides and trespassing accidents: how to prevent the incidents and mitigate the consequences? [Click here](#) for the toolbox

#### SCHOOL COMMUNITY:

*Beyond Blue* (2020). *Be You Suicide Postvention Resources: Complete Toolkit;* Schools [click here](#) for resources. Website: <https://beyou.edu.au/>

#### UNIVERSITIES:

*Headspace* and *Universities Australia* 2020: Responding to Suicide a toolkit for Australian Universities; [click here](#).

### 8.3 Research, Expert Insights and Conference Abstracts

**Australian Human Rights Commission; National Suicide Prevention Conference 2017;** Aboriginal and Torres Strait Islander social justice conference notes (social justice, power of culture, trauma, FASD) Full speech: [click here](#).

**Australian Institute for Suicide Research and Prevention (AISRAP);** *Study on Youth Suicide Prevention through Cultural Connection (for young Aboriginal and Torres Strait Island peoples);* overview [click here](#); Journal Article [click here](#)

**Australian Veterinary Association** Veterinary Wellness Strategy: Summary of research findings(2022?); [click here](#)

**Beyond Blue;** *Suicide myths and facts* [click here](#)

**Black Dog Institute and The Seedling Group;** *We are Strong, We are Resilient, But We Are Tired – Voices from the Aboriginal and Torres Strait Islander Live Experience Centre Yarning Circles;* Report 19<sup>th</sup> July 2020; [click here](#)

**Black Dog Inst & Everymind;** The Prevention Hub; Preventing anxiety and depression through world-leading research [click here](#).

**Black Dog Institute;** Expert Insights; Tackling important mental health topics and providing expert knowledge from, and for, health professionals, [click here](#).

**Life in Mind:** 2021 *Suicide Prevention Australia Symposium;* Highlights [click here](#)

**Lowitja Institute;** *National Institute for Aboriginal and Torres Strait Islander Health Research.* [Click here](#) for links to research, services and resources.

**National Suicide Prevention Advisor and National Taskforce Report:** *Lived experiences of providing care and support to people who suicide attempt, and those who have gone on to die by suicide;* Maple, M., et al . A report for the National Suicide Prevention Advisor and Suicide Prevention Taskforce. 2020. [Click here](#)

**Suicide Prevention Australia;** Financial Counselling Australia; Jan 2022; Gambling and Suicide Prevention: A Roadmap for Change. [Click here](#)



<b>8.4 Data</b>
<b>COA;AIHW; Federal Government</b> – Mental Health Services in Australia. Reporting on the use of crisis lines and mental health services; <a href="#">click here</a>
<b>LGBTIQ+ Health Australia</b> ; 2021 Snapshot of Mental Health and Suicide Prevention Statistics for LGBTIQ+ People. For more information <a href="#">click here</a>
<b>Australian Institute of Health and Wellbeing</b> ; 20 <sup>th</sup> July Release of Suicide and Self Harm Monitoring Data. Link to recording: <a href="https://vimeo.com/576586769/82cea0946e">https://vimeo.com/576586769/82cea0946e</a>
*** <a href="#">Refer to Section 2 for the Government data collection/monitoring frameworks.</a>

<b>9.0 TRAINING</b>
<b>9.1 Suicide Awareness Survey</b>
<b>Central Queensland Rural Health: Organisation ‘Employee Suicide Awareness Survey’</b> ; designed to assist workplaces or organisations determine their employees/volunteers level of skills and knowledge when dealing with mental illness or suicidal ideation. Online survey is available by <a href="#">clicking here</a> . For more information <b>Email</b> <a href="mailto:admin@cqrdgp.com.au">admin@cqrdgp.com.au</a> ; or <b>Phone</b> 07 4992 1010.
<b>9.2 Central Qld Training Register</b>
<b>Central Queensland Rural Health: Training (suicide awareness/prevention) register</b> : aim is to provide a register of ALL training providers that can support the Central Qld Community; please feel free to contact us to have your training added to the website; <b>Email</b> : <a href="mailto:admin@cqrdgp.com.au">admin@cqrdgp.com.au</a> ; <b>Phone</b> : (07) 4992 1040. Current training providers <a href="#">click here</a> .
<b>9.3 Training &amp; Workshop Programs</b>
<b>Standby – Support after Suicide: Training (suicide postvention)- Community Workshops</b> ; Free; to increase awareness, develop connections and build a community’s capacity to support people who have been impacted by suicide. <b>Professional development training for health care and community workers</b> ; to increase their capacity to support people in their care impacted by suicide. <b>Phone</b> 0418 656 764.
<b>Mental Health First Aid</b> ; Course Calendar <a href="#">click here</a>
<b>Mindframe training</b> : guidelines around communicating about suicide and mental ill health. <ul style="list-style-type: none"> <li>- <b>Mindframe drop in sessions</b>; free; may be offered in one hour online sessions that anyone in the community can attend.</li> <li>- <b>Mindframe General training</b>; free. Covers the guidelines and giving people some knowledge about suicide in Australia, the evidence behind the guidelines and the guidelines themselves.</li> <li>- <b>Mindframe Plus training</b> – more in-depth, fee-for-service program that includes the basic Mindframe training plus an interactive workshop where attendees work through a variety of prevention, intervention and postvention scenarios and begin to develop a communication strategy that could be enacted if an incident did occur.</li> </ul> Other information on media training, university training, and the Mindframe Plus training is available by <a href="#">clicking here</a>
<b>9.4 Central Qld Scheduled Training Calendar</b>
<b>Central Queensland Rural Health: Training (suicide awareness/prevention) calendar</b> : aim is to provide a central point for ALL suicide prevention training being offered in CQ; please feel free to contact us to have your scheduled training added to the website; <b>Email</b> : <a href="mailto:admin@cqrdgp.com.au">admin@cqrdgp.com.au</a> ; <b>Phone</b> : (07) 4992 1040. Current scheduled training <a href="#">click here</a> .
<b>9.5 Sector-Specific Training &amp; Workshop Calendar</b>
<b>SCHOOL COMMUNITY</b> . Australian Govt; DES&E; <i>Student Wellbeing Hub</i> ; Professional Learning Courses: <a href="#">click here</a>
<b>VETERAN COMMUNITY</b> . Open Arms – Veterans & Families Counselling: Suicide Intervention and Mental Health Literacy Workshops. Free training opportunities to those seeking to help family, friends, co-workers or others in the veteran community. Ph 1800 011 046; <a href="mailto:OpenArms.Coord@dva.gov.au">OpenArms.Coord@dva.gov.au</a> ; <a href="#">click here</a> .
<b>VETERINARIAN COMMUNITY</b> . Australian Veterinary Association: Education and Events: Provides Mental Health First Aid and other training <a href="#">Click here</a>





