

Community Contacts

Counselling and Support Services	
Headspace	<p>http://www.headspace.org.au/ Headspace Inala Shop 53, Inala Plaza, 156 Inala Avenue, Inala Qld 4077 (facing Kittyhawk Avenue - outside the shopping centre by the big green wall! Next to Cash Converters) Phone: (07) 3727 5000 Fax: (07) 3279 8444 Opening hours: Monday - Friday 9.00am - 6.30pm Postal Address: PO Box 227, Inala Qld 4077 Email: admin@headspaceinala.com.au Facebook: www.facebook.com.au/headspacebrisbanesouth</p>
Psychology services	<p>To find a psychologist in your area, you can access the following Australian Psychological Society (APS) website: http://www.psychology.org.au/ then go to the Community Information tab and select Find a Psychologist or alternatively type in the following web link: http://www.psychology.org.au/FindaPsychologist/Default.aspx?ID=1204</p>
Community Adult Mental Health Service	<p>Ipswich Community Health Plaza 21 Bell Street, Ipswich, Queensland, 4305 Opening hours: 8 am to 5 pm Phone: (07) 3817 2367 Fax: (07) 3817 2453</p>
Open Minds	<p>The Personal Helpers/Mentors Program (PHaMs) is an Australian Government initiative program supporting people whose lives are severely affected by a severe mental illness. The program focuses on strengths - what people with mental illness can do rather than what they can't do. People who join the program will work with their own personal helper and mentor on an array of things, such as participate in social activities, household duties, employment, etc. 66 Annerley Road Woolloongabba QLD 4102 PO Box 8142 Phone: (07) 3896 4222 Fax: (07) 3896 4200 Email: phams@openminds.org.au Website: http://www.openminds.org.au</p>
General Practitioner	<p>Dr Aristotle Calvelo Bywater Medical Forest Lake Shop 3 Forest Fair Shopping Village Cnr Woogaroo & Forest Lake Bvd FOREST LAKE QLD 4078 Ph: (07) 3372 9177 Fax: (07) 3279 9234 Email: fl-practice@bywatermedical.com.au Open 6 days a week. Monday to Friday: 8.00am-6.00pm. Saturday: 8.00am-12.00pm. Closed on public holidays.</p>
Eating Disorder's Association	<p>The Eating Disorders Association Inc (Qld) is a non-profit organisation funded by Queensland Health, to provide information, support, referrals and support group services for all people affected by eating disorders in the state of Queensland, Australia. The EDA also provides tailored workshops for positive body image and eating disorders to schools, universities, health professionals and the community. Phone: (07) 3394 3661 or 1300 550 236 12 Chatsworth Rd, Greenslopes Q 4120</p>

Crisis Services	
Ambulance	<p>Emergencies: 000 General enquiries: 13 QGOV (13 74 68) https://ambulance.qld.gov.au</p>
Police	<p>Emergencies: 000 Crime Stoppers: 1800 333 000 Policelink: 131 444 (Non urgent property reporting and QPS general enquiries 24/7) www.police.qld.gov.au</p>
Kids Helpline	<p>If you need to speak to a counsellor, call 1800 55 1800, 24 hours a day, 7 days a week. If you can't get to a phone, try our email or web counselling services.</p> <p>Phone counselling When kids call Kids Helpline, they are connected to a counsellor after listening to a message about the counselling process, including privacy and confidentiality information. All calls are private and confidential unless a Duty of Care situation arises. A Duty of Care situation occurs when:</p> <ul style="list-style-type: none"> • A child is being hurt or neglected • A child is seriously thinking about hurting him/herself • A child has hurt, or is seriously thinking about hurting someone else • If we have significant concerns about a child's health and safety <p>If we suspect that one of these situations is happening, we will do all we can to ensure that the child and others remain safe. This includes encouraging the child to provide information about themselves such as their name and where they are. Calls to Kids Helpline are free from mobile phones, landlines and public telephones.</p> <p>Web counselling Web counselling allows young people to talk one-on-one, real time with a Kids Helpline counsellor. It works in the same way as phone counselling, but takes place over the web.</p> <p>Email counselling Young people can access Kids Helpline email counselling 7 days a week. Email counselling is also very popular so it can take a while for a counsellor to respond to an email. We suggest that kids use our phone counselling service if their problem is urgent, or if they need to speak with someone straight away.</p> <p>For general information please contact: Kids Helpline Administration GPO Box 2469, Brisbane QLD 4001 Phone: (07) 3369 1588 Fax: (07) 3367 1266 Email: admin@boystown.com.au Opening hours: Kids Helpline Administration is open 8am - 5pm, Monday to Friday.</p>