

AFTER HOURS EMERGENCY CONTACTS

<i>Beyondblue Info Line</i>	1300 224 636
<i>Crisis Care</i>	1800 119 008
<i>Drug Hotline</i>	1800 177 833
<i>Emerald Hospital</i>	4987 9400
<i>Kids Helpline</i>	1800 551 800
<i>Lifeline</i>	13 11 44
<i>Longreach Hospital</i>	4658 4700
<i>Mens Helpline</i>	1300 789 978
<i>Parentline</i>	1300 301 300
<i>Police / Ambulance</i>	000
<i>Salvocaring</i>	1300 363 622
<i>Sexual Assault Helpline</i>	1800 010 120
<i>Suicide Call back</i>	1300 659 467
<i>Mental & Community Health Emerald</i>	4983 9700
<i>National Sexual Assault , Family & Domestic Violence</i>	1800 737 732
<i>Rockhampton 24-Hour Intake Line</i>	4920 6111

Anglicare Central Queensland acknowledges the ongoing contribution of Queensland Health to the Healthy Minds Program in Longreach & Emerald.

BRIEF OVERVIEW OF SERVICES WE CAN PROVIDE

- Support to individuals and families
- General supportive counseling
- Information and resources
- Parenting skills
- Life skills
- Advocacy
- Support groups
- Referral to appropriate services
- Deliver information and education to promote mental wellness
- Registered SafeTALK trainers

For more information and to contact the Family Support Worker:

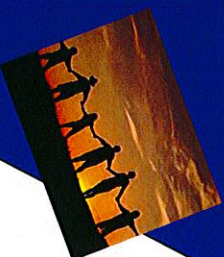
Anglicare Central Queensland
15 Pelican Street (PO Box 102)
LONGREACH QLD 4730
Phone: (07) 4658 0431
Fax: (07) 4658 3265

44 School Lane (PO Box 1286)
EMERALD QLD 4720
Phone: (07) 4982 4062
Fax: (07) 4987 5354

Office Hours
Monday—Friday 8:30am—5:00pm

Anglicare
Central Queensland

HEALTHY MINDS PROGRAM



Anglicare
Central Queensland

"Anglicare Central Queensland exists to assist individuals, families and communities to live life to their fullest potential"

Community Education

- Promotion of social issues through providing information.
- Mental Health Week is held during October and is a feature event for linking the community to Mental Health.

Social & Personal Development

- On request we facilitate workshops and activities that promote personal and social development.
- Structured classes or group activities on various aspects of personal development:
 - Stress management
 - Anger management
 - Communication skills
 - Depression and anxiety
 - Life skills
 - Improving sleep
 - Relaxation techniques
 - Time management,
 - Budgeting
 - Goal Setting
- We provide suicide alertness training as registered safeTALK trainers.

On Site Library

- A large selection of texts, journals, newsletters, videos, dvd's, cd's and books are available for borrowing.

Counselling

- Individual and group sessions.
- General supportive counselling is provided via face to face or by telephone.

Information Resources

- For individuals, families and community
 - Mental illness & mental health
 - Stress management
 - Self esteem
 - Assertiveness
 - Caring for someone with a mental illness
 - Services and supports — locally and state wide.

Mutual Support and Self-Help

- Social group activities in your local area .
- To meet common needs & provide social, therapeutic and practical support.

If you are concerned about a problem that is affecting either yourself or somebody you know, or you just wish to find out more about the support groups offered or information about a particular health issue, please contact the Anglicare office and make an appointment to speak with the Family Support Worker.

Who We Can Help

- People aged 12 and upward affected by mental illness & their families members or carers and the general community.
- No referral is required
- We accept referrals from family, friends, doctors and other community agencies when our services are required.

Service Delivery Area

The Anglicare Healthy Minds Program is available to the the following communities:

Longreach Healthy Minds Program covers:

- Aramac
- Barcaldine
- Blackall
- Ilfracombe
- Isisford
- Jericho
- Longreach
- Tambo
- Winton

Emerald Healthy Minds Program covers:

- Blackwater
- Capella
- Emerald
- Gemfields
- Rolleston
- Springsure

Hope

Service

Healing

Social Justice

Compassion