9.6 Scheduled Training- free/funded -2022	
<p><b>7<sup>th</sup> July 2022</b> Online; Free 9-1.30 AEST</p>	<p><b>Wesley Mission/Wesley LifeForce Suicide Prevention free online Zoom Events:</b> recognise the signs that someone may be at risk of suicide and learn appropriate actions to take. <a href="#">Click here</a> for more information. Three sessions via Zoom. Register by 22<sup>nd</sup> July <a href="#">Wesley LifeForce Suicide Prevention Half Day Zoom Event Tickets, Thu 07/07/2022 at 9:00 am   Eventbrite</a></p> <ul style="list-style-type: none"> <li>• <b>Session 1 – Awareness, risk and attitudes around suicide;</b></li> <li>• <b>Session 2 – Responding to someone at risk of suicide.</b></li> </ul>
<p><b>20th July,</b> 9am – 4pm Online; OR <b>5 August,</b> 9am – 4pm Online</p>	<p><b>Black Dog Institute; Advanced Training in Suicide Prevention;</b> Blended Learning; 6 hours; cost free; for health professionals working in the CQWBSC PHN catchment area (Allied Health, GPs, Multi-disciplinary, Mental Health Nurse, Psychologists, Social Workers, Youth Workers, Other mental health professionals). Practical tools for health professionals managing the full spectrum of suicide risk presentations, including the acute suicidal crisis, care after a suicide attempt and assisting families experience suicide bereavement. Interactive, case discussions and self-directed learning modules; 6 hours CPD; 40 Accredited CPD Activity Points (RACGP); and ACRRM 4 Performance review. Registration link: <a href="#">Advanced Training in Suicide Prevention - Blended Learning   Black dog Institute (force.com)</a> Online via Zoom, 20 July, 9am – 4pm; Online via Zoom, 5 August, 9am – 4pm</p>
<p><b>27-28<sup>th</sup> July</b> 2 days (6 hours) Online; free</p>	<p><b>Wesley Mission/Wesley LifeForce Suicide Prevention free online Zoom Events:</b> recognise the signs that someone may be at risk of suicide and learn appropriate actions to take. <a href="#">Click here</a> for more information. Three sessions via Zoom. Register by 22<sup>nd</sup> July <a href="#">Wesley LifeForce Suicide Prevention -Full Day Zoom Workshop Tickets, Wed 27/07/2022 at 9:00 am   Eventbrite</a></p> <ul style="list-style-type: none"> <li>• <b>Session 1 – Raising awareness of suicide in Australia;</b> 27/7; 9-10.30am AEST</li> <li>• <b>Session 2 – Understanding risk and our attitude around suicide;</b> 27/7; 11-1pm AEST</li> <li>• <b>Session 3 – Responding to someone at risk of suicide;</b> 28/7; 9-11.30 AEST</li> </ul>
<p><b>30<sup>th</sup> July</b> Maryborough OR <b>7<sup>th</sup> May</b> Gympie Free</p>	<p><b>Black Dog Institute; Advanced Training in Suicide Prevention (RACGP - 6 CPD hours or 40 Activity Points; ACRRM 4 Performance Review)</b> For GP Registrars, GPs, Multi-disciplinary, Psychologists, Social Workers, Other mental health professionals. Registration link: <a href="#">Advanced Training in Suicide Prevention   Black dog Institute (force.com)</a>; Maryborough, 30 July, 9am – 5pm; Gympie, 7 May, 9am – 5pm</p>
<p><b>13-14<sup>th</sup> September</b> 2 days (6 hours); Online; free</p>	<p><b>Wesley Mission/Wesley LifeForce Suicide Prevention free online Zoom Events:</b> recognise the signs that someone may be at risk of suicide and learn appropriate actions to take. <a href="#">Click here</a> for more information. Three sessions via Zoom. Register by 12<sup>th</sup> September: <a href="#">Wesley LifeForce Suicide Prevention -Full Day Zoom Workshop Tickets, Tue 13/09/2022 at 9:00 am   Eventbrite</a> <b>Note the times below were converted to Qld AEST.</b></p> <ul style="list-style-type: none"> <li>• <b>Session 1 – Raising awareness of suicide in Australia.</b> 13/9; 9:30-11:00 Qld AEST</li> <li>• <b>Session 2 – Understanding risk and our attitude around suicide.</b> 13/9; 11:30-1:30 AEST</li> <li>• <b>Session 3 – Responding to someone at risk of suicide.</b> 14/9; 9:30- 12:00 AEST</li> </ul>
<p><b>7-8 December 2022;</b> 2 days (6 hours); Online; free</p>	<p><b>Wesley Mission/Wesley LifeForce Suicide Prevention free online Zoom Events:</b> recognise the signs that someone may be at risk of suicide and learn appropriate actions to take. <a href="#">Click here</a> for more information. Three sessions via Zoom. Register by 12<sup>th</sup> September: <a href="#">Wesley LifeForce Suicide Prevention -Full Day Zoom Workshop Tickets, Tue 13/09/2022 at 9:00 am   Eventbrite</a> <b>Note the times below were converted to Qld AEST.</b></p> <ul style="list-style-type: none"> <li>• <b>Session 1 – Raising awareness of suicide in Australia.</b> 7/12; 8-9.30am Qld AEST</li> <li>• <b>Session 2 – Understanding risk and our attitude around suicide.</b> 7/12; 10-12mid AEST</li> <li>• <b>Session 3 – Responding to someone at risk of suicide.</b> 8/12; 8:00-10.30am AEST</li> </ul>
<b>ONLINE- AT YOUR OWN PACE</b>	

