

HEALTH AND RELATED INFORMATION

Type of Information	Contact number	Details on the information source	Website
HEALTH EMERGENCIES	Triple Zero - 000	Queensland Emergency Services - Ambulance, Fire or Police	
ON-CALL 24/7 REGISTERED NURSE	13 HEALTH (13 43 25 84)	Queensland Government 24 hours a day, 7 days a week telephone line providing contact with a registered nurse to discuss a health matter	http://www.qld.gov.au/health/
Qfinder - Qld Health Directory	Web-based directory for search broad range of health and community services	Queensland Health and Community Services Directory	https://access.health.qld.gov.au/Qfinder
Queensland Health information/services	Queensland website	Queensland Health	http://www.health.qld.gov.au/healthtopics/
Queensland Health Department	Enquiries: 07 3234 0111		
Queensland Health Department	Monday to Friday 8.00 a.m. - 5.15 p.m. AEST		
Queensland Health Multicultural Services	http://www.health.qld.gov.au/ Enquiries: 07 3328 9873	Queensland Health	http://www.health.qld.gov.au/multicultural/
Multicultural Health links	http://www.health.qld.gov.au/multicultural/links/links.asp	Queensland Health	
Multicultural Health - Cultural profiles for CALD groups in Brisbane	http://www.health.qld.gov.au/multicultural/default.asp	Queensland Health	http://www.health.qld.gov.au/multicultural/health_workers/cultdiver_guide.asp
Hospitals and Health Service providers	http://www.health.qld.gov.au/services/default.asp	Queensland Health	http://www.health.qld.gov.au/services/default.asp
Find a Doctor	http://findadoctorbrisbane.com.au/about_us	Private provider and web link	
Find a Doctor	http://www.doctors-4u.com/brisbane/areas_a.htm	Private provider and web link	
Find a hospital	http://www.health.qld.gov.au/services/default.asp	Queensland Health	
Find a community health centre - multicultural services	http://www.health.qld.gov.au/multicultural/contact_us/about-us.asp	Queensland Health	
Children's Health Services, QLD	http://www.health.qld.gov.au/services/childrenshealthqld/default.asp	Queensland Health	
Free Children's Immunisation Clinics	Information : Visit Brisbane City Council at http://www.brisbane.qld.gov.au or enquiries 07 3403 8888		http://www.brisbane.qld.gov.au
Breastscreen Brisbane	13 20 50 - to make an appointment at your closest Breastscreen Clinic	Queensland Health	http://www.health.qld.gov.au/breastscreen/
PUBLIC HOSPITALS INCLUDING MENTAL HEALTH SERVICES - via public hospitals			
Community Mental Health Services	180 Jubilee Terrace Bardon Qld, 4065 Enquiries: 07 3510 2700; admin@communify.org.au	Community service provider. Communify uses an integrated recovery focussed approach to assist people experiencing mental health issues.	http://communify.org.au
Queensland Health - Mental Health expansion of services	http://www.health.qld.gov.au/mhexpansion/default.asp	This link provides details of the mental health services in Brisbane and regions and provides details of support services.	

Princess Alexandra Hospital	http://www.health.qld.gov.au/pahospital/ Address: 199 Ipswich Road Woolloongabba. Switchboard: 07 3176 2111	Princess Alexandra hospital has a specialist psychiatric unit to support those requiring mental health services, support and advice.
Prince Charles Hospital	http://www.health.qld.gov.au/tpch/ Address: Rode Road, Chermside. Switchboard: 07 3139 4000	Prince Charles Hospital located near Chermside has a specialist mental health integrated service for community members
Royal Brisbane & Women's Hospital	http://www.health.qld.gov.au/rbwh/ Address: Cnr Butterfield and Bowen Bridge Road, Herston. Switchboard: 3646 8111	Provides a specialised psychiatric and mental health service to the community
Logan Hospital	http://www.health.qld.gov.au/logan/ Address: Cnr Loganlea and Armstrong Roads, MEADOWBROOK QLD 4131. Switchboard: 3299 8899	Provides services to clients and patients with mental health needs
Treatment Rehabilitation Unit for Survivors of Torture and Trauma (TTRUSTT)	07 3255 3855	This is a psychiatric assessment and treatment service. Clients are referred via a General Practitioner.
Transcultural Clinical Consultation Service	07 3167 8333. Address 519 Kessels Road, MacGregor.	The Transcultural Clinical Consultation Service is a specialist mental health service provided through Queensland Transcultural Mental Health Centre to meet the needs of people from diverse cultural and linguistic backgrounds. This is a free service.
Queensland Transcultural Mental Health	T: Freecall 1800 188 189 (outside Brisbane metropolitan area) http://www.health.qld.gov.au/metrosouthmentalhealth/qtmhc/default.asp	The Queensland Transcultural Mental Health Centre (QTMHC) is a statewide service which provides an information, referral, resource and clinical consultation service, funded by the Queensland Government. All services are provided free of charge. As a resource unit, the QTMHC has an ongoing and strategic role in assisting Queensland's mental health services in the areas of planning, service delivery and review.
Multicultural Mental Health Coordinators (MMHC) Brisbane South & North	T: (07) 3167 8333 or 1800 188 189 (outside Brisbane metropolitan area) http://www.health.qld.gov.au/metrosouthmentalhealth/qtmhc/mmhc_program.asp	The Multicultural Mental Health Coordinator Program is a state-wide program coordinated by the Queensland Transcultural Mental Health Centre (QTMHC). The program consists of 13 Multicultural Mental Health Coordinator positions employed within the mental health services of eight Hospital and Health Services across Queensland as well as the Mater Child and Youth Mental Health Service.
Harmony Place - Multicultural Centre for Mental Health and Wellbeing	T: 07 3848 1600 http://www.harmonyplace.org.au/	Harmony Place provides community and cultural support to people of culturally and linguistically diverse backgrounds with mental illness. Multicultural workers provide direct non clinical support to people in the community.

