



Central Qld Health & Wellbeing Community Directory

*Social and emotional wellbeing, and suicide prevention, intervention and postvention
Frameworks, contacts, resources and tools.*

Local information: Livingstone Shire Council Local Government Area (Yeppoon Region)

Front page photo courtesy of Malcom Wells.

Jan 2024 v1.

Enquiries: Central Queensland Rural Health; admin@cqrdgp.com.au

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



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1.0 CENTRAL QUEENSLAND SUICIDE PREVENTION: KEY CONTACTS & GROUPS

CENTRAL QLD SUICIDE PREVENTION - ROCKHAMPTON AND REGIONAL:

CQRH CEO: Trish Lisle

trish.lisle@cqrdgp.com.au

➤ **CQRH Project Officer (Region/RRC/LSC): Helen**

helen.munn@cqrdgp.com.au

Central Qld Rural Health (CQRH) is proud to support community suicide prevention initiatives across the Central Queensland region, including the work of any of the independent suicide prevention groups and agencies listed below.

This is made possible through funding from the Australian Government's PHN Program.

Contact CQRH staff by Email or Phone: 07 4992 1040

SUICIDE PREVENTION GROUPS:

The below networks and groups support building community suicide prevention safety-nets, and have a strategic role.

They do not provide crisis response services.

If you or someone you know is in crisis, please ring 000 or Lifeline 13 11 14 (24 hours/7 days a week).

BILOELA

➤ **CQRH Suicide Prevention Project Officer (Banana LGA): Debra**

Deborah.Gardumi@cqrdgp.com.au

➤ **Banana Shire Suicide Prevention Group**

Second Tuesday monthly; 10:00 to 11:00am

Dee Room, Banana Shire Council and via Microsoft Teams

Email: Deborah.Gardumi@cqrdgp.com.au

EMERALD

➤ **CQRH Suicide Prevention Project Officer (Central Highlands LGA): Loretta**

Loretta.gaudron@cqrdgp.com.au

➤ **Central Highlands Suicide Prevention Group**

Third Friday monthly; 9:30 to 10:30;

Youth Justice, Emerald

Email: Loretta.gaudron@cqrdgp.com.au

GLADSTONE

➤ **CQRH Suicide Prevention Project Officer (Gladstone LGA):**

CQRH - TBA

➤ **Gladstone Region Awareness and Suicide Prevention (GRASP)**

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

Website: <https://gladstonemindcare.org.au/grasp>

Instagram: @gladstoneregionasp

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

Contact the GRASP Secretary; **Email:** Dani dani@gladstonemindcare.org.au

ROCKHAMPTON

➤ **Central Qld Community Suicide Prevention Network**

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

Website: www.cqcommunitysuicidepreventionnetwork.com

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

Contact CQCSPN President Dominic Owens **Email:** cqcspn@gmail.com

YEPPOON

➤ **CQRH Suicide Prevention Project Officer (Livingstone LGA): Helen**

helen.munn@cqrdgp.com.au

➤ **Livingstone Living Well -Suicide Prevention Group**

Fourth Wednesday month; 3:00pm to 4:00pm;

The Hub Boardroom, Level 2, 7-9 James St Yeppoon and via Microsoft Teams

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

Email: Helen Munn; LLW-SPG@outlook.com

NON-GOVERNMENT, COMMUNITY-LED ORGANISATIONS:

WOORABINDA

➤ **Woorabinda Aboriginal and Torres Strait Islander Corporation for Social and Emotional Wellbeing and Health** trading as Yoonthalla Services Woorabinda. A community-based and community-led non-government Aboriginal and Torres Strait Islander organisation. Providing and creating holistic support services to assist to drive self-determination through social and emotional well-being, health services and economic development.

Location: 104A Munns Drive, Woorabinda Qld 4713; **Phone:** 07 49 350 560

Facebook: Yoonthalla Services Woorabinda

Contact: The Social and Emotional Wellbeing Team **Email:** admin@ysw.org.au

2.0 AUSTRALIAN SUICIDE PREVENTION & MENTAL HEALTH FRAMEWORK (as at June 2023)

2.1 Suicide Prevention Governance

Aust Gov; Dept of Health and Aged Care: *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](#); they also have a guideline for PHNs [Click here](#);

Aust Gov; National Mental Health Commission; Australian National Suicide Prevention Office; 2021; develops national suicide prevention strategies; leads and develops National framework; works across jurisdiction; [click here](#)

Country To Coast, Qld (PHN -CQWBSC): Suicide Prevention; Creating Suicide Safer Communities; links to funded organisations that provide local leadership and coordinated efforts on suicide prevention in the Central Queensland, Wide Bay and Sunshine Coast regions [click here](#)

2.2 Suicide Prevention Advisors, Research and Trials

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

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

Aust Gov; Dept of Health and Aged Care 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/ actions for driving change in Australia; **Shifting the focus:** third report - a model for operationalising a whole of government approach.

Aust Gov; Dept of Health and Aged Care 2023; National Suicide Prevention Trial Final Evaluation Report [click here](#)

Aust Gov; National Mental Health Commission 2021; Fifth National Mental Health and Suicide Prevention Plan 2021 Documents; Links to summary, Progress Report 4, supplementary data, and Performance Indicators; and 5th National Mental Health Suicide Prevention Plan 2017-2022; [Click here](#)

Black Dog Inst and CBPATSISP (Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention) 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](#)

Black Dog Institute – LifeSpan trials; *integrated framework for suicide prevention:* 9 LifeSpan Strategies provide a model to create a community-led approach to building local Suicide Prevention Safety Net [click here](#)

Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP); *Clearing House – links to best practice programs, guidelines, services, research, resources* [click here](#)

2.3 Vision and Strategies

Aust Gov; National Mental Health Commission; *Vision 2030 for Mental Health and Suicide Prevention* [click here](#)

Aust Gov; Department of Health and Aged Care; *National Suicide Prevention Strategy for Australia's Health System 2020-2023* [click here](#)

Aust Gov; Dept of Health and Aged Care; *National Aboriginal and Torres Strait Islander Suicide Prevention Strategy 2013;* [click here](#)

Aust Gov; National Indigenous Australians Agency; *National Strategic Framework for Aboriginal and Torres Strait Islander Peoples' Mental Health and Social and Emotional Wellbeing 2017-2023* [click here](#)

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

2.4 Implementation Frameworks and Plans

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

Aust Gov; National Mental Health Commission 2017; *Fifth National Mental Health and Suicide Prevention Plan 2017-2022* [click here](#)

CBPATSISP and Black Dog Inst 2018: *Implementing Integrated Suicide Prevention in Aboriginal and Torres Strait Islander Communities: A Guide for Primary Health Networks,* University of WA/Black Dog Institute [click here](#)

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

Qld Gov; Qld Mental Health Commission; *Every Live: The Queensland Suicide Prevention Plan 2019-2029* [click here](#)

PHN (CQWBSC – now Country to Coast PHN) & 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 feedback on the CQSPP-2018 contact Central Qld Rural Health admin@cqrdgp.com.au 07 4992 1040 and [Click here](#); Find out more about the LifeSpan framework: [click here](#)

Biloela Region: *Biloela Suicide Prevention Leadership Group Action Plan*

Central Highlands Region: *Suicide Prevention Leadership Group Action Plan*

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

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

Rockhampton Region: *Central Queensland Community Suicide Prevention (CQCSPN) Network Strategic Plan 2022.*

2.5 Evaluation Frameworks
ATSISPEP 2021, <i>Indigenous Suicide Prevention Activity Evaluation Framework</i> click here
2.6 Monitoring and Statistics
Aust Gov; Australian Institute of Health and Welfare; <i>Suicide and Self-harm monitoring</i> ; Ambulance attendances; suicidal and self-harm behaviours; National Ambulance Surveillance System (NASS); click here
Aust Gov; Dept of Health and Aged Care; <i>National Suicide and Self-Harm Monitoring System</i> ; 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
Griffith University; <i>The Qld Suicide Register</i> ; Annual Reports; click here
Life in Mind; <i>ABS Statistics Causes of Death data 2022</i> : released 27 September 2023. click here

3.0 UPCOMING EVENTS & ACTIVITIES

3.1 Special Days & Campaigns	
6th February	Safer Internet Day
13th February	National Apology Day - Stolen Gen
1st March	Self Injury Awareness Day and Zero Discrimination Day
8th March	International Women's Day
18th March	International Day Against Bullying and Violence
20th March	International Day of Happiness
31st March	Neighbour day
23rd April	World Infant, Child and Adolescent Mental Health Day (WICAMHD)
7th April	World Health Day
18th April	Rail R U Ok? Day
May	Domestic and Family Violence Prevention Month click here
20-26th May	National Volunteer Week
26th May	National Sorry Day
27th May-3rd Jun	Reconciliation Week
June	National Pride Month Every June, Pride Month celebrates the diversity of the lesbian, gay, bisexual, transgender and intersex community. click here
12th June	Thank a first responder day.
10th-16th June	Men's Health Week
4-11th July	NAIDOC Week ; annual celebrations (Sunday to Sunday) across Australia to recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. click here
10 July	End Loneliness Day ; to reduce loneliness 'the worlds hardest problem to solve'; empowering connections to end loneliness; click here
30th July	International Day of Friendship ; sharing the human spirit through friendship; click here
5-11th August	Rail Safety Week ; annual community awareness to engage community in safe rail practices. Accidents cause trauma and work-related stress to rail and recovery staff.
25th August	Wear It Purple Day ; striving to foster supportive, safe, empowering and inclusive environment for rainbow young people; click here Look for the supporting businesses on the coast wearing purple and flying the pride flag. Email: Livingstone Living Well: Helen.Munn@cqrdgp.com.au
10th Sept	World Suicide Prevention Day ; creating hope through action click here Roses in the Ocean Even Hosting Guide click here . Email: Livingstone Living Well Suicide: Helen.Munn@cqrdgp.com.au
12th Sept	RUOK? Day ; simple steps that could change a life; resources and to register your event click here
October	Mental Health Month ; 1 in 5 Australians experience mental illness each year; show them they are not alone; walk, run or roll throughout October and raise funds for the Black Dog Institute – sign up here
6th October	Figtree Creek Markets Yeppoon ; Sunday; Livingstone Living Well – Suicide Prevention Group will have a stall; health, wellbeing and community connections. Join us to find out how you can be part of our Suicide Prevention Community Safety Net. Enquiries helen.munn@cqrdgp.com.au
~6th-12th Oct	Qld Mental Health Week ; register events and find resources click here (2023 link)
10th October	World Mental Health Day ; creating hope click here
25 Nov-10 Dec	16 Days of Activism- Elimination of Violence against Women and Girls . From 25 Nov International Day for the Elimination of Violence against Women to 10 December Human Rights Day. Click here
The Mental Health Commission's Calendar of Mental Health and Wellbeing Events and Days: click here	