Any time; online; 1 hour; free	<b>Black Dog Institute: Recognise and Respond- Suicide Prevention for Everyday Life:</b> Free; 1 hour; online suicide prevention training for the CQ Community: at your own time/pace; provides the tools and confidence you need to have a key conversation and respond to a friend, family member or colleague who may have suicidal thoughts; free program courtesy of the Primary Health Network (CQWBSC). <b>To sign up <a href="https://qld-sc-phn.myabsorb.com.au/#/signup">Click Here; https://qld-sc-phn.myabsorb.com.au/#/signup</a></b> ; sign up key rV3hhHo5s8jwqX1G-iSO
Any time; online; 2 hour; free	<b>CQUniversity: PDC93089- Understanding Sexual Orientation and Gender Diversity”</b> <a href="#">click here</a> ; Free (both to sign up to the CQUni Account and for this particular course); has four parts (terminology/definitions; barriers to inclusions; principles to counter discrimination; ways to increase inclusion); online quiz to support assessment.
Any time; online; Free for Veterans/ family or community	<b>LivingWorks: START program;</b> 60-90 minutes; online; free for people 13 years old or more that has contact with, or supports the veteran community. Teaches when someone is thinking about suicide and how to connect them to help and support following a four-step model. <a href="#">Click here</a> . Supported by the Australian government’s Open Arms – Veterans and Families Counselling.
Any time; online; free	<b>Suicide Programs Life Saving Skills (Previously Keep Calm); free 1 hour Calm Suicide Safety course;</b> <a href="#">click here</a>
<b>WATCH THIS SPACE</b>	
TBA; online	<b>Mindframe: Drop In sessions;</b> Free, online, from 1-2pm; <a href="#">click here</a> to access information on the following opportunities; safe and sensitive communication around suicide: <ul style="list-style-type: none"> <li>- <b>(a) Guidelines for communicating about mental ill health</b></li> <li>- <b>(b) Guidelines for communicating about suicide</b></li> </ul> Sessions to support safe and sensitive communication around mental ill health and suicide.
TBA; in person; 2 days; <b>Yeppoon</b>	<b>Mental Health First Aid;</b> The Hub Conference Room; free; 7-9 James Street Yeppoon; 9am to 5pm both days (two day program); catering provided. <b>EOI</b> Clare.Cullinan@health.qld.gov.au
TBA; in person; half day; <b>Yeppoon</b>	<b>Calm Care Suicide Awareness;</b> free; in August or October; completion certificate; <b>EOI</b> Scharryn Kneen Email: <a href="mailto:scharryn@gmail.com">scharryn@gmail.com</a>
TBA	<b>Headspace programs, training and professional development packages;</b> free for Qld Dept Education Staff: <a href="#">click here</a> for more information, contacts, and to arrange training. <ul style="list-style-type: none"> <li>• <b>SafeMinds: In Practice</b></li> <li>• <b>Skills Based Training on Risk (STORM)</b></li> <li>• <b>Suicide Risk Continuum</b></li> </ul>
TBA	<b>Emerging Minds/Healing Foundation;</b> Free e-learning training package Social and Emotional Wellbeing (Aboriginal and Torres Strait Islander Children and their Families); Register by <a href="#">clicking here</a>
<b>9.7 Scheduled Training- fee-based</b>	
27/4 to 28/4/22 Rockhampton	<b>MHFA: Aboriginal and Torres Strait Islander MHFA Ed 3.1;</b> \$480; 9-4.30 both days; morning and afternoon tea provided; Rockhampton; phone 0477 472 206; <a href="mailto:Trudy.mhfa.trainer@gmail.com">Trudy.mhfa.trainer@gmail.com</a>
<b>27<sup>th</sup> April</b> 9am – 1:30pm (AEST) Zoom	<b>Wesley Mission/Wesley LifeForce; Wesley LifeForce Suicide Prevention Workshop: Workplace Training;</b> \$137.50pp; Understanding risk and protective factors; identify warning signs that someone may be at risk of suicide; how to ask directly about suicide intent; understand what local and national support and resources are available to support a person at risk. For more information, <a href="#">click here</a> .
30/04/2022 Zoom	<b>MHFA: Standard MHFA Refresher Course;</b> 4 hours; \$125; or \$160 with manual; 9:30 to 2:30 AEDT; phone 0401 970 718; email <a href="mailto:daphne@itrainsafety.com.au">daphne@itrainsafety.com.au</a> ; register by <a href="#">clicking here</a> .

## 10.0 COMMUNITY RESOURCES

### 10.1 Service Providers

**Lives Lived Well; Rockhampton Residential Alcohol and Other Drug Treatment. 42 Bed live-in services and three programs:** withdrawal support, [read more](#); rehabilitation treatment, [read more](#); family support, [read more](#)  
Enquiries and referrals ph call 1300 727 957; [click here](#) for a Referral Form; self-referral form [click here](#).

**Australian Counselling Association (ACA)-** see their *Suicidal Clients-ACA (INC) Guidelines* by [clicking here](#).

**\*\*\* Refer to section 5.4 and 5.5 for links to local and other service providers.**

### 10.2 Caring for yourself

#### GENERAL

- **Alcohol and Drug Foundation: Alcohol Guidelines;** based on latest scientific evidence; [click here](#).
- **Better off with you;** suicide prevention initiative; get the help you need for yourself or others [click here](#)
- **Beyond Blue: Finding Your Way Back booklet;** help get your life back on track after attempting suicide; booklet helps begin to answer important questions about your future wellbeing [click here](#)
- **Calm;** Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music; <https://www.calm.com/>
- **Grow; Peer Support Group;** online peer support meetings; over 18; <https://www.grow.org.au/egrow/> and [click here](#)
- **Red Cross; Coping after a crisis; what you and others might experience after a crisis and how to manage it;**
- Coping and cleaning up following a fire, flood or other disaster- [click here](#)
- Maintaining wellbeing in the face of long-term stress- [click here](#)
- **Qld Health: 'Five Ways to look after your mental wellbeing after a natural disaster';** [click here](#).
- **StandBy – Support after Suicide:** 24/7 free telephone and face-to-face support to individuals, families and communities bereaved or impacted by suicide. Support is available at any stage, whether the suicide is recent or in the past. Information for support & selfcare after suicide; [click here](#). Resources; [click here](#).

#### CHILDREN & YOUTH

- **HeadSpace: Resource Library;** fact sheets and resources for young people, family and friends- [click here](#).

