

As Department of Education employees, we cannot recommend any external agencies however, attached find some local information that may 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) 5635 6392**



Our FMHSS provides free, individual outreach support for children and young people aged 0 to 18 years, with the involvement of their families. Our team of Child, Youth and Family Practitioners work in client homes, childcare centres, kindergartens, schools and in the community, helping children and families to identify their strengths and set goals to improve their emotional health and wellbeing, through improving their confidence, resilience, coping skills, self-esteem and self-regulation abilities.

Referrals can be made by any individual (e.g. a family member, educator, health provider, community worker or the child or young person themselves). You can download our referral form [here](#).

**P** 07 5679 3300

**W** [www.accoras.org.au](http://www.accoras.org.au)

**E** [fmhss\\_gc@accoras.org.au](mailto:fmhss_gc@accoras.org.au)

Psychology is a discipline where health professionals support families with concerns about their child's development, behaviour, emotional regulation, academic performance, and/or other mental health concerns. Psychologists' utilise a number of tools to assess the needs of their clients and in supporting them to overcome some of life's challenges. At Youthrive, our psychologists work with families and children to promote healthy development and learning.

### Contact the Robina office below:

**(07) 5575 7122**

Suite 22, Riverwalk Place, 238 Robina Town Centre Drive, Robina, QLD 4226  
[enquiries@youthrive.com.au](mailto:enquiries@youthrive.com.au)

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### [Ted Noffs Foundation](#)



### Our Mission is to Help Disadvantaged Young Australians Become Advantaged

Our Queensland service provides counselling and case management in south-eastern Queensland for young people aged 12 – 25 years. Clients are offered evidence-based treatments that cater for support around drug, alcohol and mental health issues/ concerns. The primary focus of the clinicians of the Queensland Service is to comprehensively assess all clients referred to the service, develop an individual treatment plan and provide brief intervention (6 – 8 sessions) to support clients achieving their goals.

### Contact

If you need help or would like to talk to someone about anything you've seen on our website give us a call on our toll-free number **1800 753 300** or email [team@noffs.org.au](mailto:team@noffs.org.au)

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## WESLEY MISSION

We believe that strong families are at the heart of strong communities. We are dedicated to strengthening families by helping young people, like you. We do this by through both practical and emotional support.

Young people aged 12-21 years can meet with a youth support worker for practical and emotional support to work through issues they are facing with:

- family relationships and community connections
- school and education
- finding employment or training opportunities
- homelessness and harm

### How Youth Support Services can help?

The Youth Support Worker will work alongside you to identify areas you would like to improve and support you to make positive changes, increase your wellbeing and develop practical skills that you can use to better manage your life. The Youth Worker will come to you and respect your rights to privacy and confidentiality. This service is a voluntary and free service that respects young people and acknowledges the importance of family and community. The Youth Support Services program operates on the Gold Coast.

### Robina Service Hub:

If you would like to find out more, please call us on 07 5569 1811 or [fill in this form](#).

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**\*\*\* HEADSPACE GP AND PSYCHOLOGISTS WORK ON VC's CAMPUS; please see Karen Groth at Student Services to book an appointment.**



Level 1, H20 Broadwater, 1/2 Nind Street, Southport, Qld, 4215

P:(07) 5509 5900

F:(07) 5527 1251

E: [reception@headspacesouthport.org.au](mailto:reception@headspacesouthport.org.au)

### Are you 12-25 and need someone to talk to?

At [headspace Southport](#), we've got your back. Our services are free or low cost, and will ensure that your privacy and confidentiality are maintained and respected. At

**headspace**, our primary focus is the wellbeing of young people and we understand that getting help early is important in resolving problems effectively.

### If you ever:

- ❖ are feeling down, stressed or can't stop worrying.
- ❖ haven't felt like yourself for a long time.
- ❖ can't deal with school or finding it difficult to concentrate.
- ❖ are feeling sick or worried about your health.
- ❖ want to cut down on your drinking or drug use.
- ❖ want to talk about sexuality, identity or relationships.
- ❖ are having difficulties with friendships.
- ❖ have sexual health issues or want to find out about contraception.
- ❖ are being bullied, cyberbullied, hurt or harassed.
- ❖ are worried about work or study or if you're having money trouble.
- ❖ are worried about a friend or family member.

**'YOU CAN CALL HEADSPACE FOR SUPPORT'**

The programs at each location offer students and parents different options. Our clinics are run by highly experienced healthcare professionals and we also offer student clinics where a patient can choose to be treated by a supervised student at a heavily reduced rate. Comprehensive assessment and treatment by a provisionally trained psychologist, reviewed by an experienced clinical psychologist.