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3.2 Conferences and Other Professional Development	
5-7 Mar 2024	AIPA Indigenous Suicide Prevention Forum: <i>Elevating grassroots solutions to prevent indigenous suicide</i> . NAARMI Melbourne. To find out more click here
5-7 Mar 2024	Qld Indigenous Land and Sea Rangers' Annual Conference . Tjapukai Aboriginal Cultural Centre Cairns. Register and/or Submit Paper click here
30 Apr–2 May 2024	2024 National Suicide Prevention Conference; <i>Collective Courage. Accelerate Impact</i> . Adelaide South Australia – Registration Click here
22-24 Jul 2024	2024 National Closing the Gap Indigenous Health ; Gold Coast, venue TBA. Register and/or submit paper click here
Oct- 2024 TBA	2024 National First Nations Elder's Wellbeing: <i>Greater Choices for Aged Care Conf</i> , Hilton Hotel Cairns. www.lcsconferences.org Or ph. 0740 009 111.
Event Directories. <ul style="list-style-type: none"> - Indigenous Conference Services; Directory of Indigenous-related conferences click here - CCQ (PHN-CQWBC) Events Page: Event Calendar: click here 	

4.0 SUPPORT SERVICES	
4.1 Crisis Support 24/7	
Beyond Blue: For immediate support: <ul style="list-style-type: none"> • ANYONE: Feeling anxious or depressed and needing immediate support: PHONE 1300 224 636 24/7; chat online 3pm to 12am 7 days a week; Email; join forums to chat with community members; options for those deaf or hard of hearing and people whom English is not their first language: click here. 	
Kids Helpline: Ages 5 to 25 years; Phone: 1800 551 800 at any time https://kidshelpline.com.au	
LIFELINE: Lifeline Queensland is committed to bringing hope to Australians doing it tough. Part of a trusted national charity and network, we're driven by the belief that Australian lives lost to suicide can be prevented. Through our 24 hour a day, 7 days a week compassionate offer of support, we can save lives and provide hope to those in need. click here PHONE: 13 11 14 (24/7); TEXT: 0477 13 11 14; CHAT: https://www.lifeline.org.au/crisis-chat <ul style="list-style-type: none"> • ANYONE: having a personal crisis 	
MensLine Australia: men with emotional or relationship concerns; free <ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> • 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. 	
Suicide Call Back Service; 24/7; free; telephone and online counselling for anyone affected by suicide; <ul style="list-style-type: none"> • ANYONE thinking about suicide; PHONE 1300 659 467; chat online; and links to online resources; click here 	
13YARN; 24/7; trained Crisis Support available to yarn; for anyone in Australia. PHONE: 13 92 76 <ul style="list-style-type: none"> • Aboriginal and Torres Strait Islander Communities; resources can be accessed by clicking here. 	
1800 RESPECT; Confidential information, counselling and support; 24 hours; free; for anyone impacted by: <ul style="list-style-type: none"> • SEXUAL ASSAULT; DOMESTIC OR FAMILY VIOLENCE/ABUSE; PHONE 1800 737 732 	
Qld Mental Health Directory of Crisis Contacts: https://www.qmhc.qld.gov.au/emergency-contacts	

4.2 Help lines, Counselling, Coaching, Referrals & Resources
SECTOR SPECIFIC
<ul style="list-style-type: none"> AUSTRALIAN DEFENCE FORCE FAMILIES Aust Gov: Dept of Defence; <i>All Hours Support Line</i> for ADF members and their families phone 1800 628 036; for more information click here
<ul style="list-style-type: none"> CONSTRUCTION WORKERS; MINING WORKERS MATES in Construction: MATES Stronger Together; and MATES in Mining: Case Management, field visits, critical incident support, postvention support, training services. 24/7 support line PHONE 1300 642 111
<ul style="list-style-type: none"> FIRST NATION 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.
<ul style="list-style-type: none"> FIRST RESPONDERS & THEIR FAMILIES Fortem Australia: Supporting the Brave; wellbeing activities, community engagement and psychological services, and mental health and wellbeing resources to support mental health and wellbeing. Phone 1300 339 594 or Email psychology@fortemaustralia.org.au. Not a help line or crisis support. Click here
<ul style="list-style-type: none"> GENERAL PRACTITIONERS GP Psychiatry Support Line: helping GPs manage the care of Mental Health consumers; medication advice; diagnostic clarification, risk and safety, management planning and general professional counsel. Phone 1800 16 17 18; click here.
<ul style="list-style-type: none"> LGBTI PEOPLE; all ages Q-LIFE; Counselling and referral service; early intervention, peer supported telephone and web-based services; free' 3pm to midnight every day. click here for more information. For those experiencing poor mental health, psychological distress, social isolation, discrimination, misgendered experiences etc. PHONE 1800 184 527; 3pm to midnight daily.
<ul style="list-style-type: none"> NATIONAL REDRESS SCHEME Blue Knot Foundation; Blue Knot Helpline Trauma Counselling: For those who experienced childhood trauma; Ph. 1300 657 380; click here.
<ul style="list-style-type: none"> NON-ENGLISH SPEAKERS Australian Gov; Translation and Interpreting Service: For non-English speakers; 24 hours a day, 7 days a year; <i>State language required at the automated prompt and then when connected -> then stay on the line while an available interpreter is found</i>. Phone 131 450; click here for website.
<ul style="list-style-type: none"> VETERANS & THEIR FAMILIES Open Arms: Veterans and Families' counselling; PHONE: 1800 011 046; click here.
<ul style="list-style-type: none"> VETERINARIANS- AVA MEMBERS AND THEIR COLLEAGUES Australian Veterinarian Association; AVA Counselling: Telephone Counselling Service; click here for more information; PHONE 1300 687 327
<ul style="list-style-type: none"> YOUTH: Beyond Blue; Phone 1300 22 46 36
<p>eHeadspace; online and telephone services with clinicians; free; supports 12 to 25 year olds and their families going through tough times; connect 1 on 1 in a confidential, free, safe space. Program initiated under Roseberry Services.</p> <ul style="list-style-type: none"> - Website https://headspace.org.au/eheadspace/; - Phone 1800 650 890; Chat online (register and login by clicking here) - Group Chat- want to chat with a group? Click here to join a chat, view transcripts of previous chats (young people), and view transcripts for previous chats (friend and family). - Email a clinician (register and login by clicking here); Personal, One to One sessions.
<p>Headspace; 1800 650 890</p>
<p>Kids Helpline: Ages 5 to 25 years; Phone: 1800 551 800 at any time https://kidshelpline.com.au</p>
<p>Reach Out; Web-based service; 14-25yo; videos, forum, tools and apps blog, fact sheets, peer chats click here</p>

CONDITION-SPECIFIC (environmental and personal)
<ul style="list-style-type: none"> ALCOHOL & DRUGS:
Alcohol & Drug Information Services; PHONE 1800 177 833; also Alcohol & Drug Counselling Online; information and resources click here
Family Drug Support; Support for families and carers; 24/7 Telephone Support Line 1300 386 186
<ul style="list-style-type: none"> ANXIETY OR DEPRESSION, STRESS, OCD, PTSD & CHRONIC PAIN (Adults)
MindSpot Clinic; Assessment and Treatment services; 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; click here.
<ul style="list-style-type: none"> BEREAVED OR IMPACTED BY SUICIDE:Individuals, families and communities
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. Phone: 1300 727 247 www.standbysupport.com.au
<ul style="list-style-type: none"> CARERS AND THEIR FAMILIES
Carers Australia: Short-term counselling, emotional, psychological support; free; Phone: 1800 242 636
<ul style="list-style-type: none"> DEPRESSION, LONELINESS OR CRISIS
Salvocare Line; 24 hour counselling during times of crisis, loneliness or depression; PHONE 1300 363 622.
<ul style="list-style-type: none"> EATING DISORDERS
Butterfly Foundation; Eating disorders; resources and help; phone National Helpline 1800 334 673; Email support@butterfly.org.au or chat online click here
<ul style="list-style-type: none"> GAMBLING:
Wesley Mission: <i>Gambling Counselling</i>; PHONE 1300 827 638. Links to information related to legal services, personal counselling, financial counselling and family counselling. Click here for more information.
Gamblinghelp Qld; Phone 1800 858 858 (24/7); Click here for website information and how to ‘get support’ and access to face to face counselling locations; access to online counselling and real time chat.
<ul style="list-style-type: none"> GRIEF
Griefline 1300 845 745
<ul style="list-style-type: none"> HOMELESSNESS
Homeless Hotline; 24 hours a day, 7 days a week; confidential; phone 1800 474 753
<ul style="list-style-type: none"> MENTAL HEALTH ISSUES-COMPLEX
SANE Australia; 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 getsupport@sane.org; for more resources and information click here
<ul style="list-style-type: none"> NEW PARENTS & THEIR FAMILIES
PANDA; Perinatal Anxiety & Depression Australia; National Helpline Mon-Fri 9am-7:30pm AEST/AEDT; phone 1300 726 306; Click here; support in other languages click here
<ul style="list-style-type: none"> RELATIONSHIPS
Relationships Australia; <i>Relationship support services</i>; for individuals, families and community relationships; PHONE 1300 364 277
<ul style="list-style-type: none"> STRESS & OVERWHELM
Beyond Blue; NewAccess Mental Health Coach; Free; confidential mental health coaching program for anyone; for those feeling stressed or overwhelmed about everyday life issues; no doctor referral needed. May be offered by phone, video call or face to face and have age restrictions. Find a service by searching your postcode by clicking here
<ul style="list-style-type: none"> SUICIDE RISK
AnglicareCQ Warmline Service; designed to reach out to people at risk of suicide across Central Qld including afterhours; click here for more info; PHONE 1300 769 814 for more information or intake details. Email intakementalhealth@anglicarecq.org.au
<ul style="list-style-type: none"> SURVIVORS OF SEXUAL ABUSE AND DOMESTIC VIOLENCE
National Sexual Assault, Domestic Family Violence Counselling Service: 1800RESPECT; confidential information, counselling and support services; https://www.1800respect.org.au/; Phone 1800 737 732 (interpreter13 14 50)

This initiative is supported by funding from the Australian Government through the PHN Program.