#### OLDER PERSONS

- **Friends for Good; FriendLine;** for 18 years and older; not a crisis service; operated by screened and trained volunteers; anonymous and confidential conversation; offering older Australians an opportunity to call and have a 'free, anonymous friendly chat with a volunteer over the phone'. Phone 07 2103 3170 (free call 1800 424 3170); 2pm to 8pm 7 days a week; [click here](#).
- **Redcross: Telecross; A phone call each day to check you're OK;** if you live alone, are at risk of an accident or illness that may go unnoticed. Available on a temporary basis if someone has just returned home or the family or carers are away. Red Cross volunteers make a morning call 365 days a year. If the call goes unanswered, Red Cross take action to ensure the person is OK. Available through MyAged Care referrals. Phone 1300 885 698.

#### CARERS

- **mhr4c: Self Care (Looking after yourself)-** resource for carers <http://mhr4c.com.au/coping-strategies/self-care/>

#### INDIGENOUS

- **Helem Yumba Healing Place;** Case management and Counselling Services; for Aboriginal and Torres Strait Islander families and individuals; phone 0458 777 580 (MHAODs) and 0458 777 601; 0427 120 055 (DFV) [click here](#).
- **Yarns Heal; Aboriginal and Torres Strait Islander; LGBTIQ+, sistergirl and brotherboy, suicide prevention campaign.** Sharing stories and reaching out to loved ones and community cultural connectors when times are tough: nurturing a culture of healing, love and hope. [Click here](#) to view ambassador stories.

#### VETERINARIANS

- **Australian Veterinary Association; VetHealth; Advice about staying healthy and maintaining a good work-life balance; resources related to dealing with stress, addictions, grief and loss, depression, anxiety and suicide;** Steps for preventing suicide [click here](#); Death or suicide of a workmate [click here](#)

#### VETERANS

- **Open Arms: Veterans & Families Counselling;** provide mental health assessments and clinical counselling services for Australian veterans and their families. Counselling and online appointments; group treatment programs [Click here](#)

#### MENTAL HEALTH PROFESSIONALS

- **REACH OUT.COM: Developing a self-care plan;** self-care resource aimed towards mental health professionals to support maintaining their professionalism as a worker with young people; [click here](#).



10.3 Caring for Others
<b>GENERAL</b>
<ul style="list-style-type: none"> <li>• <b>Better off with you;</b> suicide prevention initiative; tips on communicating, warning signs, practical support <a href="#">click here</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Better off with you;</b> suicide prevention initiative; how to support your community <a href="#">click here</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Beyond Blue: Guiding Their Way Back;</b> booklet to support someone who has attempted suicide, <a href="#">click here.</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Black Dog Institute: suicide and self harm, seeing the signs</b> <a href="#">click here</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>RU OK? ‘Simple steps that could change a life’.</b> Checking in on others; resources to prepare, see the signs, pick the moment, listen, encourage action, and check in; provides references to other crisis support. <b>Resources for every day of the year.</b> <a href="https://www.ruok.org.au/">https://www.ruok.org.au/</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>StandBy ;</b> Have you lost someone to suicide? Lifeline Factsheet • Standby offers practical suicide postvention resources including toolkits, workbooks and factsheets for young people (children and teens), workplaces, grief, stigma, funeral and anniversary planning. <a href="#">click here.</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Suicide Call Back Service: ‘Discussing Suicide (How to talk to somebody about suicide)’;</b> <a href="#">click here</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Family Drug Support;</b> support and education to family members and friends of people who use alcohol and/or other drugs; 24/7 telephone Support Line 1300 386 186; Support Group Meetings; Stepping Forward information sessions; Stepping Stones program; contact Rebecca 0490 536 976</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Health Direct; Suicide Warning Signs;</b> key facts; what is suicide; risk factors; protective factors; who is more at risk; warning signs; how do you talk to a person who has suicidal thoughts; resources, support, state and territory services. <a href="#">Click here</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>StandBy – Support after Suicide:</b> Free community workshops to increase awareness, develop connections and build a community’s capacity to support people whom have been impacted by suicide. Phone 0418 656 764.</li> </ul>
<b>CHILDREN &amp; YOUTH</b>
<ul style="list-style-type: none"> <li>• <b>AnglicareCQ</b> offers a range of services including: Foster Care <a href="http://www.anglicarecq.org.au">www.anglicarecq.org.au</a>; phone 1300 769 814</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Better Health Channel &amp; Beyond Blue;</b> Youth Suicide- the warning signs; fact sheets and resources (triggers, supporting a person, what to avoid, myths, where to get support <a href="#">click here</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Black Dog Institute (2020).</b> Tackling the Topic of Suicide with Your Child • When communities are affected by suicide Conversations Matter guide and factsheets</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Australian Govt; DES&amp;E; Student Wellbeing Hub;</b> Resources to build safe, inclusive and connected schools communities; PROGRAM; <a href="#">click here</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Qld Gov; Aust Education Authority; Bullying No Way; Classroom, professional learning and teach resources and fact sheets available:</b> <a href="#">Click here</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Headspace Fact Sheets:</b></li> <li>• <b>Suicide Contagion for Aboriginal and Torres Strait Islander Young People;</b> <a href="#">click here</a></li> <li>• <b>Suicide in Schools: Information for Aboriginal and Torres Strait Islander Families;</b> <a href="#">click here</a></li> <li>• <b>Grief:</b> how Aboriginal and Torres Strait Islander young people might respond to suicide; <a href="#">click here</a></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Orygen; Australian University Mental Health Framework;</b> read summary by <a href="#">clicking here.</a></li> </ul>



