



## Emergency Contact Directory

<b>Parenting</b>	
<b>ParentLine</b> - 8am and 10pm, 7 days a week. <ul style="list-style-type: none"><li>• Listen carefully to your concerns or problems</li><li>• Work with you to provide support and guidance</li><li>• Help you to sort out important issues for you</li><li>• Help you develop strategies for managing those issues</li></ul>	<b>1300 30 1300</b>
<b>Relationships Australia</b> Provides counselling, support and mediation as well as assistance with: Anger, Communicating with your ex, Divorce Domestic and Family violence, Parenting, Personal boundaries Relationships, Self-esteem & Separation	<b>1300 364 277</b>
<b>Young Parents Program</b> Support, assistance and programs for young people pregnant (up to 19 years) and young women who are parents (up to 23 years).	<b>(07) 3357 9944</b>
<b>Micah Projects – Young Mothers</b> Family support and advocacy, peer support, education, referrals and early childhood programs for young women up to 25 years old and their children.	<b>(07) 3013 6000</b>
<b>Counselling</b>	
<b>Lifeline</b> - 24 hour crisis line Personal crisis, Suicide thoughts, Anxiety, Depression, Loneliness, Abuse and trauma, Stresses from work, family or society, Self-help information for friends and family	<b>13 11 14</b>



<ul style="list-style-type: none"><li>• <b>Headspace Inala</b> –9am -6:30pm Weekday<ul style="list-style-type: none"><li>• General health</li><li>• Mental health and counselling</li><li>• Education, employment and other services</li><li>• Alcohol and other drug services.</li></ul></li></ul>	<b>(07) 3727 5000</b>
<p><b>Kids In Mind Inala</b> – 9am- 5pm</p> <p>The Child and Youth Mental Health Service Inala (Kids in Mind) offers a free and confidential service specializing in the treatment of children 0 to 18 years of age who have or are at risk of developing emotional disturbances or major mental illness. The full range of mental health problems are catered for including emotional disturbances, anxiety disorders, social difficulties, self-esteem and eating disorders affecting family and other relationships.</p>	<b>(07) 3372 5577</b>
<p><b>Youth Beyond Blue</b></p> <p>Help for young people and their friends who are dealing with anxiety and depression.</p>	<b>1300 224 636</b>
<p><b>Kids Helpline</b></p> <p>Kids Helpline is Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.</p>	<b>1800 551 800</b>
<p><b>Drugs &amp; Alcohol</b></p>	



<p><b>Adolescent Drug and Alcohol Withdrawal Service</b> <b>(ADAWS)</b> - 8am to 4pm Weekdays</p> <p>ADAWS aims to support young people to achieve some of their goals around their drug and alcohol use, such as having a break from using, cutting back how much you use, how often you are using, or quitting. The ADAWS programs can help you achieve some of your goals by supporting you to make positive changes. Some of the ways we help young people is through individualized support, brief interventions, relapse prevention planning and alternative drug-free activities. The service also aims to reduce harm associated with drug use by utilizing harm reduction strategies that take into account personal goals and choices.</p>	<p><b>07 3163 8400</b></p>
<p><b>Drug Arm</b> – 9am – 5pm</p> <p>Drug ARM Australasia provides a vital outreach of care and compassion through services that assist individuals, families and communities throughout New South Wales, Queensland and South Australia. Programs and services are offered to provide early intervention, prevention, treatment, recovery and outreach.</p>	<p><b>1300 656 800</b></p>
<p><b>Sexual Assault</b></p>	
<p><b>Bravehearts</b> – 8am-8pm</p> <p>Support provided to children and young people, adults and non-offending family members affected by child sexual assault.</p> <ul style="list-style-type: none"><li>• Counselling for children 5-18 years of age;</li><li>• Counselling for non-offending family members;</li><li>• Counselling for adult survivors;</li><li>• Parent education and support;</li><li>• Protective behavior education;</li><li>• National free call telephone crisis support and information</li><li>• Sexual Assault Disclosure Scheme (SADS)</li></ul>	<p><b>1800 272 831</b></p>