PEER SUPPORT AND REFERRALS
Grow Australia, Mental Wellbeing Programs; mutual support and personal development; peer group support; PHONE: 1800 558 268 click here for more info.
Head to Health; COA; Dept Health; phone 1800 595 212 (Mon-Fri 8:30-5:00pm except public holidays). Speak with a trained mental health professional to appropriately identify your needs and be directed to the right service. Digital mental health resources from trusted service providers click here
NOTE: 24/7 crisis contacts, and other support and information services are listed on Qld MH Commission website click here

5.0 DIRECTORIES
5.1 Crisis Numbers
QMHC; Crisis and Emergency Contacts; list the main 24/7 crisis services, support and information services click here
SANE Australia: Better off with you; suicide prevention initiative: National crisis and support 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
Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP); <ul style="list-style-type: none"> - Clearing House – links to best practice programs, guidelines, services, research, resources click here - Manual of Resources – collection of practical resources and tools to promote positive MHSEWB and prevention suicides click here - Resource Directory- Resources assessed and deemed culturally appropriate by CBPATSISP researchers: suicide prevention organisations and resources; links to statistics, data, Fact Sheets (CBPATSISP; ATISISPEP; Other); Policy Reports; , 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.
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
Qld Gov; Suicide and crisis care: warning signs; support for those bereaved; help and support numbers click here
5.3 Mental Health and Social and Emotional Wellbeing
Australian Indigenous HealthInfoNet; Resources, publications and training to support you and your community; click here ; Find an organisation 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
Head to Health; COA; Dept Health; find digital mental health resources from trusted service providers; 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
Mr Perfect; Men's Health Directory; 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
WellMob: Digital Library of wellbeing resources; made for and by mob. Links to Apps, podcasts, social media, websites, videos, and printable materials and training resources for support workers. Click here

5.4 Service Providers – National, State and Sector Directories
See S5.1 for Crisis and other Emergency services.
Ask Izzy: <i>find the services you need</i> ; connects people in need with housing, a meal, money, health and wellbeing services, family violence support, counselling and much more. https://askizzy.org.au/
Australian Gov. Dept Social Services: Service Directory ; 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. https://serviceproviders.dss.gov.au/
Black Dog Institute: Education & Services ; evidence-informed programs, consultancy, resources, clinical service for workers, students, health professionals – individuals and communities; click here .
COA; Dept of Defence; ADF Mental Health Services ; links to mental health and psychology services: on and off base; Mental Health Programs Team: adfcmh.programs@defence.gov.au ; NQLD: adfcmh.nqld@defence.gov.au QLD: adfcmh.sqld@defence.gov.au ; click here for more information and contacts. Health Centre regional Map click here – Central Qld is on the edge of Nth and Sth and some of the search and resource tools are linked to regions
Disability Gateway: Information and Services ; for people living with disability, their family, friends and carers. Click here
FarmHub : Connecting Australian farmers to helpful services and supports; Farm Business Assistance; Climate Guides; Mental Health; Learning and Development; Preparing for drought. Web https://farmhub.org.au Contact Dept Agriculture and Fisheries Phone 13 252 23 or Qld Rural and Industry development Authority Phone 1800 623 946
Gamblinghelp Qld: Qld gambling help service locations ; Click here to search for local services.
Lifeline – Service Finder ; free or low cost health and community services available in Australia; click here .
My Community Directory: Information about community organisations . Click here for Queensland Local Government Areas and click here for Livingstone. To suggest a listing, click here
NDIS: Service Provider search tool ; 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 click here to access the service finder.
National Health Service Directory- Health Direct ; Find a health service; click here .
National LGBTI Health Alliance : 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; click here .
Qld Family & Child Commission; One Place Community Services Directory for Qld parents, families and professionals; click here
Qld Government: Support for Women 'Find a Support Service' search tool click here
QMHC; Find Support Services ; lists the key Qld support services, including mental health service, support service; suicide; bereaved by suicide; community suicide prevention click here
Social and Emotional Wellbeing and Mental Health Services in Aboriginal Australia: Find a Health Service ; search by location, map or list click here
The Lady Musgrave Trust: The Handy Guide for Homeless Women in Regional Queensland ; click here for the latest interactive directory to services and support.
5.5 Service Providers- Central Queensland
Capricorn Enterprise; Community & Sporting Directory CQ Region ; click here
Central Qld Family Law Pathways Network: CQFLPN Service Directory ; 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; Dec 2023 Service Directory click here Email sandypaton@bigpond.com
Community Centre (Livingstone Shire Council) ; <i>visiting outreach services, family services, health services</i> ; click here
CQ Youth Connect (for ages 14-26 and youth service providers) . CQ Youth Connect Services Directory Click here for the Capricorn Coast and Rockhampton Wall Chart. Local youth resource related to schools, programs, support and referrals, counselling, and crisis support.
PHN CQWBC: Health Pathways ; for health professionals to access locally agreed information to make the right decisions for patients; available for GPs specialists, allied health professionals and other working in the region click here to register. Includes information on: <ul style="list-style-type: none"> ○ Suicide Prevention; situations that increase risks, screening questions and assessments involving: ○ Psychology & Counselling services linked to the Stepped Care Program (Mental Health & Addiction Requests; Mental Health Support Requests) ○ Specific Population Programs
Mental Health Services : A range of telephone and digital mental health options and links to supporting resources. Access via the CCQ (PHN) website: click here .

5.6 Resource Directories
Beyond Blue- <i>Aboriginal & Torres Strait Islander People contacts and websites</i> ; for helpful contacts and websites, National Community Controlled Health Organisations and services by state. 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
DRS4DRS; Find a resource for doctors ; library of resources click here
Dementia Australia: Information in Other Languages : Dementia resources and tips for carers, families and friends of people living with dementia; in almost 30 different languages; click here
Dept Health; <i>Mental Health and Suicide Prevention Resources</i> : Links to Mental Health planning, Suicide Prevention, Better Access Initiative related to mental health and Medicare rebates; link to support organisations click here
Embrace Multicultural Mental Health ; Choose a preferred language; multicultural mental health directory; translated mental health fact sheets in a range of languages; click here.
Emerging Minds; Healing Foundation; <i>Resources; Improving the social and emotional wellbeing of Aboriginal and Torres Strait Islander children</i> ; 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; click here.
EMHprac: ‘<i>Your E-Mental Health Resources</i>’ ; 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. https://www.emhprac.org.au/resources/
Friends for Good; three key areas: Education and Awareness, service provision and research aimed at breaking down the stigma surrounding loneliness and freeing people from it. Click here
KidsHelp Line; Resources for kids, teens, young adults, parents and carers, and schools and teachers; also their KidHelp line 1800 551 800 click here
LBTIQ+; Service and Supports ; for LGBTI elders and people providing care to LGBTI elders; LGBTIQ Aboriginal and Torres Strait Islander peoples (includes links to Black Rainbow; BlaQ and Yarns Heal click here.
LGBTIQ+ Health Australia : Knowledge Hub; Advocacy and Reports, community resources, workforce resources. click here.
Life in Mind; Community support and resources ; click here
National Mental Health Commission: <i>Mental Health Event Days</i> ; a calendar of mental health and wellbeing events and days and links to associated resources: click here
PHN (CQWBSC) Mental Health Services ; telephone and mental health options; GP Psychiatry Support Line; Head to Health information; link to mental health training (nurses and GPs); link to register for PHN Health Pathways Click here ; For the CQ Referral Pathway click here
PHN (CQWBSC): Stepped Care ; links to Directories of Service Providers including Aboriginal and Torres Strait Islander Mental Health; Child and Youth overview of stepped care; click here
Postvention Australia (PVA) : Service Directory; various filters including First Nation, CALD, LGBTQIA+ click here
Qlife; LGBTIQ+ Services ; national and state services and referral database. click here
Qld Gov; Community Support Services: Central Queensland (RRC, CH, Gladstone, Banana and LSC LGAs) click here.
Qld Gov, find a medical service. Links to First Nation health services click here
Qld Health: Asset Library for First Nations (COVID-19) ; collection of resources; to access the library: Asset Library
Qld Mental Health Commission ; Find a Support Service; directory broken up into mental health, online and phone support services for different needs; alcohol and other drugs; those at risk of suicide; bereaved by suicide and community suicide prevention. Click here,
Refugee Health: Translated Resources ; range of translated resources including mental health and referral pathways click here
Rural Adversity Mental Health Program; Lived Experience Resource Central ; real stories of people who have overcome their own mental health struggles; reducing stigma around mental health and suicide click here
Transcultural Mental Health Centre: <i>Consumer Medication Brochures</i> : translated in a range of languages; click here.
TSP For All: <i>Psychosocial disability explained</i> ; 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. https://www.tspforall.com.au/
**Section 6 ‘Professional Networks’ 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
Australian Gov. Dept Health: <i>Mental Health Resources</i> ; 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. https://headtohealth.gov.au/search-resources
Beyond Blue: <i>Beyond Now – Suicide Safety Planning app</i> ; create you own easy to follow plan to help in those moments when you can't think straight. Helps you learn your warning signs, make your environment safe, distract you with activities, and remind yourself of things that make you strong. It can link you straight to emergency responders if needed: URL - https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning
Black Dog Institute; <i>Ibobbly; Social and Emotional Wellbeing App</i> ; Free; for Aboriginal and Torres Strait Islander peoples; private, confidential click here .
Head to Health : Links to a range of Mental Health Support tools and apps including Beyond Now Suicide Safety Plan App. https://headtohealth.gov.au/search-resources
Headspace: <i>Free Meditation and Mindfulness App</i> ; https://www.headspace.com/headspace-meditation-app
Headspace: <i>'Weathering the storm'</i> ; free app; meditations, sleep and movement exercises. Take a moment with a meditation; https://www.headspace.com/covid-19
Reach Out (for young people) : 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; click here .
Red Cross Free mental wellbeing App <i>'My Team'</i> : a mental health support team you take everywhere; to support, grow and achieve goals, and reflect: https://www.redcross.org.au/internal/my-team-app
Smiling Mind: <i>Free Mindfulness App</i> ; practice daily meditation and mindfulness exercises from any device; click here .
*** Refer to Section 9 in regard to training directories and calendars.