<b>RAIL COMMUNITY</b>
<ul style="list-style-type: none"> <li>• <b>RAIL RU OK? ; TrackSAFE Foundation;</b> inspires rail staff across Australia and New Zealand to look out for one another during life's (including worklife's) ups and downs by asking "Are you OK?" and really listening to the answer. Information hub <a href="#">Click here</a></li> </ul>
<b>VETERANS</b>
<ul style="list-style-type: none"> <li>• <b>Australian Gov; PM's Veteran Employment Program;</b> service for employers; why hire veterans? and connect with veterans <a href="#">click here</a></li> <li>• <b>RSL- Qld; Veteran Services Officers;</b> veteran advocates; rslqld.org ; 07 4838 9803</li> </ul>
<b>INDIGENOUS</b>
<ul style="list-style-type: none"> <li>• <b>Beyond Blue: <i>Finding Our Way Back booklet</i>;</b> a resource co-designed by Aboriginal and Torres Strait Islander peoples as a starting point for working through some of the questions that can come up after a suicide attempt <a href="#">click here</a>.</li> <li>• <b>Qld Aboriginal and Islander Health Council;</b> culturally appropriate resources; activity sheets; keep mob safe; stay at home symptoms; family care plan; Bub's care plan; <a href="https://www.qaihc.com.au/resources/">https://www.qaihc.com.au/resources/</a></li> <li>• <b>Clontarf Foundation; <i>improves the education, discipline, life skills, self-esteem and employment prospects of young Aboriginal and Torres Strait Islander men.</i></b> Supports the completion of year 12 and entering employment; support continues after completing Year 12; avenue to become role models to demonstrate the value of completing school, finding employment and leading positive and healthy lives. Partnerships with philanthropic, corporate and local organisations across Australia. <a href="#">Click here</a> for Partnership information.</li> <li>• <b>REACH OUT.COM: <i>How to be an ally to Aboriginal and Torres Strait Islander people</i>;</b> an article by Alice Currie to support build a person's capacity to be a respectful ally for Aboriginal and Torres Strait Islander people; <a href="#">click here</a>.</li> <li>• <b>Queensland Health; <i>During sad news and Sorry Business</i>;</b> resource for Aboriginal and/or Torres Strait Islander communities for when a loved one is passing or has passed away in Queensland. <a href="#">Click here</a></li> <li>• <b>Thirrili; National Indigenous Critical Response Service;</b> work with local Elders, communities and organisations to support the bereaved individuals and families; post-suicide bereavement support. Contact a postvention advocate on 1800 805 801; <a href="#">click here</a>.</li> <li>• <b>Life in Mind: <i>Stronger Smarter Yarns for Life'</i>;</b> understanding unique factors contributing to thoughts of suicide for Indigenous people; a strength based approach to support and intervention; identifying signs and debunking social myths; mental illness and suicide prevalence in Australia; conversation planning tools; suitable referrals. <a href="#">Click here</a></li> <li>• <b>Life in Mind; <i>Community Support and Guidance</i>;</b> tools, resource, support for those affected by suicide, crisis support services. <a href="#">Click here</a></li> <li>• <b><i>Big Group Community Meetings (auspiced by Darumbal Community Youth Services) – opportunity to yarn and raise concerns for all members for the Aboriginal and Torres Strait Islander Community- Zhanae Dodd 49226180; Rockhampton Region and supports Woori. Includes working within the youth suicide prevention space.</i></b></li> <li>• <b>Darumbal Community Youth Services: <i>Pen Pal Project</i>;</b> keeping children (5-17), young people and Elders connected in our community; ph. 07 4922 6180; email <a href="mailto:reception@darumbal.org.au">reception@darumbal.org.au</a></li> </ul>

<b>10.4 Caring for Your Finances</b>
<b>AnglicareCQ; Financial Support services (Financial Resilience and Emergency Relief; )</b> <a href="http://www.anglicarecq.org.au">www.anglicarecq.org.au</a> ; phone 1300 769 814
<b>Australian Gov: Service Australia Crisis and Special Help;</b> Community Engagement Officers to assist accessing payments and services; Centrepay to pay bills and expenses from Centrelink payments to assist budgeting; and Financial Information Service to assist with money matters; crisis payments; <a href="#">click here</a>
<b>Australian Gov: Service Australia; income support payments including JobSeeker;</b> check eligibility; <a href="#">click here</a>
<b>Australian Gov: Dept Education, Skills &amp; Employment; Jobs Hub;</b> to address the rapidly changing job market to support business and jobseekers- some areas of the economy have increased demand for workers; <a href="#">click here.</a>
<b>Energy and Water Ombudsman Qld: Problems with your electricity, gas or water company?;</b> assistance with high bills, disputed accounts, payment plans, supply disconnections/restrictions, credit issues, connection issues, transfer issues, reliability of supply, poor customer service and marketing practices. <b>Phone</b> 1800 662 837; 131 450 for translating and interpreting services and 133 677 if you have a hearing or speech impediment.
<b>Good Shepherd Microfinance; 'No Interest Loans';</b> for more information on eligibility and details on how to apply go to <a href="https://goodshepherdmicrofinance.org.au/">https://goodshepherdmicrofinance.org.au/</a>
<b>My Aged Care: Government-subsidised aged care services;</b> this includes help at home, short term care, and care in an aged home. <a href="#">Click here</a> to complete the online assessment to check eligibility, log your details and arrange for an assessment. Your health and aged care professional can also request an assessment for a client/patient <a href="#">click here</a>
<b>National Dept Help line: Financial Counselling;</b> free, confidential financial counselling, including advice on managing debt; <b>Phone</b> 1800 007 007; <b>WEB</b> <a href="https://ndh.org.au/">https://ndh.org.au/</a>
<b>QStars: free advice service for Queensland renters;</b> Free, independent advice and referral service for all Qld renters;; support understanding your rights and responsibilities; resolving tenancy issues; help you talk with your lessor or agent; help write letters or fill in tenancy forms; help prepare or attend QCAT tenancy tribunal hearings; referral to other services if needed. For the Advice Line <b>Phone</b> 1300 744 263
<b>Rural Financial Counselling Service (RFCS): Financial counselling</b> for people experiencing, or at risk of, financial hardship. FREE and confidential financial service to help you make the right decisions for your business. For farmers, fishers, forestry/harvesting and related small business owners. <b>Call</b> 1800 686 175 to locate your nearest RFCS Office. <b>Web</b> <a href="https://www.agriculture.gov.au/ag-farm-food/drought/assistance/rural-financial-counselling-service">https://www.agriculture.gov.au/ag-farm-food/drought/assistance/rural-financial-counselling-service</a>
<b>*** See Section 12.2 Caring for our Community for Livingstone-specific dignity support.</b>

## 11.0 LIVINGSTONE LGA: KEEPING OUR LOCAL COMMUNITY CONNECTED

### 11.1 Information Networks for our Community

#### Central Queensland Hospital and Health Service:

Stay connected to our local (Central Queensland) Hospitals and Health Service:

#### SOCIAL MEDIA

- Facebook: <https://www.facebook.com/cqhealth>
- Locations: <https://www.health.qld.gov.au/cq/contact-us>

**CQ Youth Connect (for ages 14-26 and youth service providers).** [Click here](#) for services for youth and help navigating the health system (youth services, referrals and education); Education for youth service providers; advocacy including Youth Health Reference Group and youth forums and contains a link to the CQ Youth Connect Services Directory.

