

As Department of Education employees, we cannot recommend any external agencies however attached find some local information that be useful to you. This list is by far exhaustive. There are hyperlinks to each agency's website.

**Family and Child Connect** is a free service to help you with the challenges of parenthood.

We can connect you to local services that can help with:

- managing your child's behaviour
- building better family relationships
- stopping any violence at home
- budgeting and managing money
- alcohol, drug or gambling problems
- housing, health care or other community or government services



## **(CYMHS) Child and Youth Mental Health Services**

The Child and Youth Mental Health Access team is a community based service for children and young people aged 0-18 years and their families in the Gold Coast region who are experiencing **severe / complex** psychological, emotional and/or behavioural problems.

To make a referral for your child call the CYMHS Access Service is available between the hours of 8.30am-5pm. This intake process may lead to further face to face assessment of the individual or result in an assisted referral to alternative specialised services.

**Contact (07) 3335 8888**



**NEED A HAND? [HERE'S HOW WE CAN HELP...](#)**

We have a number of programs and services available specifically to meet the needs of our local community. If you find yourself needing some help, we may be able to assist you. Have a look below at what we offer.

**[FOOD RELIEF PROGRAMS](#)**

**[EMERGENCY RELIEF](#)**

**CONTACT US**

E [INFO@NEXUSCARE.COM.AU](mailto:INFO@NEXUSCARE.COM.AU)

P (07) 3353 7230



Contact: 1300 22 4636

## Looking after your mental health during the coronavirus outbreak

Beyond Blue recognises and understands the feelings of anxiety, distress and concern many people may be experiencing in relation to the coronavirus (COVID-19) outbreak.

### Beyond Blue's new COVID-19 Mental Health Support Service

Beyond Blue is working around the clock to build a dedicated COVID-19 Mental Health Support Service. This is in response to the growing demand for mental health support as a result of the coronavirus outbreak.

This new service will be funded by the Australian Government.

The service will offer free counselling by mental health professionals for all people in Australia 24/7, both online and over the phone. It will also provide free and easily accessible information and advice around coping with COVID-19, isolation and connection, workplace and financial hardship, and how best to support the mental health of loved ones. The service will be continually updated with new information, and enhanced with other tools and supports, over the coming weeks and months.

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

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Contact: 1800 55 1800

## Are you worried about novel coronavirus (COVID-19)?

### Kids Helpline is still open to answer your call, email or WebChat

There's a lot of information and confusion out there about COVID-19 and things feel a bit uncertain. If you're feeling stressed, worried or anxious, we're here for you. Give us a [call](#), start a [WebChat](#) or send us an [email](#).

We have been a bit busier than usual, so there might be a longer wait to speak to a counsellor. We really appreciate your patience.

[https://kidshelpline.com.au/?gclid=EAlaIqobChMIvs3-x-jF6AIVIK2WCh1bJQS5EAAYASAAEgJksvD\\_BwE](https://kidshelpline.com.au/?gclid=EAlaIqobChMIvs3-x-jF6AIVIK2WCh1bJQS5EAAYASAAEgJksvD_BwE)

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Contact: 131114

[Crisis Support. Suicide Prevention.](#)

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. We're committed to empowering Australians to be suicide-safe through connection, compassion and hope. Our vision is for an Australia free of suicide.

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SALVATIONARMY.ORG.AU

13 SALVOS (13 72 58)

<https://www.salvationarmy.org.au/about-us/our-services/>

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### **Mt Gravatt Psychology Clinic**

We run an **Autism Spectrum Disorder** specialised clinic that helps children with ASD manage anxiety and develop their social skills as well as transitioning from school. More information can be found:

<https://www.griffith.edu.au/health/clinics/psychology-clinic-mt-gravatt/autism-spectrum-disorder-clinic>

**Mindfulness for parents' program** - designed to help parents manage their attitudes and behaviours and apply positive change in stressful situations. The program is group based for parents. More information can be found:

<https://www.griffith.edu.au/health/clinics/psychology-clinic-mt-gravatt/adult-psychology-clinic/mindfulness>

**Triple P (Positive parenting program)** - a well-known program that gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems from developing, and build strong, healthy relationships. More information can be found:

<https://www.griffith.edu.au/health/clinics/psychology-clinic-mt-gravatt/adult-psychology-clinic/positive-parenting-program>

**\*\*\*For more information about Psychology services at our Mt Gravatt clinic or to book an appointment, please call 3735-3301 or email [psych-clinic@griffith.edu.au](mailto:psych-clinic@griffith.edu.au)**