6.0 PROFESSIONAL NETWORKS & RESOURCES
6.1 Newsletter Registrations and Resources
Beyond Blue; <i>Heads Up Better Mental Health in the Workplaces; create action plan, receive newsletter</i> https://www.headsup.org.au/healthy-workplaces/for-police-and-emergency-services
Black Dog Institute ; Aboriginal & Torres Strait Islander Lived Experience Centre; click here
COA; AIHW ; 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 clicking here
COA; DES&E ; Student Wellbeing Hub: Newsletter; subscribe by clicking here
COA; NMHC ; 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 clicking here and email: nwi@mentalhealthcommission.gov.au .
Community Centre (Livingstone Shire Council) ; Social groups and information sessions, and monthly newsletter; click here
Emerging Minds; newsletter ; the sign up page is accessed by clicking here
LGBTIQ+ Health Australia ; Email updates, can select from a range of options, include Mental Health and Suicide Prevention (MindOut) click here
Life in Mind; eNews ; latest news and activities; the sign up page is accessed by clicking here
Mindframe: sign up to receive News, Events and Media Alerts related to suicide prevention and mental health: receive media alerts which includes recent concerns and recommendations for the media/public speakers Click here
PHN Central Queensland, Wide Bay and Sunshine Coast: Events, Tenders, Newsletter ; sign up option found by clicking here The PHN strive to improve health outcomes, commission services, identify health needs, work with stakeholders, and provide resources for GPs.
6.2 Web-based News
Suicide Prevention Australia: News ; web page is accessed by clicking here
The Prevention Hub ; Preventing anxiety and depression through world-leading research; latest news click here

6.3 Organisational Networks and Resources
Australian Institute of Health and Welfare: <i>Indigenous Mental Health & Suicide Prevention Clearinghouse</i> ; bringing together information related to people’s wellbeing, mental health and suicide prevention; click here .
Black Dog Institute; Indigenous-led National Lived Experience Network ; led by Aboriginal & Torres Strait Islander Peoples; foster support, connections and learnings. To deliver culturally in-tune service design/deliver, support. Email indigenousec@blackdog.org.au or register online for updates; click here .
Black Dog Institute; <i>Suicide Prevention Network</i> : connecting a network of like-minded professionals working in suicide prevention right across Australia. Click here for more information.
Black Dog Institute; <i>TEN-The Essential Network for health Professionals</i> ; helping healthcare professionals find resources and support to manage burnout and maintain good mental health. Click here
Carer Gateway: <i>Carer Support</i> ; 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. Click here
Central Queensland Rural Health: <i>Health Exchange Website</i> ; Resources for health professional; sharing and exchange of health education resources and supports professional and community members collaborations. 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 Deborah.Gardumi@cqrdgp.com.au for approval by the review panel. Click here for further information.
General Practice Mental Health Standards Collaboration; <i>Working with the Stepped Care Model: Mental Health Service through General Practices</i> ; supports working within the Stepped Care Model; sets standards and accrediting training in mental health for GPs; including GP Mental Health Skills training (assessor/triage and referral of mental illness); and FPS Skills; click here
Health Direct ; Australian Government-trusted information partners related to suicide prevention: click here
Life in Mind ; clicking here 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.
Life in Mind; National Gateway connecting Australian suicide prevention services to each other and the community. Click here
LGBTIQ+ Health Australia; Together for health ; click here
Mental Health Professionals’ Network ; giving practitioners the opportunity to network and to access national online professional development opportunities; click here .
PHN’s Health Pathways ; 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 clicking here .
Relationships Australia: <i>Central Qld Elder Abuse Prevention Network (CQEAN)</i> ; 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 mrhodes@raq.org.au to be put on the mailing list.
Wesley LifeForce Networks: <i>Yammer</i> ; the Network is made up of a union of people and organisations that work towards suicide prevention at grassroot levels; Yammer supports Wesley Suicide Prevention Networks to communicate and collaborate both with staff and other Networks and volunteers. Email linda.fielding@wesleymission.org.au
Queenslanders with Disability Network : Network of people and support groups; provide advice, information and planning tools for people with a disability; click here

Jan 2024 v1.

Enquiries: *Central Queensland Rural Health*; admin@cqrdgp.com.au

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



6.4 Communications: Mental Health and Suicide Safe Speakers and other Communications

SPEAKERS AND EXPERTS:

- **Mindframe: Experts Directory;** [connects media](#) professionals with experienced individuals who provide commentary related to suicide, mental ill-health and Alcohol and Other Drugs to support safe, responsible and accurate reporting, portrayal and communication [click here](#)
- **Suicide and Mental Health Experts supporting the media:** [connects media](#) to experts, research, facts and statistics supporting the media to provide context and background to their reporting: **SANE Media Centre;** [click here](#) Phone 03 9190 0602; Email media@sane.org
- **Beyond Blue: Speakers Bureau;** [connects community](#) to stories of hope, resilience and recovery in relation to **anxiety and depression** to raise awareness, reduce stigma and encourage people to take action. Beyond Blue Speakers are free, however donations or fundraising efforts will support their work; Email: speaker@beyondblue.org.au For information and to request a speaker [Click here](#)
- **Roses in the Ocean: Speakers Hub;** [connects community](#) to trained and supported lived experience speakers who can share stories that are powerful, impactful and a catalyst for change. Lived experience is defined as: **having experienced suicidal thoughts, survived a suicide attempt, cared for someone through a suicidal crisis, or been bereaved by suicide.** The Roses in the Ocean speakers have been trained to safely share their stories to reduce harm to themselves and their listeners: this reduces the risk of further suicides. [Click here](#) to request a speaker.
- **Qld Health Media Unit;** Phone 07 3234 1439

ONLINE:

#PlayitFairOnline; eSafety and the AFL have partnered to address online abuse targeted at athletes. This can include racism, sexism and homophobia. Sign up to show your support for the initiative and download the commitment statement and protocols by [clicking here](#).

#Chatsafe; A Young Person's Guide for Communicating Safely online about Suicide; [click here](#) Robinson, J., Hill, N., Thorn, P., 14he, Z., Battersby, R., & Reavley, N., #chatsafe: A young person's guide for communicating safely online about suicide. Melbourne: Orygen, The National Centre of Excellence in Youth Mental Health, 2018. A guide for young people:

- Before posting anything online about suicide
- Sharing own thoughts, feeling or experience with suicidal behaviour online
- Communicating about someone they know who is affected by suicidal thoughts
- Responding to someone who may be suicidal
- Memorial websites, pages and closed groups to honour the deceased.

Facebook: Facebook Community Standards; Suicide, Self Injury & reporting suicidal content (including a direct threat of suicide on Facebook). Facebook Policy: [click here](#). *** Reporting suicidal content: [click here](#).

*** Please call 000 immediately if you or someone you know is in distress.

Life in Mind;

- **National Communications Charter;** 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 [clicking here](#).

Conversations Matter; Practical online resource to support safe and effective community discussions about suicide [click here](#).

- Resources for individuals, community groups, workplaces and educational settings
- Resources for those working with First Nation and Culturally and Linguistically Diverse communities.
- Guidance on: *Talking publicly about suicide in the community; What to say to someone you are worried about; When you need to talk to someone bereaved by suicide*

Mindframe Guidelines

- *Reporting suicide and mental ill-health: A Mindframe resource for media professionals;* [click here](#)
- *Communicating about a suicide* [click here](#)
- *Communicating about euthanasia and selfharm* [click here](#)
- *Portraying suicide on stage and screen* [click here](#)
- *Images Matter: Mindframe Guidelines for image Use* [click here](#)
- *Online free image collection for free use* [click here](#)
- *Lived experience speakers:* [click here](#) *A Guide for lived experience speakers: talking about suicide; A Guide for lived experience speakers: preparing for an interview or speech; A Guide for lived experience speakers: understanding the media*

StigmaWatch: Guidelines to tackle stigma around mental health and suicide in the media; promotes responsible reporting of mental illness and suicide in the Australian Media; [click here](#) StigmaWatch criteria to respond to media reporting breaches;; Email media@same.org; Sign up to become a StigmaWatcher [click here](#)

7.0 PROGRAMS & CAMPAIGNS

7.1 Programs and Resources

Australian Gov; PM's Veteran Employment Program; tools to plan your transition, identify your skills, the civilian workplace, getting the job, starting your own business plus more [click here](#)

Australian Veterinary Assoc; VetHealth Program; links to their resources, tools and support related to factors including depression, anxiety and suicide [click here](#)

Beyond Blue/HeadSpace/Early Childhood Australia: *Be You Program* (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.

- Getting Started- [click here](#).
- The Events Calendar can be accessed through this webpage: [click here](#)
- Fact Sheets: [click here](#); Suicide Prevention and Response: [Click here](#)

BlackDog Institute: *myCompass free online interactive self-help program*; designed for mild to moderate symptoms of stress, anxiety and depression; personal online treatments; [click here](#).

Clontarf Foundation: *Building Self-Esteem and Confidence*; supporting young men finish year 12 and entering employment; [click here](#)

Emerging Minds: *Children of Parents with a Mental Illness (COPMI)*; 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'. [Click here](#)

EVERYMIND; Evidence-based mental health and suicide prevention programs; [click here](#)

End Loneliness Inc; Empowering connections, ending loneliness; not for profit initiative; community volunteers, working for implement a framework and strategies to help prevent loneliness. [Click here](#)

Fortem Australia; Supporting the Brave; Wellbeing resources for first responders and their families; includes Peak Fortem, Mental Fitness online Toolkit to proactively work on your mental health in the way you work on your physical health; funded through the Australian Government's Dept of Home Affairs [click here](#)

Grow: *Mental Wellness Programs*; supporting people to recover from mental illness through mutual support and personal development; over 18s. <https://www.grow.org.au/our-programs/> Two online Zoom support groups are:

- Online peer support meetings; [click here](#).
- Managing mental health during the COVID-19 crisis; [click here](#)

HeadSpace: *University Support Program*; building the capacity of the higher education sector to strengthen the mental health and wellbeing outcomes for staff and students; suicide prevention, intervention and postvention space. Provide training and education opportunities to support the planning and preparation; the response following exposure to a suicide; and recovery from a critical incident. [Click here](#) for resources and further information (and upcoming training).