#### Livingstone Shire Council:

- **Livingstone Shire Council:**
  - **Facebook:** <https://www.facebook.com/livingstoneshirecouncil/>
  - **Website:** <https://www.livingstone.qld.gov.au/>
  - **Disaster Dashboard:** includes recovery information, emergency news, road conditions, and power outages, helpful contacts and more [click here](#).
- **Livingstone Shire Council Community Centre:** Information, referral assistance, outreach services, networking and social events, skill building programs and activities and affordable meeting spaces.
  - **Address:** 80 John Street Yeppoon; hours 9-4 Monday to Friday.
  - **Email:** [communitycentre@livingstone.qld.gov.au](mailto:communitycentre@livingstone.qld.gov.au); **Phone:** 4913 3840
  - **Community Connections Newsletter** [click here](#)
  - **Website:** Summary of services and support provided through the centre along with a link to the Community Connections Newsletter: [click here](#).
  - **Facebook:** @YeppoonCommunityCentre: [click here](#).
  - **Volunteer opportunities:** reception and basic administration. Phone 4913 3840
- **Livingstone Shire Council Library:**
  - **Facebook:** <https://www.facebook.com/lsclibraries>
  - **Website:** [click here](#).
  - **Email:** [library@livingstone.qld.gov.au](mailto:library@livingstone.qld.gov.au) Phone: 4913 3850
- **Livingstone Shire Council Events**
  - Online registration: [click here](#)
  - Events calendar (and to register an event): [click here](#)

**Queensland Health:** latest updates; public health directions; how to take action (prevention, social distancing, self-quarantine, testing and fever clinics, contact tracing); facts and mythbusters. Resources for the community, health professionals, industry and business; QLD Health's response to protect the community and manage the impact of novel coronavirus; [click here](#).

#### PHONE:

- 13 HEALTH (13 43 25 84) (000 in case of emergency)
- 1300 MH CALL (1300 64 22 55) if seeking counselling or need to speak with someone.

#### SOCIAL MEDIA

- Facebook: <https://www.facebook.com/QLDHealth/>
- Twitter: <https://twitter.com/qldhealthnews>
- Health Blog: <https://www.health.qld.gov.au/news-events/health-blog>

## 11.2 Dignity & Hope Comes First

**Livingstone Shire Council Community Centre: ICare Community Project;** to support maintaining a sense of hope and community support for those experiencing personal hardship. **Email:** [communitycentre@livingstone.qld.gov.au](mailto:communitycentre@livingstone.qld.gov.au); **Phone:** 4913 3840. For more information [click here](#)

- **Dignity first washroom;** providing free and accessible toilet, shower, washing machine and dryer for community members experiencing hardship (Monday to Sunday 6am to 4pm).
- **Grocery only and fuel only vouchers** for those eligible; \$50 single to \$150 for a family of four
- **Donations of money and non-perishable** food items, personal hygiene products, note pads, pens, USB sticks, school supplies, and toilet paper and washing powder.

### **Food Relief Capricorn Coast; helping those struggling to put a meal on the table**

- **Locations:** **Yeppoon-** 2/14 Plover Drive  
**Emu Park-** Cnr Archer & Hunter Streets (Anglican Church)
- **Personal Shopping:** Both locations open to the public from 9am to 1pm every Friday.
- **Online Orders:** By accessing **Facebook** [click here](#) or via the online order form available by [clicking here](#) \$50 food hampers can be ordered and paid by direct deposit: order and pay by [clicking here](#). There are no Eftpos facilities at the pickup locations; Orders must be in by Wednesday at 5:30pm for collection Friday morning. New customers will need to register when collecting their first order.
- **Email** [frcapcoast@gmail.com](mailto:frcapcoast@gmail.com); **Phone** 0468 799 843.

**Eddies Van Project:** Free Meals; All welcome; Thurs 4.45- 5.30 pm; Vinnies Car Park Cnr John & Aurthur Streets Yeppoon; initiative of St Brendan's College; supported by Waterfront Restaurant, Coles Second Bite and Vinnies.

## 11.3 Printed/Online Media

### **Spectator**

- **Magazine style release:** Fortnightly
  - Local Livingstone Shire news events within the Livingstone Shire; magazine style
- **Facebook:** <https://www.facebook.com/Spectatornewslivingstone/>
  - Breaking news stories

### **CQ Today**

- **Paper-based release:** Weekly (Thursday)
  - Regional CQ news
- **Facebook:** <https://www.facebook.com/CQToday>
  - Breaking news stories

### **The Morning Bulletin/Courier Mail**

- **Online release** (some articles require paid subscriptions) [click here](#)
  - Regional CQ news
- **Facebook:** <https://www.facebook.com/themorningbulletin>
  - Breaking news stories



11.4 Radio Stations
<p><b>ABC Capricornia</b></p> <ul style="list-style-type: none"> <li>- <b>Frequency</b> 837AM; the Australian government broadcaster               <ul style="list-style-type: none"> <li>o <b>Website:</b> <a href="#">ABC Capricornia – ABC Radio</a>; streaming radio online; online news reports; and</li> <li>o <b>Facebook:</b> <a href="https://www.facebook.com/ABCCapricornia">https://www.facebook.com/ABCCapricornia</a>; Breaking local news</li> </ul> </li> <li>- <b>***USED DURING DISASTERS</b></li> </ul>
<p><b>4RO The talk of Central Queensland</b></p> <ul style="list-style-type: none"> <li>- <b>Frequency</b> 990AM</li> <li>- <b>Website:</b> <a href="#">click here</a> <ul style="list-style-type: none"> <li>o Streaming radio online; online news reports; commercial station</li> </ul> </li> </ul>
<p><b>Keppel FM</b></p> <ul style="list-style-type: none"> <li>- <b>Frequency</b> 91.3FM (Yeppoon area);               <ul style="list-style-type: none"> <li>o Community (Livingstone) news, rock, blues, world;</li> <li>o Community-owned radio station managed by volunteers</li> </ul> </li> </ul>
<p><b>Triple M Central Queensland</b></p> <ul style="list-style-type: none"> <li>- <b>Frequency</b> 101.5FM (Sea FM);</li> <li>- <b>Website:</b> <a href="#">click here</a> <ul style="list-style-type: none"> <li>o Streaming radio online; commercial station</li> </ul> </li> </ul>
<p><b>Hit FM (Previously Hot FM) Rockhampton</b></p> <ul style="list-style-type: none"> <li>- <b>Frequency</b> 107.9FM</li> <li>- <b>Website:</b> <a href="#">click here</a> <ul style="list-style-type: none"> <li>o Streaming radio online; Online local news reports; Commercial Station</li> </ul> </li> </ul>
<p>Find a radio station near you: <a href="#">Central, Queensland: Radio Station Listings – RadioStationWorld.com</a></p>

