



AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL
AND TORRES STRAIT ISLANDER STUDIES

Queensland

Social and Emotional Wellbeing Help

Sometimes words or images in material can cause sadness or distress, or trigger traumatic memories for people, particularly survivors of past abuse, violence or childhood trauma. There are organisations in each state and territory that offer social and emotional wellbeing support to individuals and families. If you need to talk to someone, below is a list of services available in your state.

If you are experiencing a crisis or require urgent or after-hours care:

Emergency Contact Numbers

1300 224 636

BEYOND BLUE

13 11 14

LIFELINE

1800 55 1800

KIDS HELPLINE

Link-Up (QLD)

Aims to bring a sense of peace, identity and belonging to Aboriginal and Torres Strait Islanders who have been separated from their family and culture. Provide support to reunite you with your people and country where contact has been lost due to forced removal, fostering, adoption or institutionalization.

Brisbane Office

Address: 3-5 Reid Street, Woolloongabba, Queensland 4102

PO Box 3229, South Brisbane, Queensland 4101

Ph: (07) 3638 0411

Free call: 1800 200 855

Web: <https://www.link-upqld.org.au>

Email: contact@link-upqld.org.au

Aboriginal and Torres Strait Islander Community Health Service (ATSICHS)

Offers culturally appropriate counselling services for Aboriginal and Torres Strait Islander people in Brisbane affected by mental illness. The Healing Centre provides counselling services, Bringing Them Home counselling, spiritual and cultural counselling; advocacy and referral pathways, healing camps and programs for homeless and at risk Indigenous youth 12-25 yrs.

Address: Level 1, 55 Annerley Road, Woolloongabba QLD 4102

Monday 8.30 am – 5.00 pm

Tuesday to Friday 8.30 am – 4.30 pm

Ph: (07) 3240 8900

Web: <https://atsichsbrisbane.org.au>

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

Townsville Aboriginal and Torres Strait Islander Health Services (TAIHS)

Townsville Aboriginal and Torres Strait Islander Corporation for Health Services (TATSICHS) aims to empower Aboriginal and Torres Strait Islander people to take control of their individual, family and community health, including physical, social, emotional, cultural, spiritual and economic well-being.

The Social and Mental Health Unit includes a range of services and programs such as counselling, mental health support and treatment for groups and individuals, awareness-raising special events; emergency relief funding, a regional Bringing Them Home / Stolen Generation program, men's and women's groups, outreach to homeless people, a drug diversion program, grief and loss support and prison and court support.

Address: 57-59 Gordon Street, Garbutt, Qld 4814

PO Box 7534, Garbutt Business Centre, QLD 4814

Ph: 07 4759 4022 to book a counselling session or join a group.

Ph: 07 4759 4000

Web: <https://www.taihs.net.au>

Email: Available through website

Gallang Place ATSI Corporation

Gallang Place Aboriginal and Torres Strait Islander Corporation Counselling Services provide culturally appropriate counselling and support services with understanding and respect for community and culture. The Board, managers and staff are all Aboriginal and Torres Strait Islander people.

Servicing Brisbane, Logan, Beaudesert and North Stradbroke Island.

Address: 57 Southgate Ave, Cannon Hill, Qld 4170

Ph: 07 3899 5041

Web: <https://www.gallangplace.org.au>

Email: web-enquiry@gallangplace.org.au

Wuchopperen Health Service Ltd

A community controlled Aboriginal Health Organization providing comprehensive primary health care services to the Aboriginal and Torres Strait Islander people of Cairns.

The Social Health Team provides counselling to individuals, families, and couples, a Link Up program, Bringing Them Home counselling, an intensive family support program, cultural activities, support for clients de-institutionalised under the Project 300 scheme, drug and alcohol and family violence programs.

Manoora

Address: 6 Moignard St, Manoora QLD 4870

PO BOX 878, Manunda QLD 4870

Ph: (07) 4080 1000

Edmonton

Address: 7 Stokes St, Edmonton QLD 4869

PO BOX 486, Edmonton QLD 4869

Ph: (07) 4040 3100

Atherton

PO Box 834, Atherton QLD 4883

Ph: (07) 4091 7548

Web: <https://www.wuchopperen.org.au>

Email: enquiries@wuchopperen.org.au

Joyce Palmer Health Service (Palm Island)

At the Palm Island Mental Health Service, Aboriginal and Torres Strait Islander health workers support people with mental health issues in the local community.