MENTAL HEALTH SERVICES

Dental services	Locations of dental services that offer health care cards
Brisbane Dental Clinic	Turbot Street, Brisbane. 07 3231 3777
Beenleigh Dental Clinic	Community Health Centre, 10-18 Mount Warren Blvd. Ph: 07 3290 9811
Children's Oral Health services	Children's Oral Health Service Level 5 Coles Building Royal Children's Hospital HERSTON QLD AUSTRALIA 4029

Gold Coast Health Services District

**Address: Burleigh Primary School, Lower Gold Coast Highway, Burleigh Heads 4220
Phone: 1300 300 850**

**Hours: Appointment times vary, call to discuss
Eligibility: Call to discuss prior to making appointment
Distance: 15 kms (gold coast to 4220)**

Indooroopilly Dental Clinic

**Address: Indooroopilly Dental Clinic, Corner Taringa Parade and Moggill Road, Indooroopilly 4068
Phone: 1300 300 850 (Business); 1300 300 850; 1300 650 002 (After Hours)**

**Hours: Mon - Fri 8am to 5pm
Eligibility: Pensioner Concession card, Health care card, Sickness benefit card, Pensioner benefit card, Queensland seniors card, Commonwealth seniors health card, School children from pre-school to grade 10, Children who are in the guardianship of the Director-Gen.
Distance: within same postcode**

Inala Dental Clinic

**Address: 64 Wirraway Parade, Inala 4077
Phone: 07 3275 5400 (Business)
Hours: Mon - Fri 8am to 4:30pm**

**Eligibility: Community clients must hold a current Health Care/Pensioner Concession or Seniors card.
Distance: within same postcode**

Logan Dental Clinic

**Address: 8 Armstrong Road, Cnr Loganlea and Armstrong Road, Meadowbrook 4131
Phone: 07 3299 8864 (Business)
Hours: Mon - Fri 7:15am to 4pm**

**Eligibility: Holders of current Pension Cards, Health Cards, Health Benefits, Veteran Affairs, Senior's Card
Distance: 4 kms (logan to 4131)**

Pine Rivers Dental Clinic

**Address: Pine Rivers Community Oral Health Program, 568 Gympie Road, Strathpine 4500
Phone: 1300 300 850
Hours: Mon - Fri 8:30am to 5pm**

**Eligibility: Pensioner Concession card, Health care card, Sickness benefit card, Pensioner benefit card, Queensland seniors card, Commonwealth seniors health card, School children from pre-school to grade 10, Children who are in the guardianship of the Director-General
Distance: within same postcode**

QE II Hospital

**Address: QEII Jubilee Hospital, Corner Kessels and Troughton Roads, Coopers Plains 4108
Phone: 07 3275 6368 (Business); 07 3275 6333 (After Hours)
Hours: Mon - Fri 8am to 4:30pm**

Eligibility: Community clients must hold a current Health Care/Pensioner Concession or Seniors card. School based children from 4 years of age to those enrolled in Yr 10.

Stafford Dental Clinic
 Address: Metro North Oral Health Services, 30 Balerang Street, Stafford 4053
 Phone: 1300 300 850 (Appointments) (Business); 07 5433 8596 (Appointments); 1300 650 002 (Appointments) (Mobile)
 Hours: Mon - Fri 8am to 4pm
 Eligibility: Pensioner Concession card, Health care card, Sickness benefit card, Pensioner benefit card, Queensland seniors card, Commonwealth seniors health card, School children from pre-school to grade 10, Children who are in the guardianship of the Director-Gen.