12.0 LIVINGSTONE LGA: MENTAL HEALTH & WELLBEING PROFESSIONALS
<p style="background-color: #fce4d6;"><b>12.1 Multidisciplinary Support &amp; Referrals</b></p> <p><b>Central Queensland Rural Health – Capricorn Coast mental health services (contractors)</b></p> <ul style="list-style-type: none"> <li>- <b>Referrals:</b> through your doctor with a Mental Health Care Plan</li> <li>- <b>Contact</b> CQRH for more information 4992 1040</li> </ul>
<p><b>Headspace Youth Service (Yeppoon); Youth Mental Health services;</b> Community Centre, 80 John Street Yeppoon; may include psychologists, psychiatrists, counsellors and other workers. Fortnightly appointments.</p> <ul style="list-style-type: none"> <li>- <b>ELIGIBILITY:</b> for 12-25 year olds; referrals via GPs, family members and self-referrals.</li> <li>- <b>COSTS:</b> funded through the Australian Government Department of Health.</li> <li>- <b>ISSUES COVERED:</b> problems affecting youth wellbeing. Other services are available including sexual health services, work and study services, alcohol and drug services and youth programs although these may be through the Rockhampton Contact Centre.</li> <li>- <b>MORE INFORMATION:</b> Information and referral forms available by <a href="#">clicking here</a>.</li> <li>- <b>CONTACTS:</b> <a href="mailto:headspacerocky@roseberry.org.au">headspacerocky@roseberry.org.au</a>; phone 4994 2515</li> </ul>
<p><b>Queensland Health: 1300 MH CALL (1300 64 22 55)</b> if seeking counselling or needing to speak with someone.</p>
<p><b>Queensland Health: Child and Youth Mental Health Service (CYMHS);</b> involves a multidisciplinary team who work with young people up to 18 years and their families with complex mental health needs.</p> <ul style="list-style-type: none"> <li>- <b>ELIGIBILITY:</b> up to 18 years of 18</li> <li>- <b>ACCESS:</b> referrals required via school guidance officers; GPs; young people, family/friends can self-refer.</li> <li>- <b>ISSUES COVERED:</b> including anxiety, depression, suicidal and/or self-harming behaviours and trauma, school refusal, attachment-relationships and psychosis. They can also provide additional referral services.</li> <li>- <b>MORE INFORMATION:</b> <a href="#">click here</a></li> <li>- <b>CONTACTS:</b> Rockhampton and Capricorn Coast; Phone: 07 4920 5700; Mon-Fri 8:30 to 4:00pm</li> </ul>
<p><b>Way Back Support Service Suicide attempt or crisis after care;</b> Provides a support coordinator to review safety and link the individual to appropriate health and community services; no cost to patient; referrals through the Hospitals only. Phone: 07 4913 3000. <a href="#">Click here</a> This program was developed by Beyond Blue; in CQ it is delivered through AnglicareCQ and supported by the Aust Gov Dept Health in partnership with PHN CQWBSC.</p>



<b>12.2 School Based Guidance Officers, Counsellors &amp; Health/Wellbeing</b>	
<b>Yeppoon State High School:</b>	<i>School-based Guidance Officer 4925 1333 School-based Health Nurse School Chaplain</i>
<b>St Brendan's College:</b>	<i>School-based Counsellors 4939 9600 Youth Worker Pastoral Carers</i>
<b>St Ursula's College:</b>	<i>School-based Counsellors 4939 9300 Indigenous Education Officer College Nurse</i>
<b>12.3 Social Workers</b>	
<b>CQ Centre for Change; Nola Radel;</b> Accredited Mental Health Social Worker; professional counselling and psychotherapy service; 3 Adelaide Park Road Yeppoon. <ul style="list-style-type: none"> <li>- <b>ELIGIBILITY:</b> children, adolescents, family and couples.</li> <li>- <b>ISSUES COVERED:</b> including eating and sleeping disorders, suicidal ideation, self harm and relationships (including couple's therapy).</li> <li>- <b>MORE INFORMATION:</b> Facebook <a href="#">click here</a>; <b>CONTACTS:</b> Phone 0408 736 078;</li> </ul>	
<b>12.4 Counsellors and Psychotherapists</b>	
<b>Brookside Support Services: Paula Ryan</b> <ul style="list-style-type: none"> <li>- <b>ELIGIBILITY:</b> greater than 18 years of age (not couples or relationship counselling)</li> <li>- <b>ISSUES COVERED:</b> Including anxiety, depression, grief and bereavement; work life balance. Cancer care, palliative care.</li> <li>- <b>CONTACTS:</b> 0439-809-057 or (07) 4935-4645</li> </ul>	
<b>CatholicCareCQ: Counselling; 5/15 James Street, Yeppoon.</b> <ul style="list-style-type: none"> <li>- <b>ELIGIBILITY:</b> tba</li> <li>- <b>ISSUES COVERED:</b> including personal development; grief/loss, stress management, conflict resolution, separation, and divorce; stepfamily adjustments, communication, parenting.</li> <li>- <b>MORE INFORMATION:</b> <a href="#">click here</a> for more information on cost and the service.</li> <li>- <b>CONTACTS:</b> or call 1300 523 985 or <a href="#">click here</a></li> </ul>	
<b>Christene Nissen &amp; Associates- 3 Adelaide Park Road, Yeppoon.</b> Fortnightly clinic; 1300-012-384	
<b>Keanu Jones; Counsellor;</b> 0422 554 636; 6-22 James Street Yeppoon; by appointment; Email: <a href="mailto:KLJ_Counsellor@Protonmail.com">KLJ_Counsellor@Protonmail.com</a>	
<b>Tilly's Yumba; Loretta George;</b> wholistic health practitioners <b>ELIGIBILITY:</b> tba <ul style="list-style-type: none"> <li>- <b>ISSUES COVERED:</b> Includes Aboriginal and Torres Strait Islander grief and bereavement, adolescents, chronic disease, sexual abuse, perinatal mental health, sleeping disorders, maternal mental health.</li> <li>- <b>MORE INFORMATION:</b> Facebook <a href="#">click here</a></li> <li>- <b>CONTACTS:</b> 0408 950 773</li> </ul>	
<b>Relationships Australia; 80 John Street Yeppoon;</b> relationship counselling; phone 1300-364-277	
<b>Yeppoon Counselling Services, Lauren Wynyard;</b> Psychotherapist/Counsellor; <ul style="list-style-type: none"> <li>- <b>ELIGIBILITY:</b> tba</li> <li>- <b>ISSUES COVERED:</b> individual therapy, couples therapy, family therapy.</li> <li>- <b>MORE INFORMATION:</b> <a href="#">click here</a>;</li> <li>- <b>CONTACTS:</b> phone 0412-622-321</li> </ul>	
<b>REGULATORY FRAMEWORK: Counsellors and Psychotherapists.</b> <i>Unlike psychologists, there is NO regulatory body for people working as 'Counsellors' or 'Psychotherapists'. There is no law in Australia requiring a person who provides these services to have experience or qualifications. A trained counsellor has usually spent three or more years studying counselling at university (or equivalent). Two peak bodies provide national standards for psychotherapists and counsellors in Australia, and has mechanisms for conformance and compliance processes.</i> <ul style="list-style-type: none"> <li>o <b>Australian Counselling Association (ACA)</b>- to find a Registered Counsellor <a href="#">click here</a>;  <ul style="list-style-type: none"> <li>▪ <a href="#">see their Suicidal Clients-ACA (INC) Guidelines by clicking here.</a></li> </ul> </li> <li>o <b>Psychotherapy and Counselling Federation of Australia (PACFA)</b>- to find Registered Therapist <a href="#">click here</a></li> </ul>	