Healing Works Australia; provides an array of suicide prevention services to support communities. Community healing workshops, suicide prevention consulting, suicide intervention skills training. [Click here](#). Email info@healing-works.com.au

Life in Mind; Suicide prevention programs and resources for health professionals and the community; [click here](#)

Open Arms-Veterans & Family Counselling; Community and Peer Program; '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; [click here](#).

Phoenix Australia; Disaster Mental Health Hub: Helping older adults after a disaster; training and resources [click here](#)

Qld Government's:

- '**Dear Mind**'; Remember to make time for you; tips for everyday mental wellbeing activities; 6 building blocks to strong mental wellbeing; link to additional support. <https://mentalwellbeing.initiatives.qld.gov.au/>

<ul style="list-style-type: none"> ○ 'Your mental wellbeing'; 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; click here. ○
<p>REACH OUT.COM: free digital mental health and wellbeing programs: for young people and their parents; click here.</p>
<p>RUOK?;</p> <ul style="list-style-type: none"> ○ Be A Mate; Free resources for trainees and apprentices; click here ○ Stronger Together; free resources for Traditional Owners; Ask your mob, in your way, RUOK?; click here ○ Hey Sport, RUOK?; free resources for sporting clubs, and social groups to support building an RUOK? Culture; click here
<p>SANE Australia; 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; click here.</p>
<p>Mhr4c: Carers Qld/SCHHS; Extensive list of resources for carers categorised into logical sections; click here and hover over 'start program' to see the framework.</p>
<p>Mental Health in Mind International; Youth Aware of Mental Health (YAM) program; School based program for young people 13-17 years old in which to learn about and discuss mental health; online resources; click here for the short implementation guide; or contact education@blackdog.org.au to locate a delivery partner.</p>
<p>The Brave Program: University Queensland; prevention and treatment of childhood and adolescent anxiety: free; programs for children, teenagers and parents. Email brave4you@psy.uq.edu.au or Click here to access information on the following: young Child Program 3-7 years; Child Program 8-12 years; Teen Program 12-17; Guide for Professionals</p>
<p>Wesley LifeForce: comprehensive approach to prevention, intervention and postvention. Click here <i>Includes;</i> 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>WorkSafe Qld: Mentally healthy workplaces toolkit; practical tools and resources that employers, managers and leaders can use to create and maintain mentally healthy workplaces. click here</p>
<p>Zero Suicide Institute; Zero Suicide; aspirational belief that suicide deaths for individuals under the care of health and behavioral health systems are preventable. Provides a practical framework and roadmap with a toolkit click here.</p>
<p>*** Refer to Section 8 for specialised programs working in the suicide prevention and postvention space including Standby Support after Suicide and Thirrili Support after Suicide Programs; and sector-specific programs.</p>

<p>7.2 Campaigns</p>
<p>Everymind: #YouCanTalk; empowers and increases confidence when it comes to talking about suicide click here</p>
<p>RUOK? Ask Your Mob, Your Way, R U OK? 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 click here.</p>
<p>RU OK? Rail RUOK Day; TrackSAFE Foundation; includes Rail R U OK? Day 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 Click here</p>
<p>Veterinary Mind Matters Initiative; National organisational commitment to protect and support the mental health and wellbeing of veterinary professionals click here</p>
<p>Other campaigns are mentioned in the Upcoming Events and Activities section.</p>

8.0 INDUSTRY RESOURCES

8.1 Suicide 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; provide trauma support for rail and recovery staff; 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](#)

Headspace:

University Support Program; partnership with Australian Universities to build the capacity of the higher education sector to strengthen the mental health and wellbeing outcomes for staff and students. Particularly building the capacity of universities in the suicide prevention, intervention and postvention space. They provide training and education opportunities to support the planning and preparation; the response following exposure to a suicide; and recovery from a critical incident. [Click here](#) for resources and further information (and upcoming training).

8.2 Postvention Response Plans & Resources

POSTVENTION GUIDELINES:

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

COMMUNITY:

Lifeline: Site Intervention Service; Lifeline community support (education, advocacy and resources) related to risk of suicide in local area or common spaces. Supporting actions to prevent deaths at these public sites and the impacts of these events. [Click here](#)
Standby Support after Suicide; Support after Suicide Toolkit and support information packs; [click here](#).
Thirrili; National Indigenous Critical Response Service; support tools [click here](#).
Postvention Australia (PVA); resources, information, education and representation for individuals and families bereaved by suicide and their service providers. [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 & Universities Australia 2020: Responding to Suicide toolkit for Australian Universities; [click here](#).

8.3 Accreditation – suicide prevention activities

Suicide Prevention Australia; Suicide Prevention Accreditation. The Suicide Prevention Accreditation Program supports organisations to implement safe, high-quality, and effective suicide prevention and postvention programs in Australia. This is for discreet programs, projects and activities.

- The Suicide Prevention Australia Standards for Quality Improvement [Click here](#)
- for information on becoming accredited [Click here](#)

8.4 Research, Expert Insights and Conference Abstracts
ATSISPEP 2016 , <i>Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project Report (Solutions that work; what the evidence and our people tell us)</i> ; University of Western Australia; Click here
Australian Counselling Association (ACA)- Suicidal Clients-ACA (INC) Guidelines by clicking here .
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 of Health and Welfare 2023 , Aboriginal and Torres Strait Islander LGBTQIASB+ people and mental health and Wellbeing, AIHW click here .
Australian Institute for Suicide Research and Prevention (AISRAP) ; <i>Study on Youth Suicide Prevention through Cultural Connection (for young Aboriginal and Torres Strait Island peoples)</i> ; overview click here ; Journal Article click here
Australian Veterinary Association Veterinary Wellness Strategy: Summary of research findings(2022?); click here
Beyond Blue ; <i>Suicide myths and facts</i> click here
Black Dog Institute and The Seedling Group ; <i>We are Strong, We are Resilient, But We Are Tired – Voices from the Aboriginal and Torres Strait Islander Live Experience Centre Yarning Circles</i> ; Report 19 th 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 .
Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP) ; <ul style="list-style-type: none"> - Clearing House – links to best practice programs, guidelines, services, research, resources click here - Manual of Resources – collection of practical resources and tools to promote positive MHSEWB and prevention suicides click here - Resource Directory- Resources assessed and deemed culturally appropriate by CBPATSISP researchers: suicide prevention organisations and resources; links to statistics, data, Fact Sheets (CBPATSISP; ATSISPEP; Other); Policy Reports; , click here
COA; AIHW; Federal Government – Mental Health Services in Australia. Reporting on the use of crisis lines and mental health services; 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
COA: Dudgeon, Milroy, Walker 2014 ; Working together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practices.
Life in Mind : 2021 <i>Suicide Prevention Australia Symposium</i> ; Highlights click here
LGBTIQ+ Health Australia : Knowledge Hub; Advocacy and Reports, community resources, workforce resources. click here . Their 2021 Walkern Katatdjin Rainbow Knowledge Phase 1 Report is available. It is a national research project aiming to understand and promote mental health and wellbeing of LGBTQA+ young First Nation peoples. Click here
Lowitja Institute ; <i>National Institute for Aboriginal and Torres Strait Islander Health Research</i> . Click here for links to research, services and resources.
National Rural Health Alliance ; Luke Sartor 2021, First national study of farmer suicide rates using coronial data ; click here .
National Suicide Prevention Advisor and National Taskforce Report : <i>Lived experiences of providing care and support to people who suicide attempt, and those who have gone on to die by suicide</i> ; 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
Transforming Indigenous mental health and Wellbeing (TIMHWB) ; Bringing cultural ways and healing into mental health and wellbeing systems. A range of resources and Fact Sheets related to Cultural Social and Emotional Wellbeing Program; ethical decision making click here .
LGBTIQ+ Health Australia ; <i>2021 Snapshot of Mental Health and Suicide Prevention Statistics for LGBTQI+ People</i> . For more information click here
Australian Institute of Health and Wellbeing ; 20 th July Release of Suicide and Self Harm Monitoring Data. Link to recording: https://vimeo.com/576586769/82cea0946e
*** Refer to Section 2 for the Government data collection/monitoring frameworks.

9.0 TRAINING & WORKSHOPS

9.1 Participant Safety and Self-Care

Are you ready for training? If you have lost a person to suicide, your lived experience can be a powerful contribution to suicide prevention. The most important consideration, however, is that you feel you are ready and that your participation is a positive experience. If you have a lived experience of losing someone to suicide, we encourage you to work through the 'Readiness to be Involved' questions available through Roses in the Ocean: [Readiness to be involved in suicide prevention - Roses in the Ocean](#)

Participant Self-Care: As the topics included in the below training and workshops may include suicide and self-harm, we know this can be upsetting. Please prioritise your own self-care and consider if the timing is right for you to undertake the training. A guide to self-care is available through [Life in Mind: A guide to self-care - Life in Mind Australia](#)

9.2 Community Workshops

Community Suicide Prevention Workshops. These have been held across Central Qld in 2023 with the Central Highlands scheduled for February.

9.3 Suicide Awareness Survey

Central Queensland Rural Health: Organisation 'Employee Suicide Awareness Survey'; 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 [clicking here](#).

For more information Email admin@cqrdgp.com.au; or Phone 07 4992 1010.

9.4 Training Registers

Central Queensland Rural Health: Training (suicide awareness/prevention) register: 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; Email: admin@cqrdgp.com.au; Phone: (07) 4992 1040. Current training providers [click here](#).