**Services offered:**

- Professional psychology services also available
- No referrals required
- Specialised treatment programs for children, adults, couples, families and organisations
- Individual and group sessions available
- Individual therapy sessions only \$20 (\$10 for concession)
- Unlimited therapy sessions - no GP mental health plan required
- No waiting lists - short pre-qualification within 48 hours, late night appointments available on request

**The psychology clinic offers support for the following areas:** anger, anxiety, child behaviour, child emotional difficulties, depression, grief, learning difficulties, mindfulness, obsessive compulsive disorder, panic attacks, parenting skills, phobias, relationship problems, self-acceptance, self-esteem

**SUSO program (Stand Up, Speak Out)** - designed specifically for teens with anxiety, the program teaches strategies to better manage feelings, thoughts and behaviours in social settings. The program is group based for 12–17 year olds. More information can be found:

<https://www.griffith.edu.au/health/clinics/psychology-clinic-gold-coast/treatment-options/stand-up-speak-out>

**ROAR program (Regulating Overload and Rage)** - the ROAR program helps you and your child by teaching emotion regulation strategies and provides practical solutions to everyday situations that lead to rage. Suited for children that are prone to chronic frustration and acting out. More information can be found:

<https://www.griffith.edu.au/health/clinics/psychology-clinic-gold-coast/treatment-options/roar>

**\*\*\*For more information about Psychology and Social Work services at our Gold Coast clinic or to book an appointment, please call 1800 188 295 or email [psychclinic-gc@griffith.edu.au](mailto:psychclinic-gc@griffith.edu.au)**

**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)**

Griffith Health Clinics have just opened an exciting new community health service in the area of social work that can be accessed by all members of the public. No referrals are required to use this service and there are currently no wait times – simply call 1800 188 295 to book the next available appointment at your convenience. Appointments can be clinic based or outreach. Charges are modest at \$10 per session and services may be **free of charge if you are experiencing financial hardship**.

**What do social workers do and how can they help?**

Social workers can assist when a person's overall health is impacted by complex social, psychological, family and environmental factors. They help individuals, families and groups in areas such as:

- Mental health, Adjusting to change, Grief and loss, Social isolation, Carer issues, Barriers to health and recovery

They provide counselling services and support to help people cope when the struggles of daily life get too much to handle across a broad range of areas including:

- coping with a new diagnosis, disability, chronic pain and/or illness
- helping to build confidence and providing skills, education and coping strategies
- the physical, emotional, social and practical challenges people in hardship can face
- strategies to assist with decision making
- access to education, employment, income and emotional & social wellbeing
- facilitating peer support groups, providing access to a wide range of other community groups, activities and services
- family relationships, mental health and coping issues, challenges in regard to compliance with health regimes; stigma and discrimination, lack of appropriate care or access to services
- identifying the impact of mental illness on one's routine life, working with individuals of all ages, families, groups and communities.

**\*\*\*For more information about Psychology and Social Work services at our Gold Coast clinic or to book an appointment, please call 1800 188 295 or email [psychclinic-gc@griffith.edu.au](mailto:psychclinic-gc@griffith.edu.au)**

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**MISSION AUSTRALIA**

**Reconnecting young people with their family, school and community.**

This free service is delivered by youth specialists and social workers.

- Offers early intervention, counselling and practical support to young people to tackle issues in their lives, improve their family relationships and maintain their participation in education, employment and in the community
- Cater to the needs of each person and offer a flexible approach, helping improve communication between students, families and schools.
- Support for students who are at-risk of disengaging from school e.g. school refusers



**Appointments can be held at school, home, parks, libraries – we cater to the needs of the individual student.**

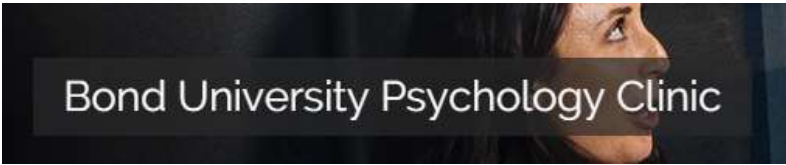
**Darren Stockman**

**07 5537 9628**

**Reconnect Gold Coast**

**e [stockmand@missionaustralia.com.au](mailto:stockmand@missionaustralia.com.au)**

**a Shop 31, 100 Brisbane Road, Biggera Waters**



## Bond University Psychology Clinic

### Services

The Bond University Psychology Clinic provides an extensive range of assessments and interventions for a broad range of psychological and health-related problems.

Referrals are accepted from medical practitioners, Lawyers, Courts, Schools, Agencies, Families and self-referrals!

Our clients include adults, adolescents, children and families. Some of the areas we provide assistance with include:

- depression & other mood disorders
- anxiety disorders, phobias & panic
- obsessive & compulsions
- adjustment to physical & health conditions
- grief and loss
- child behaviour problems and disorders
- parenting and family problems
- relationship & marital Issues
- impulsive behaviours
- conduct & violence problems
- substance abuse
- occupational difficulties

### Clinic hours

Consultations are available by appointment and can be made: Monday - Friday between 9am - 1pm and 2pm - 5pm.

### Appointments and fees

Clinic appointments can be scheduled at a time suitable to both Clients and Provisionally-registered Psychologists. Traditionally a “consultation hour” is approximately 50 minutes; please be sure to arrive on time. The number and frequency of sessions depends on many factors and you may discuss this during your initial session. Due to Psychologist Interns busy schedules and out of respect for other clients please give as much notice as possible if there is a need to cancel an appointment.

APS recommended fees are ordinarily \$218 per consultation hour for standard psychological services. Clinic fees are as follows:

- Free initial consultation
- \$15 for additional therapy sessions

Fees for psychological assessments and reports are determined on a case by case basis. Rates for services to government and community agencies may differ. Variance of fees are negotiated with the Clinic manager prior to receiving service.

### Contact us

Tel: [+61 7 5595 2527](tel:+61755952527)

Email: [psych\\_clinic@bond.edu.au](mailto:psych_clinic@bond.edu.au)

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Faculty of Law Building  
Bond University  
University Drive  
ROBINA QUEENSLAND 4229