<b>12.5a Psychologists – Face to Face</b>
<b>Central Psych: Jamie Small Psychologist;</b> 50 Normanby Street, Yeppoon; Wed to Saturdays. Medicare rebate with a doctor's Mental Health Treatment Plan; Registered NDIS provider. Phone 0499 150 042.
<b>Greenfields Psychology: Marie Balzer;</b> 3 Adelaide Park Road, Yeppoon. Phone 0474 144 940.
<b>Healthy Minds Allied Service: Lara Sullivan and Rebecca Sullivan Psychologists;</b> 30-32 James St Yeppoon (upstairs of old Yeppoon Fire Brigade Building); mood depression and anxiety. Website <a href="#">click here</a> ; Phone 4939 8992.
<b>Rebecca Sion Psychology;</b> 50 Normanby Street Yeppoon; 0412-474-548
<b>Strengthening Family Connections Program;</b> 35 William Street Yeppoon; free family support through strength-based counselling. Funded by Dept Child Safety Youth and Women; <ul style="list-style-type: none"> <li>- <b>ISSUES COVERED:</b> Working with vulnerable children (unborn to 18 years old) and their families on the Cap Coast providing case management, information and education, parenting support, referrals to other agencies and support services.</li> <li>- <b>INFORMATION:</b> eligibility and self-referral forms and other information <a href="#">click here</a>;</li> <li>- <b>CONTACT:</b> Phone (07) 4913-3830</li> </ul>
<b>Yeppoon Main Beach Psychology: Nicole Cooper;</b> Phone: 0429 565 422, Email: <a href="mailto:YMainBeachPsy@gmail.com">YMainBeachPsy@gmail.com</a>
<b>12.5b Psychologists – Virtual</b>
<b>PSYCH2U</b> referrals through GPs to online psychiatrists and psychologists; mixed billing; appointments between 3-4 weeks; urgent appointments within 5-7 business days; services all Australia including rural and remote areas. <a href="#">Click here</a> .
<b>Rural Health Connect; Talk to a psychologist from the privacy of your home;</b> for rural Australians dealing with natural disasters, isolation and other life's pressures; bulk billing available. <a href="https://www.ruralhealthconnect.com.au">https://www.ruralhealthconnect.com.au</a> ; Phone 0427 692 377; Email <a href="mailto:info@ruralhealthconnect.com.au">info@ruralhealthconnect.com.au</a>
<b>Virtual Psychologist; Text-based psychological and counselling support services</b> for Rural and Remote Australian communities. Mental Health Services include counselling, coaching and critical incident support. Federally funded FREE initiative. Phone 1300 665 234; SMS/Text 0488 807 266; Email <a href="mailto:admin@virtualpsychologist.com.au">admin@virtualpsychologist.com.au</a>
<b>REGULATORY FRAMEWORK: Psychologists.</b> <i>The National Registration and Accreditation Scheme (NRAS) regulates and registers health professionals including (amongst others) medical practitioners and psychologists (but NOT Counsellors or Psychotherapists). The Aust Health Practitioner Regulation Agency (AHPRA) support the NRAS implementation. Medical Practitioners and Psychologists must be registered with NRAS.</i> <ul style="list-style-type: none"> <li>- <i>Please feel free to <a href="#">click here</a> to check registration currency; there is also a link to registers of cancelled practitioners and those that have undertaken not to practise.</i></li> </ul>
<b>NOTE: the information in these sections are provided in good faith and is meant as an initial guide only. It will be constantly updated where necessary. Inclusion in this directory is not a sign of endorsement. Whilst all care has been taken, please contact the service providers to confirm costs, eligibility, suitability and availability. Your GP can also provide referrals, and where applicable, a Mental Health Care Plan that can assist with costs.</b>

Please note that CQ Rural Health and Livingstone Living Well are providing this information in good faith; however, we are not responsible for the activities outlined in this Directory. Inclusion is not a sign of endorsement. Please advise us of any broken links, changes needed, or additional information you would like added. We are not a crisis support or counselling service. If you, or someone you know are in distress, please call: Lifeline: 131 114; Beyond Blue: 1300 224 636; Mental Health Hotline: 1300 642 255; Kids Helpline on 1800 551 800; Suicide Call Back Service on 1300 659 467; Emergency Services: please call 000.