9.5 Scheduled Training & PD Workshops- FREE

18 th Jan 2024 1pm AEST 1.5 hours; Online	Headspace University Support Program- Responding to suicide: a toolkit to support Australian Universities. Building the capacity of Australian universities to respond to suicide: click here Enquiries: universitiesupport@headspace.org.au
29 th Jan 2024 1pm AEST 1.5 hours; Online	Headspace University Support Program- Recovery after suicide: strategies to support staff and students. Helping staff better understand their role in supporting recovery following a death by suicide: click here ; Enquiries: universitiesupport@headspace.org.au
6 th February; ZOOM One hour; between 12 to 1 Qld time	Mindframe: Online Training Sessions; Free, online, click here to access information on the following opportunities; safe and sensitive communication around suicide: - Guidelines for public communication about suicide and mental ill-health.
15 th May 2024 – to be confirmed The LSC Hub DRC James St Yeppoon	Mental Health First Aid- Refresher: Free; four hour program designed to give those people who have completed the 12 hour MHFA course an opportunity to refresh their knowledge and retain their accreditation. Facilitated by Clare Cullinan, Consult Liaison Officer for adult mental health at the Central Qld Hospital and Health Service (CQHHS). The training is made possible through trainers provided by Qld Health, resources provided through the Livingstone Living Well- Suicide Prevention Group and inkind support for Livingstone Shire Council. Enquiries: Clare Cullinan Clare.Cullinan@health.qld.gov.au
	ONLINE- AT YOUR OWN PACE (Free)
Any time; online; 1 hour; free	BlackDog Institute: Recognise and Respond – Suicide Prevention for Everyday Life; The Black Dog Institute's 1-hr online course aims to reduce and prevent suicides in Australia. It provides the tools and confidence to connect and respond to a friend, family member or colleague who may have suicidal thoughts. Provided free by Country to Coast through the Australian Government's PHN Program. Website: URL:qld-sc-phn.myabsorb.com.au/#/signup Sign up Enrolment Key: Rv3hhHo5s8jwqX1G-Iso Register: provide your information to register and for the completion certificate.
Any time; online; 2 hour; free	CQUniversity: PDC93089- Understanding Sexual Orientation and Gender Diversity" click here ; 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/community	LivingWorks: START program; 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. Click here . Supported by the Australian government's Open Arms – Veterans and Families Counselling.

Jan 2024 v1.

Enquiries: Central Queensland Rural Health; admin@cqrdgp.com.au

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



WATCH THIS SPACE	
Cap Coast Free Early 2023 Enquire to arrange training.	Calm Care: Free; 3.5 hour workshop designed to teach you how to be suicide aware, and recognise when someone may be thinking about ending their life; how to make a connection, and what to say and how to support them. Made available through funding provided by Westfund; resources provided by CQRH; and support provided by the Livingstone Living Well-Suicide Prevention Group. Enquiries- including group EOI Phone: Scharryn Kneen scharryn@gmail.com
Enquire to arrange training	Aboriginal and Torres Strait Islander Mental Health First Aid [AMHFA]; to Aboriginal peoples and Torres Strait Islander peoples, communities, and NIAA-funded service-providers at no cost: (2 days; for 18+ years, this course teaches first aid skills for helping First Nations peoples experiencing a mental health crisis, mental health problems, or the early stages of mental illness. National Wellbeing Alliance: Email training@nationalwellbeing.com.au ; Phone Harry Pitt East Coast Community Engagement Coordinator on 04776 644 713 or Kiel Williams-Weigel National Program Manager on 0428 944 439.
Enquire to arrange training	Deadly Thinking Youth (1/2 day to 1 day) for youth aged 12 – 17 years; free to Aboriginal peoples and Torres Strait Islander peoples, communities, and NIAA-funded service-providers. Culturally tailored workshop delivered by our experienced 100% First Nations trainers. We yarn about a whole lot of stuff affecting young people, including: The importance of yarnning with family and friends <ul style="list-style-type: none"> • Dealing with today's social and emotional wellbeing challenges that can affect you, your family, and your community • Improving your awareness and understanding of what causes depression, anxiety, and suicide • Problems like drugs, alcohol, and bullying worries • Connecting with your culture and Country as a way of staying strong. • Topics covered include: yarnning, bullying, managing stress, sleep, bad experiences, self-harm, suicide, racism & discrimination, risks to wellbeing, staying strong, handling worries, symptoms of anxiety and depression, drug and alcohol misuse, suicide risk, pathways to help and connection to culture and country. National Wellbeing Alliance: Email training@nationalwellbeing.com.au ; Phone Harry Pitt East Coast Community Engagement Coordinator on 04776 644 713 or Kiel Williams-Weigel National Program Manager on 0428 944 439.
Enquire to arrange training	Emerging Minds/Healing Foundation; Free e-learning training package Social and Emotional Wellbeing (Aboriginal and Torres Strait Islander Children and their Families); Register by clicking here
Enquire to arrange training	Headspace programs, training and professional development packages; free for Qld Dept Education Staff: click here for more information, contacts, and to arrange training. SafeMinds: In Practice Skills Based Training on Suicide Risk Management (STORM) Suicide Risk Continuum Training
Enquire to arrange training	Youth Aboriginal and Torres Strait Islander Mental Health First Aid (2 days) for those 18+ years who work directly with First Nations youth; free to Aboriginal peoples and Torres Strait Islander peoples, communities, and NIAA-funded service-providers. This informative and strengths-based course will teach participants how to assist First Nations young people who may be experiencing a mental health problem or mental health crisis until appropriate professional support is received or the crisis resolves, using practical, evidence-based action plan. National Wellbeing Alliance: Email training@nationalwellbeing.com.au ; Phone Harry Pitt East Coast Community Engagement Coordinator on 04776 644 713 or Kiel Williams-Weigel National Program Manager on 0428 944 439.
9.6 Scheduled Training - fee-based	
TBC	Wade Mann's Indigenous Cultural Awareness Training Day; cost TBC; Morning Tea and lunch included. Welcome to Country; Traditional Darumbal dancers; includes topics such as history; structure of Darumbal land and Tribes; Bush medicine/foods; TO practices; community issues. Email: Wade Mann wademann64@hotmail.com ; phone 0429 395 840

9.7 Sector-Specific Training & Workshop Calendars
ABORIGINAL AND TORRES STRAIT ISLANDER. <i>Aboriginal and Torres Strait Islander Mental Health First Aid</i> ; Find out how to intervene early, offer support, respond in a crisis and reduce stigma. To learn more and find a course click here .
GENERAL PRACTITIONERS; PSYCHOLOGISTS; SOCIAL WORKERS; OTHER MENTAL HEALTH PROFESSIONS. Black Dog Institute; <i>Advanced Training in Suicide Prevention</i> . See information sheet for the accredited CPD points and eligibility under the Emergency Medicine component of the Rural Procedural Grants Programs (GPs) Click here
LIVED AND LIVING EXPERIENCE OF SUICIDE. Roses in the Ocean Workshop Schedule; supporting literacy and culture change in organisations, services and government departments; training for frontline responders and social services staff; understanding and working with suicide prevention peer workers; lived experience informed literacy. Community workshops including Touch Points and Working together. Click here
SCHOOL COMMUNITY. Australian Govt; DES&E; <i>Student Wellbeing Hub</i> ; Professional Learning Courses: click here
VETERAN COMMUNITY. Open Arms – Veterans & Families Counselling: <i>Suicide Intervention and Mental Health Literacy Workshops</i> . Free training opportunities to those seeking to help family, friends, co-workers or others in the veteran community. Ph 1800 011 046; OpenArms.Coord@dva.gov.au ; click here .
VETERINARIAN COMMUNITY. Australian Veterinary Association: Education and Events: Provides Mental Health First Aid and other training Click here
UNIVERSITIES. <ul style="list-style-type: none"> - Headspace University Program: <i>supports capacity building in the suicide prevention and postvention space in the higher education sector.</i> Contact Danni-Elle Reading; Email universitiesupport@headspace.org.au - Mindframe University Program; <i>supports journalism and public relations educators and students across Australia related to communicating about suicide, mental ill-health and alcohol and other drugs.</i> Mindframe@hnehealth.nsw.gov.au ; Phone 0249 246 900

9.8 Training & Workshop Programs
Standby – Support after Suicide: Training (suicide postvention)- Community Workshops; Free; to increase awareness, develop connections and build a community’s capacity to support people who have been impacted by suicide. Professional development training for health care and community workers; to increase their capacity to support people in their care impacted by suicide. Phone 1300 727 247
Lifeline: Skills-for-Life Training; range of training options; find out more and make an enquiry by clicking here .
Mental Health First Aid; Course Calendar click here
Mindframe training: capacity-building related to communicating about suicide, mental ill-health, and alcohol and other drugs. <ul style="list-style-type: none"> - Mindframe drop in sessions; free; offered in one hour online sessions for the community.. - Mindframe Media training; free. Tailored, practical and evidence0based support to all areas of the Australian media. - Mindframe Plus training – more in-depth, fee-for-service program; 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. - Mindframe University Training- supports journalism and public relations educators and students across Australia. Other information on media training, university training, and the Mindframe Plus training is available by clicking here
Wesley LifeForce: capacity-building related to building suicide prevention skills for doctors and other staff in general practices, counsellors and community members. <ul style="list-style-type: none"> - Wesley LifeForce Suicide Prevention skills training for Relationship Counsellors Free; Counsellors are a key support for people dealing with significant life changes and mental health conditions such as depression. Comprehensive, 4 hour tailored workshops can be delivered face to face or via Zoom video conferencing. Support to refresh skills and further develop intervention techniques and strategies - Wesley LifeForce Suicide Prevention skills training for Practice Managers and Staff Free; As part of practice accreditation, staff are required to be able to triage patients. The workshop enables you to develop a strategy/protocol to meet the needs of your general practice, with additional support provided by the identification of local organisations you can draw on to assist your practice, your staff and patients; 2 hour F2F or Zoom - Wesley LifeForce Suicide Prevention skills training for Practice Managers and Staff Free; For aged care providers the safety and wellbeing of residents is paramount. Equipping your Aged Care Workers with the necessary knowledge and skills to record or report someone at risk of suicide in your facility is vital and Australian Bureau of Statistics identifies the elderly as a high risk group; 1 hour tailored seminar can be delivered face to face or via Zoom video conferencing; Build awareness of residents who may be at risk of suicide; Recognise the potential signs- and develop skills to record and report concerns so that your residents can get the support they need.

10.0 COMMUNITY RESOURCES

10.1 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](#)

BlackDog Institute: Importance of Self-Care Planning (COVID-19 Mental health and wellbeing resources) [click here.](#)

Calm; Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music; <https://www.calm.com/>

CQ Grow; Peer Support Group; online peer support meetings; over 18; 80 John Street; Wednesday 6:30pm; <https://www.grow.org.au/egrow/> and [click here](#)

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.](#)

Red Cross; Coping after a crisis; experiences after a crisis and how to manage; 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.](#)

St Vincent De Paul Housing and Homelessness; Homestay 07 4890 4603

- **Homestay:** Free assistance to support people 18 plus to establish or sustain their current tenancy.

