

The Support Services List

It can be difficult to know where to go for help if your child or family needs support in the areas of social emotional wellbeing, child development, health, financial support, and behaviour. If your child is showing difficulties in these areas at home or at school, there are a number of quality services available in the local area or online.

*This is a snapshot of just *some* of the services commonly used by families and was created to bring awareness of the support services available in and around our area. Many of these options are free or low cost. We hope this is helpful to you and your family.

General Family Health and Wellbeing Support Services		
Service	Information	Contact Details
Beyond Blue	Provides information and support to help adults and young people achieve their best mental health (anxiety, depression, self-harm prevention, parenthood, grief and loss, substance use support).	www.beyondblue.org.au 1300 22 4636 (online chat and email support available)
Child Development Service	The CDS Program is a multidisciplinary public health service based locally, working with young people experiencing developmental problems. They can provide diagnostic assessment and intervention.	Talk to your GP about a referral 1300 366 039 for questions
CYMHS	The Mt Gravatt Child and Youth Mental Health Services is a confidential, specialist mental health service that provides assessment and treatment for children and young people experiencing severe and complex emotional and mental health difficulties, which are impacting on their daily functioning.	(07) 3087 2260
Family and Child Connect	A free service aimed at helping parents through various challenges. They will talk to you about your concerns over the phone and 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 access to other community services.	familychildconnect.org.au 13 32 64 – (13-FAMILY)
Headspace	Mental and general health support for young people aged over 12 years old, and their family.	headspace.org.au 1300 851 274
Kids Helpline	Free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Consider sharing the details of this service with you child and remind them that they can talk about anything. Common issues include friendships and relationships, family issues, bullying and cyberbullying, school and study stress, gender identity, and mental health.	https://kidshelpline.com.au/ Counselling is currently offered by phone 1800 55 1800 , web chat, and email.
Parentline	Free and confidential counselling and support for parents, grandparents, and carers living in Queensland. The most commonly discussed topics are: challenging behaviour and discipline, parent-child relationships, parenting strategies, parent relationships, parent mental and emotional health. <i>Phone counselling is open 7 days a week, between 6am and midnight AEST.</i>	Counselling is currently offered by phone 1300 30 1300 web chat, and email parentline.com.au/
Raising Children	Free, reliable information to help families grow and thrive. Funded by the Australian government – full of tips for busy families.	www.raisingchildren.net.au/
Brisbane City Council	Council-based services, school holiday activities for families, and library service information.	https://www.brisbane.qld.gov.au/
ADRA Australia	ADRA Community Centre – Eight Mile Plains provides emergency food relief, including bread, fruit, and vegetables, to people experiencing hardship in Rochedale and surrounding suburbs. Clients must provide proof of identity, preferably a government pension card or other formal ID.	(07) 3841 0621
Anglicare South Brisbane	Located in Eight Mile Plains and providing mental health and wellbeing support for individuals, couples, families, and communities across Brisbane South and Logan. Their services include family and relationship counselling, domestic and family violence support, and drug and alcohol intervention programs.	1300 114 397
Relationships Australia	Provides extensive support to individuals and families including counselling and mediation services for concerns such as family separation, relationship and family breakdown, gambling, financial concerns. Note – some services have a cost attached for some families.	www.relationships.org.au 1300 364 277
Triple P – Parenting	A free positive parenting program for Queensland parents and carers to help raise happy, healthy children and teenagers.	https://www.triplep-parenting.net.au/
13 HEALTH	Free non-urgent, confidential medical advice from a registered nurse over the phone.	13 43 25 84 – (13 HEALTH) 24 hours a day, 7 days a week
YFS	A not-for-profit organisation that supports vulnerable people and families through youth services, counselling, housing assistance, disability support, and mental health programs. They also provide practical help with education, employment, legal issues, and domestic violence support, within Logan and surrounding areas.	https://www.yfs.org.au (07) 3826 1500 Mon to Thu 8:30am - 5pm

Medicare Subsidised Psychology Sessions under a Mental Health Care Plan

The most common and cost-effective way to access psychological therapy is to get a referral from your doctor (GP). After speaking with a GP/paediatrician about your concerns, yourself or your child may be given a [Mental Health Care Plan](#). This enables you to receive up to 10 individual sessions with a psychologist, OT or social worker per calendar year. After the first 6 sessions, you may need to check in with your doctor about remaining sessions. Appointments can be claimed on Medicare. Depending on the specific clinic, there may be an initial fee or a gap fee. The GP can provide more information about clinics in the local area.