<p><b>1800 RESPECT – 24 hours, 7 days</b> Dealing with sexual assault and domestic and family violence is never easy, qualified and experienced counsellors can provide information and refer you to support services that can help. Interpreters available.</p>	<p><b>1800 737 732</b></p>
<p><b>Zig Zag Sexual Assault Service</b> Provides information, advocacy, referral, support and counselling services to young women aged between the ages of 12 and 25 who have experienced sexual assault. Young women can access short, medium or long term counselling depending on their needs and will be offered regular opportunities to review the counselling process to ensure that it is meeting their needs.</p>	<p><b>(07) 3843 1823</b></p>
<p><b>Emergency Relief</b></p>	
<p><b>Inala Family Centre (St Vincent de Paul) -</b> Mon, Wed, Fri 9:30am-12pm &amp; 1pm-2:30pm Food, clothing and household goods Address: 131 Inala Avenue, Inala Call to make an appointment, Bring Centrelink income statement. If no Centrelink income statement, bring ID.</p>	<p><b>(07) 3714 6300</b></p>
<p><b>Elorac Place (Carole Park Community Centre)-Tues &amp; Thurs 9-11.30am</b> Food vouchers &amp; Electricity assistance Address: 11a Southampton Road, Carole Park, 4300 By appointment only</p>	<p><b>(07) 3271 3592</b></p>
<p><b>Citipointe West Church – Thursday 8:30am-7pm</b> Free fruits and vegetables, bread and cheap groceries to anyone holding a current health care card, pension card, immi card and IHMS card. For emergency food relief contact the office. 26 Rosemary St, Durack QLD 4077.</p>	<p><b>(07) 3879 6877</b></p>
<p><b>Legal Advice</b></p>	



<b>Women's Legal Service</b> Free legal advice and information for women in Queensland	<b>(07) 3392 0670</b>
<b>Legal Aid</b> Legal information, advice, representation and access to justice for young people, women and other disadvantaged Queenslanders.	<b>1300 65 11 88 (cost of local call)</b>
<b>Finances</b>	
<b>Centrelink Youth &amp; Student Service Line</b> Information about Youth Allowance, Abstudy, Pensioner Education supplement.	<b>13 24 90</b>
<b>Victims Assist Queensland</b> Information, referral and support (including financial assistance) for victims of crime. Victims Linkup answers any questions about how to apply for financial assistance.	<b>1300 546 587</b>
<b>Financial Counselling QLD Network</b> Assistance with debt, budgeting and money management.	<b>(07) 3222 6621</b>
<b>Sexuality &amp; Gender</b>	
<b>Gay and Lesbian Welfare Association</b> Peer telephone counselling service that supports the wellbeing of lesbian, gay, bisexual, transgender and intersex communities.	<b>(07) 3017 1717</b>
<b>Open Doors Youth Service</b> Safe space and support for young people who identify as LGBT or may be questioning their sexuality or gender identity.	<b>(07) 3257 7660</b>
<b>Health</b>	
<b>Family Planning QLD</b> Education, training and information about sexual reproductive health including contraception, STD's, Indigenous Health, consent and healthy sexual relationships.	<b>(07) 3250 0240</b>



<b>Women's Health Service</b> Information, support and referral for all health matters.	<b>1800 177 577</b>
<b>Pregnancy, Birth and Baby – 24 hours, 7 days</b> A free telephone helpline and online service for pregnant women and new parents who have a baby up to 12 months of age. It provides information and advice on topics such as maternal nutrition, breast feeding, and a baby's development and sleeping habits, as well as direction to maternity related services including specialist and support services.	<b>1800 882 436</b>
<b>After hours GP Helpline</b> The afterhours GP helpline is an additional service to health direct Australia, and lets you speak with a registered or accredited GP for further medical assessment and advice. It is designed to supplement existing after-hours medical facilities, giving all Australians access to the advice of a doctor at nights, on weekends and on public holidays – 365 days a year.	<b>1800 022 222</b>
<b>Housing</b>	
<b>Homeless Persons Information Queensland</b> Free call to service linking people to emergency housing, food and shower facilities.	<b>1800 474 753</b>
<b>Inala Youth Service (SAAP Program) – 9am-5pm Weekdays</b> Specialist Housing Program providing affordable medium term accommodation to young people aged 16-25 at risk of homelessness. Will also provide referral if unable to accommodate.	<b>(07) 3372 2655</b>
<b>Police/Ambulance/Fire Department</b>	<b>000</b>
<b>Child Safety</b>	<b>1800 811 810</b>