St Vincent De Paul Housing and Homelessness: Crisis Accommodation and Outreach phone 07 4999 3201

- **Crisis Accommodation:** The Rockhampton Men's Hostel provides immediate supported accommodation to adult men who are in crisis. The goal of hostel services is to transition an individual from homelessness to being housed in sustainable accommodation options through case management approach.

Mobile Support: Mobile support is a type of outreach service that provides case management support and enables contact with people who are at imminent risk of homelessness or homeless in public spaces and other locations like temporary living situations.

BEREAVEMENT

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](#)

Postvention Australia (PVA); National Association for Post-Suicide Support; Bereavement After Suicide Care Booklet; Practical advice, support and understanding. [Click here](#)

Qld Health Bereavement support services; Emergency Department Factsheet. Provides information about community organisations that offer support, counselling and practical assistance to anyone experiencing grief and loss following the death of a loved one. [Click here.](#)

Roses in the Ocean: Are you ready to be involved in suicide prevention? If you have lost a person to suicide, your lived experience can be a powerful contribution to suicide prevention. The most important consideration, however, is that you feel you are ready and that your participation is a positive experience. Discuss your potential involvement with Roses in the Ocean by phoning: 1300 411 461; check out their webpage [click here](#); work through the 'Readiness to be Involved' questions [click here.](#)

SANE Forums; connect with people who've been there too; including lived experience of mental health issues; friends, family and carers forum; overseen by health professionals in the background keeping it safe; [click here](#)

- **Lived Experience Forums: Topic Tuesdays;** Last Tuesday of the month; online; 5:30 to 7pm AEST; facilitated by a moderator and supported by a Peer Support Worker. *Range of topics (including mental health and suicide).* Sign up for the forums by clicking the 'sign up' tab on: <https://saneforums.org/>

SOS- Survivors of Suicide Bereavement Support Association Inc. For those who have lost loved ones to suicide. Links to support groups, resources, their Facebook site, memorial space to share your memories and include a tribute to your loved ones. <https://sosbsa.org.au/>; <https://www.facebook.com/SOSBSA.Inc>

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.](#)

FIRST NATION PEOPLES

Beyond Blue: Finding our way Back. Resource to support Aboriginal and Torres Strait Islander People after a suicide attempt; offers a starting point to work through some of the questions that can come up. <https://www.beyondblue.org.au>

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.

CARERS
mhr4c: Self Care (Looking after yourself) - resource for carers http://mhr4c.com.au/coping-strategies/self-care/
CHILDREN & YOUTH
Headspace: Resource Library ; fact sheets and resources for young people, family and friends- 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 .
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.
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
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

10.2 Caring for Others
GENERAL
Australian Counselling Association (ACA) - see their Suicidal Clients-ACA (INC) Guidelines by clicking here.
Better off with you ; suicide prevention initiative; tips on communicating, warning signs, practical support click here
Better off with you ; suicide prevention initiative; how to support your community click here
Beyond Blue: Guiding Their Way Back ; booklet to support someone who has attempted suicide, click here .
Black Dog Institute: suicide and self harm, seeing the signs click here
Family Drug Support ; 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
Health Direct; Suicide Warning Signs ; 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. Click here
Qld Gov; Suicide and crisis care : warning signs; support for those bereaved; help and support numbers click here
RU OK? 'Simple steps that could change a life' . 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. Resources for every day of the year. https://www.ruok.org.au/
Minds Together ; free, self-paced online support; click here to learn more. <ul style="list-style-type: none"> ○ Family and Friends supporting someone who has attempted suicide ○ Family and Friends supporting mental health of Paramedics ○
Sane Australia; SANE Bereavement Guidelines : Best Practice in support of family and friends of people with mental illness who have died by suicide. For clinical and community support services click here
StandBy ; 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. click here .
StandBy – Support after Suicide : Free community workshops to increase awareness, develop connections and build a community's capacity to support people whom have been impacted by suicide. Phone 1300 727 247
Suicide Call Back Service: 'Discussing Suicide (How to talk to somebody about suicide)' ; click here

CHILDREN & YOUTH
AnglicareCQ offers a range of services including: Foster Care www.anglicarecq.org.au ; phone 1300 769 814
Better Health Channel & Beyond Blue ; Youth Suicide- the warning signs; fact sheets and resources (triggers, supporting a person, what to avoid, myths, where to get support click here
Black Dog Institute (2020) . Tackling the Topic of Suicide with Your Child • When communities are affected by suicide Conversations Matter guide and factsheets
Australian Govt; DES&E; Student Wellbeing Hub ; Resources to build safe, inclusive and connected schools communities; PROGRAM; click here
Qld Gov; Aust Education Authority; Bullying No Way; Classroom, professional learning and teach resources and fact sheets available: Click here
Headspace Fact Sheets: <ul style="list-style-type: none"> • <i>Suicide Contagion for Aboriginal and Torres Strait Islander Young People</i>; click here • <i>Suicide in Schools: Information for Aboriginal and Torres Strait Islander Families</i>; click here • <i>Grief: how Aboriginal and Torres Strait Islander young people might respond to suicide</i>; click here
Orygen; Australian University Mental Health Framework ; read summary by clicking here .
RAIL COMMUNITY
RAIL RU OK? ; TrackSAFE Foundation ; 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 Click here
VETERANS
Australian Gov; PM's Veteran Employment Program ; service for employers; why hire veterans? And connect with veterans click here
RSL- Qld; Veteran Services Officers ; veteran advocates; rslqld.org ; 07 4838 9803
FIRST NATION PEOPLES
Beyond Blue: Finding Our Way Back booklet ; 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 click here .
Qld Aboriginal and Islander Health Council ; culturally appropriate resources; activity sheets; keep mob safe; stay at home symptoms; family care plan; Bub's care plan; https://www.qaihc.com.au/resources/
Clontarf Foundation; improves the education, discipline, life skills, self-esteem and employment prospects of young Aboriginal and Torres Strait Islander men. 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. Click here for Partnership information.
REACH OUT.COM: How to be an ally to Aboriginal and Torres Strait Islander people ; an article by Alice Currie to support build a person's capacity to be a respectful ally for Aboriginal and Torres Strait Islander people; click here .
Queensland Health; During sad news and Sorry Business ; resource for Aboriginal and/or Torres Strait Islander communities for when a loved one is passing or has passed away in Queensland. Click here
Thirrili; National Indigenous Critical Response Service ; 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; click here .
Life in Mind: Stronger Smarter Yarns for Life' ; 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. Click here
Life in Mind; Community Support and Guidance ; tools, resource, support for those affected by suicide, crisis support services. Click here

10.3 Caring for Your Finances	
AnglicareCQ; <i>Financial Support services (Financial Resilience and Emergency Relief)</i> ; www.anglicarecq.org.au ; phone 1300 769 814	
Australian Gov: <i>Service Australia Crisis and Special Help</i> ; 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; click here	
Australian Gov: <i>Service Australia; income support payments including JobSeeker</i> ; check eligibility; click here	
Australian Gov: <i>Dept Education, Skills & Employment; Jobs Hub</i> ; to address the rapidly changing job market to support business and jobseekers- some areas of the economy have increased demand for workers; click here .	
Energy and Water Ombudsman Qld: <i>Problems with your electricity, gas or water company?</i> ; 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. Phone 1800 662 837; 131 450 for translating and interpreting services and 133 677 if you have a hearing or speech impediment.	
Good Shepherd Microfinance; <i>'No Interest Loans'</i> ; for more information on eligibility and details on how to apply go to https://goodshepherdmicrofinance.org.au/	
My Aged Care: <i>Government-subsidised aged care services</i> ; this includes help at home, short term care, and care in an aged home. Click here 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 click here	
National Dept Help line: <i>Financial Counselling</i> ; free, confidential financial counselling, including advice on managing debt; Phone 1800 007 007; WEB https://ndh.org.au/	
Qstars: <i>free advice service for Queensland renters</i> ; Free, independent advice and referral service for all Qld renters;; support understanding your rights and responsibilities; resolving tenancy issues;; referral to other services if needed. For the Advice Line Phone 1300 744 263	
Rural Financial Counselling Service (RFCS): <i>Financial counselling</i> 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. Call 1800 686 175 to locate your nearest RFCS Office. Web https://www.agriculture.gov.au/ag-farm-food/drought/assistance/rural-financial-counselling-service	

11.0 REGIONAL COMMUNITY CONNECTIONS	
11.1 Information Networks for our Region	
Queensland Health: latest updates; public health directions; 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:	
<ul style="list-style-type: none"> - 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	
<ul style="list-style-type: none"> - Facebook: https://www.facebook.com/QLDHealth/ - Twitter: https://twitter.com/qldhealthnews - Health Blog: https://www.health.qld.gov.au/news-events/health-blog 	
Central Queensland Hospital and Health Service:	
Stay connected to our local (Central Queensland) Hospitals and Health Service:	
SOCIAL MEDIA	
<ul style="list-style-type: none"> - Facebook: https://www.facebook.com/cqhealth - Locations: https://www.health.qld.gov.au/cq/contact-us 	

11.2 Date Claimers: Caring in Rockhampton for Central Queenslanders	
Monthly – see info >	Family Drug Support monthly meetings: 2 nd Tues/month; FDS 110-114 Campell St Rockhampton; 5:30 to 7:30pm 3 rd Tues/month; Binbi Yadubay; Rockhampton 10:30 to 12:30 3 rd Mon/month Online via Zoom; 9:30am to 11:30am Enquiries Belinda – Family Drug Support 0490 536 976
Every Wed; from 10:30; free	Carers Cuppa; CQHHS MHAODs; For those carers, family members and partners of clients of the CQ mental Health, Alcohol and Other Drug services. Enquiries Kelli.Copelin@health.qld.gov.au ; 0438 480 574
TBA	

12.0 LIVINGSTONE LGA: OUR CONNECTED COMMUNITY

12.1 Information Networks

Livingstone Shire Council

- **Main Information source:**
 - **Website:** <https://www.livingstone.qld.gov.au/>
 - **Facebook:** <https://www.facebook.com/livingstoneshirecouncil/>
 - **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; **Phone:** 4913 3840
 - **Community Groups:** [click here](#) for list; and phone 4913 3840 for more information.
 - **Community Connections Newsletter** [click here](#)
 - **Website Directory:** Services, supports and social groups that access the centre [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 Phone: 4913 3850