Specialised Support Services

Adis	24/7 support for people in Queensland with alcohol and other drug concerns. Experienced and skilled counsellors.	adis.health.qld.gov.au 1800 177 833
ATSICHS	The Aboriginal and Torres Strait Islander Community Health Service Brisbane is a health service organization delivering services in Brisbane and Logan - includes medical and dental clinics, and family health and wellbeing services.	Main office (07) 3240 8900
Autism Hub	Working to improve engagement with educational achievement of students with autism. Includes professional learning opportunities.	autismhub.education.qld.gov.au
Bravehearts	Bravehearts provides industry-leading child protection training and education programs, specialist counselling and support services	Bravehearts.org.au 1800 272 831
Butterfly Foundation	Provides support services, treatments, resources, and early intervention programs for those with eating disorders and body image concerns.	Butterfly.org.au 1800 33 4673
Carer Gateway	Carer and disability support and advice for anyone who is a carer. Includes links to respite and counselling services.	carergateway.gov.au 1800 422 737
CASV	Centre Against Sexual Violence is a community based sexual assault service dedicated to providing counselling, education, and information locally.	casv.org.au 07 3808 3299
DV Connect Helpline	24/7 crisis support for women and children escaping domestic and family violence	1800 811 811
eSafety Commissioner	eSafety is a government agency committed to keeping young people safe online. Includes factsheets and support for parents, as well as options for reporting abuse online.	esafety.gov.au
Grandparents Hotline	A hotline for grandparents raising grandchildren – they can link you to the Time for Grandparents program, respite and support services, and groups.	1800 135 500 Mon-Fri 9am-5pm
Griefline Helpline	A free service providing telephone support sessions related to grief and loss and relationship break-up, available to adults 18 and over.	griefline.org.au 1300 845 745 8am-8pm daily
Homeless Hotline	Phone information and referral service for people who are experiencing homelessness or are at risk of homelessness.	1800 474 753
Legal Aid Queensland	Information and legal help for eligible community members. Includes community legal education and referrals to other organisations.	1300 65 11 88
Lifeline	Provides 24/7 crisis support, suicide prevention, and mental health services for people across Queensland and Australia. Queenslanders can access confidential support by phone, text, or online chat, as well as counselling, community recovery services, bereavement support groups, and referrals to local help services.	www.lifeline.org.au 13 11 14
NDIS	National Disability Scheme for people with a disability. For children under 7, the ECEI also support children who may have a developmental delay.	1800 800 110 Web chat ndis.gov.au
Open Doors Youth Service	A South-East Queensland based service which provides support to young people with diverse genders and sexualities.	opendoors.net.au (07) 3257 7660
Positive Partnerships	A national project helping children with Autism Spectrum Disorder and their families with support and services. Includes free workshops and professional learning for families.	positivepartnerships.com.au
QLife	Supporting LGBTIQ+ communities and their families. An anonymous and free LGBTI peer support and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings, or relationships.	1800 184 527 Web chat available qlife.org.au
Reading and Writing Centre	A centre of expertise supporting school staff, parents and caregivers through professional learning, resources and advice that support the reading and writing needs of children. The centre also offers specialist advice in the area of reading and writing disorders, including dyslexia, through their Speech Language Advisors.	readingwritingcentre.education.qld.gov.au/ (07) 3328 6950
True	Sexual and reproductive health service. Clinical, education and information services for relationships and reproductive health and puberty support.	www.true.org.au (07) 3250 0240
Yulu-Burri-Ba	A local Aboriginal Corporation for community health. It includes a comprehensive range of bulk-billed medical services as well as social and family wellbeing services.	(07) 3900 7800
1300 MH CALL: Mental health access line	A free, confidential 24/7 mental health phone service that connects Queenslanders to public mental health support, advice, and referrals. The service is staffed by qualified mental health clinicians who provide triage, crisis support, and links to local care teams when needed.	1300 642 255