Address: Beach Road, Palm Island, Qld 4816

Free call: 1800 022 222

Ph: 07 4752 5100

Web: <https://www.healthdirect.gov.au>

Email: Available through website

Regional and remote support:

Australasian Centre for Rural and Remote Mental Health

The Australasian Centre for Rural and Remote Mental Health runs Deadly Thinking, a social and emotional well-being and suicide prevention program specifically designed for Aboriginal and Torres Strait Islander communities. Deadly Thinking confronts core social and emotional well-being issues in a culturally appropriate and compelling way.

Address: PO Box 126, Goodwood, SA 5034

Ph: 1300 51 59 51

Web: <https://www.rrmh.com.au>

Email: info@rrmh.com.au

Wakai Waian Healing

Delivers psychological and counselling services to rural and remote areas of Australia focusing on the social and emotional wellbeing of Aboriginal and Torres Strait Islander peoples. The Wakai Waian Healing team uses evidence based therapeutic approaches, which are strength focused and trauma informed. The therapeutic approach delivered, acknowledges the principles of cultural relevance and holistic healing and applies a combination of Western Methodologies and Indigenous healing perspectives.

Locations include Rockhampton, Gladstone, Biloela, Woorabinda, Charleville, Palm Island, Cairns, Cape Yorke, Thursday Island and the outer Island region of the Torres Strait.

Address: Level 1, Tobruk House, 8 Archer Street, Rockhampton QLD 4700

Free call: 1800 732 850

Fax: (07) 4829 4011

Web: <https://www.wakai-waian.com.au/>

Email: enquiries@wakai-waian.com.au

NATIONAL ORGANISATIONS:

Relationships Australia

Relationships Australia Queensland is a not-for-profit organization with over 20 locations across Queensland. Services include counselling, education and relationship support for individuals, families and communities. Relationships Australia has several programs specifically for Aboriginal and Torres Strait Islander People including a National Redress Support Service.

Longreach

Address: 19 Duck Street, Longreach Qld

Gladstone

Address: 10 Tank Street, Gladstone Qld

Brisbane

Address: 159 St Pauls Terrace, Spring Hill, Brisbane Qld

Free call re National Redress Support: 1800 552 127

Ph: 1300 364 277 for nearest branch

Web: <https://www.raq.org.au>

Email: available through the website

Headspace

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Headspace has centres located throughout Australia, staffed with people who are trained and ready to help. If there isn't a headspace centre near you, you can get online chat and telephone support through [ehespace](#)

Free call: 1800 650 890

National Office: 03 9027 0100

Web: <https://www.headspace.org.au>

Kids Helpline

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Free call: 1800 55 1800 (24 hours 7 days a week)

General enquiries: 07 3369 1588

Web: <https://www.kidshelpline.com.au>

Email: counsellor@kidshelpline.com.au

Lifeline

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. There are local lifeline centres in each state and territory. 13 11 14 is a confidential telephone crisis support service available 24/7 from a landline, payphone or mobile. Regardless of age, gender, ethnicity, religion or sexual orientation, trained volunteers are ready to listen, provide support and referrals.

Brisbane

Address: Level 5, 192 Ann Street, Brisbane QLD 4000
GPO Box 45 Brisbane QLD 4001

National Office

PO Box 173, Deakin ACT 2600
Ph: (02) 6215 9400
Ph: 13 11 14
Web: <https://www.lifeline.org.au>

Beyond Blue

Services include counselling for people experiencing grief and loss. The Beyond Blue online forums are also a great way to connect with people online, in a safe and anonymous environment, to discuss anxiety, depression, suicide and a range of life issues. Anyone in Australia can participate in discussions, connect with others and share their experiences with our community.

Head Office Address: PO Box 6100 Hawthorn VIC 3122
Ph: 03 9810 6100
Ph: 1300 224 636
Web: <https://www.beyondblue.org.au>

1800RESPECT

A confidential information, counselling and support service for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault.

Free call: 1800 737 732 (24 hours, 7 days a week)
Web: <https://www.1800respect.org.au/>
Chat online: <https://chat.1800respect.org.au/#/welcome>