- **Livingstone Shire Council Events:**
 - Online registration: [click here](#)
 - Events calendar: [click here](#)

- **Connecting the community**
 - **Bob & Betty:** Connecting seniors to their community;
Email: bobandbetty@livingstone.qld.gov.au **Phone:** 4913 3840;

 - **Youth in Livingstone:** Connecting ages 12-25 to information, advice and referrals related to school, housing, relationships, boredom and stress.
FB <https://www.facebook.com/youthinlivingstone> ; **Phone:** 4913 5000. [Click here](#)

12.2 Date Claimers: Caring in Livingstone

TBA.	Community Connectors Meeting: Community Centre users (community groups, volunteers and interested community members) to connect, brainstorm and collaborate. Yeppoon Community Centre Garage; Email: communitycentre@livingstone.qld.gov.au ; Phone: 4913 3840. Click here
TBA	Cap Coast D&FV Prevention Working Group Meetings; LSC/QPS initiative; Room B Community Centre, 80 John Street, Yeppoon. Email: communitycentre@livingstone.qld.gov.au ; Phone: 4913 3840. Click here for TOR
TBA	Capricorn Coast Interagency Network Meetings; Yeppoon Town Hall; Capricorn Coast service providers networking and connecting; Email: communitycentre@livingstone.qld.gov.au ; Phone: 4913 3840. Click here for TOR
TBA	iCare Community Project Review Meeting; supporting those in significant financial stress; Email: communitycentre@livingstone.qld.gov.au ; Phone: 4913 3840. Click here for TOR
Jan to Nov 3:00-4:00 Yeppoon 4 th Wed month	Livingstone Living Well -Suicide Prevention Group; The Hub, 7-9 James Street Yeppoon and via Microsoft Teams; evidence-based framework; community group; volunteers welcome to support our events, training, funding applications, meeting administration, social media; FB: https://www.facebook.com/LivingstoneLivingWell ; Email: LLW-SPG@outlook.com

Jan 2024 v1.

Enquiries: *Central Queensland Rural Health*; admin@cqrqgp.com.au

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



<p>12.3 Dignity & Hope</p> <p>Icare Community Project; to support maintaining a sense of hope and community support for those experiencing personal hardship. In partnership with the Livingstone Shire Council. Further information Email: communitycentre@livingstone.qld.gov.au; Phone: 4913 3840. For more information click here</p> <ul style="list-style-type: none"> • 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. <p>Food Relief Capricorn Coast; helping those struggling to put a meal on the table</p> <ul style="list-style-type: none"> • Locations: Yeppoon- 33 William Street Yeppoon (Blue Shed) 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; Phone 0468 799 843. <p>Eddies Van Project: Free Meals; All welcome; Thurs 5:00-5:45pm; Vinnies Car Park Cnr John & Aurthur Streets Yeppoon; initiative of St Brendan’s College; supported by Waterfront Restaurant, Coles Second Bite and Vinnies.</p>
<p>12.4 Printed/Online Media</p> <p>Cap Coast Today</p> <ul style="list-style-type: none"> - Paper-based release: Fortnightly <ul style="list-style-type: none"> o Local Capricorn Coast news and events within the Livingstone Shire/Capricorn Coast. - Facebook: https://www.facebook.com/CapCoastToday Email editorial@capcoasttoday.com.au <p>CQ Today</p> <ul style="list-style-type: none"> - Paper-based release: twice-Weekly (Wednesday and Saturday) <ul style="list-style-type: none"> o Regional CQ news o https://cqtoday.com.au/ - Facebook: https://www.facebook.com/CQToday <ul style="list-style-type: none"> o Breaking news stories <p>The Morning Bulletin/Courier Mail</p> <ul style="list-style-type: none"> - Online release (some articles require paid subscriptions) click here <ul style="list-style-type: none"> o Regional CQ news - Facebook: https://www.facebook.com/themorningbulletin <ul style="list-style-type: none"> o Breaking news stories <p>12.5 Radio Stations</p> <p>ABC Capricornia ***USED DURING DISASTERS</p> <ul style="list-style-type: none"> o Frequency 837AM; the Australian government broadcaster; o Website: ABC Capricornia – ABC Radio; streaming radio online; online news reports; and Facebook: https://www.facebook.com/ABCCapricornia; Breaking local news <p>4RO The talk of Central Queensland</p> <ul style="list-style-type: none"> - Frequency 990AM; - Website: click here; - Streaming radio online; online news reports; commercial station <p>Keppel FM</p> <ul style="list-style-type: none"> o Frequency 91.3FM (Yeppoon area); o Community (Livingstone) news, rock, blues, world; managed by volunteers <p>Triple M Central Queensland</p> <ul style="list-style-type: none"> - Frequency 101.5FM (Sea FM); - Website: click here ; Streaming radio online; commercial station <p>Hit FM (Previously Hot FM) Rockhampton</p> <ul style="list-style-type: none"> - Frequency 107.9FM; - Website: click here; Streaming radio online; Online local news reports; Commercial <p>Find a radio station near you: Central, Queensland: Radio Station Listings – RadioStationWorld.com</p>

13.0 LIVINGSTONE LGA: MENTAL HEALTH & WELLBEING

13.1 Multidisciplinary Support & Referrals

Central Queensland Rural Health – Capricorn Coast mental health services (contractors)

- **Referrals:** through your doctor with a Mental Health Care Plan
- **Contact** CQRH for more information 4992 1040

HeadSpace Youth Service (Yeppoon); Youth Mental Health services; Community Centre, 80 John Street Yeppoon; may include psychologists, psychiatrists, counsellors and other workers. Fortnightly appointments.

- **ELIGIBILITY:** for 12-25 year olds; referrals via GPs, family members and self-referrals.
- **COSTS:** funded through the Australian Government Department of Health.
- **ISSUES COVERED:** 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.
- **MORE INFORMATION:** Information and referral forms available by [clicking here](#).
- **CONTACTS:** headspacerocky@roseberry.org.au; phone 4911 6040

Queensland Health: 1300 MH CALL (1300 64 22 55) if seeking counselling or needing to speak with someone when in crisis.

Queensland Health: Child and Youth Mental Health Service (CYMHS); involves a multidisciplinary team who work with young people up to 18 years and their families with complex mental health needs.

- **ELIGIBILITY:** up to 18 years of 18
- **ACCESS:** referrals required via school guidance officers; GPs; young people, family/friends can self-refer.
- **ISSUES COVERED:** including anxiety, depression, suicidal and/or self-harming behaviours and trauma, school refusal, attachment-relationships and psychosis. They can also provide additional referral services.
- **MORE INFORMATION:** [click here](#)
- **CONTACTS:** Rockhampton and Capricorn Coast; Phone: 07 4920 5700; Mon-Fri 8:30 to 4:00pm

Way Back Support Service Suicide attempt or crisis after care; 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. [Click here](#) 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 CQWBC.

13.2 Psychologists

PsychEngage: Connect with a Psychologist; Fast and simple way to find, select and connect with psychologists; NOT an emergency service; Australian Psychological Society: <https://psychology.org.au/find-a-psychologist>

PSYCH2U 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. [Click here](#).

Rural Health Connect; Talk to a psychologist from the privacy of your home; for rural Australians dealing with natural disasters, isolation and other life's pressures; bulk billing available.

<https://www.ruralhealthconnect.com.au>; Phone 0427 692 377; Email info@ruralhealthconnect.com.au

Virtual Psychologist; Text-based psychological and counselling support services; provides workplace solutions to support mental health in the workplace. Email info@virtualpsychologist.com.au

REGULATORY FRAMEWORK: Psychologists. 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.

Please feel free to [click here](#) to check registration currency; there is also a link to registers of cancelled practitioners and those that have undertaken not to practise.

13.3 School Based Guidance Officers, Counsellors & Health/Wellbeing	
Yeppoon State High School:	<i>School-based Guidance Officer 4925 1333 School Chaplain; Student Wellbeing Officer.</i>
St Brendan's College:	<i>School-based Counsellors 4939 9600 Youth Worker; Pastoral Carers</i>
St Ursula's College:	<i>School-based Counsellors 4939 9300 Indigenous Education Officer; College Nurse</i>

13.4 Counsellors and Psychotherapists	
REGULATORY/COMPLIANCE FRAMEWORK: Counsellors and Psychotherapists.	
<p><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). There are two peak bodies providing national standards for psychotherapists and counsellors in Australia, and have mechanisms for conformance and compliance processes.</i></p> <ul style="list-style-type: none"> ○ Australian Counselling Association (ACA)- to find a Registered Counsellor click here; <ul style="list-style-type: none"> ▪ see their Suicidal Clients-ACA (INC) Guidelines by clicking here. ○ Psychotherapy and Counselling Federation of Australia (PACFA)- to find a Registered Therapist click here 	

13.5 Complementary Therapies	
Find a local service, event or activity:	
<p>The Hub Capricorn Coast produce a Free Monthly Newsletter where health and wellness businesses and events are advertised. Check out their FB page https://www.facebook.com/thehubcapricorncoast This is not associated with the Livingstone Shire Council's building known as 'The Hub'.</p>	
REGULATORY/COMPLIANCE FRAMEWORK: Complementary therapies.	
<p><i>Complementary therapies can include talking, meditation, art therapy, relaxation, acupuncture and massage. These therapies may sometimes play a role in supporting health and wellbeing. Unlike psychologists who are regulated under the law, and 'Counsellors' or 'Psychotherapists' that may choose to conform or comply to peak bodies standards, complementary therapies are less well governed.</i></p>	

13.6 Personal Responsibility	
<p>The information in these sections is provided in good faith. 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.</p> <p><i>*** For those people with suicidal ideation, please consider consulting with your General Practitioner or mental health professional if you wish to include psychotherapy and other complementary therapies as part of your treatment plan. If in crisis, ring Lifeline 131 114 or 000.</i></p>	

14.0 Disclaimer& Continual Improvement	
<p><i>Livingstone Living Well- Suicide Prevention Group and Central Queensland Rural Health are providing this information in good faith; however, we are not responsible for the activities outlined in this Directory.</i></p> <p><i>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.</i></p> <p>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; 13YARN on 13 9276; and for emergencies, please call 000.</p>	