Sandgate Dental Clinic
 Address: 62 Loudon Street, Sandgate 4017
 Phone: 07 5433 8596 (Business); 1300 300 850
 Hours: Mon - Fri 8am to 4pm
 Eligibility: Pensioner Concession card, Health care card, Sickness benefit card, Pensioner benefit card, Queensland seniors card, Commonwealth seniors health card, School children from pre-school to grade 10, Children who are in the guardianship of the Director-Gen

Yeronga Dental Clinic
 Address: Southside Oral Health Service, 150 Park Road, Yeronga 4104
 Phone: 1300 658 549 (Business)
 Hours: Mon - Fri 8am to 4:30pm
 Eligibility: Children from four years of age to those enrolled in Year 10

Woodridge Dental Clinic
 Address: Level 3, Corner Wembley and Ewing Roads, Logan Central 4114
 Phone: 07 3290 8933 (Business)
 Hours: Mon - Fri 8am to 4pm, phone 07 3299 8900 for appointments
 Eligibility: Assessment required prior to using service

Wynnum Hospital Dental clinic
 Address: 150 Whites Road, Lota 4179
 Phone: 07 3893 8120 (Business)
 Hours: Mon - Fri 8am to 4:30pm
 Eligibility: Must hold Pension Card, Health Care Card, Veterans Affairs Card, QLD Seniors Card or must be a dependant of a card holder.

YOUTH HEALTH SUPPORT

Brisbane Youth Services
 07 3252 3750 E: admin@brisyouth.org 42 McLachlan Street, Fortitude Valley.
 BYS operates from 3 sites: Valley Service Hub and Head Office at Fortitude Valley, Centre for Young Families at Newstead and Centre for Young Women at Stones Corner.

We assist young people to find and maintain appropriate housing, address physical & mental health issues, establish successful relationships & support networks and provide them with pathways to education & long term employment.
 Services include a range of emergency and longer term support programs such as:
 •Crisis support including - housing, food vouchers, clothing and Emergency Relief
 •Health services, including drug & alcohol intervention
 •Education and life skills training
 •Parental skill development
 •Specialist housing services for young women
 •Referrals to other services

<http://www.brisyouth.org/>

There are now 13 centres in Queensland.
The following four are in the Brisbane metropolitan area.

Headspace

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). ph: 37275000

Headspace is the national youth mental health support organisation established
to assist young people get their lives back on track

<http://www.headspace.org.au/>

Headspace

headspace Ipswich
26 East Street
Ipswich, QLD
4305
(Free Car Parking Access via Wharf Street Entrance)
ph: 32807900

Headspace

headspace Redcliffe
Unit 5-7, 457 Oxley Avenue
Redcliffe QLD 4020
(we are located within Portwood Place behind Sizzler and
Dominos Pizza). ph: 38971897

Headspace

headspace Woolloongabba
182 Logan Rd
Woolloongabba. ph: 32492222

Youth beyond blue provides an excellent online website for chat and
information. A collection of facts sheets are available through the VORTCS
library for borrowing and for helping young people.

<http://www.youthbeyondblue.com>

Youth BeyondBlue

<http://www.youthbeyondblue.com> Information Line: 1300
22 4636 (24 hours)
[Chat online \(3pm - 12am\)](#)

LEGAL SERVICES

Legal Services - Welfare Rights Centre Inc.

Freecall: 1800 358 511

Community Legal Services - assists with social security and disability support

<http://www.wrcqld.org.au/resources/contact-us.html>

Administration Line: 07 3421 2510

wrcqld@wrcqld.org.au

Queensland Association of Independent Legal
Services Inc.

http://www.qails.org.au/01_directory/find_free_advice.asp

Find Free Advice - Alphabetical listing of all accredited Community Legal
Centres in Queensland on the web site.

<http://www.qails.org.au/>

UNIVERSITY BASED CLINIC RESOURCES

QUEENSLAND UNIVERSITY OF TECHNOLOGY	Services provided through supervised health and allied health clinics and available to the public at substantially reduced costs		
Health Clinics: Exercise & Movement, Interdisciplinary Family-Based Therapy, Nutrition & Dietetics, Optometry and Podiatry	07 3138 9777 or enquiries at healthclinics.qut.edu.au	http://healthclinics.qut.edu.au	QUT Health Clinics aim to provide quality clinical education to the next generation of health care professionals and quality patient care to the community.
Chronic Disease Support	07 3138 0651	http://healthclinics.qut.edu.au	
Psychology and Counselling	07 3138 0999	http://healthclinics.qut.edu.au	
Wound Healing Services	07 3138 6109	http://healthclinics.qut.edu.au	
UNIVERSITY OF QUEENSLAND	Services provided through supervised health and allied health clinics and available to the public at substantially reduced costs	http://www.uq.edu.au/healthclinics/	
Audiology Clinic	Hearing aid support - (07) 3365 2232 between 8am and 5pm weekdays	http://www.uq.edu.au/healthclinics/audiology	The UQ School of Health and Rehabilitation Sciences has an Audiology Clinic on campus which provides supervised treatment to the UQ community and to the general public. Whether you are experiencing hearing loss or are concerned about your hearing or that of your child, our expert audiologists will provide you with a range of solutions targeted at your needs. Referrals are not required to attend our clinic. Services the Audiology Clinic offers Hearing Assessments, Central Auditory Processing Tests, Hearing aid repairs and adjustments, Occupational Health and Safety hearing assessments
Children's Specialty Clinics	Paediatric Development Services - T: 07 3365 2232	http://uq.edu.au/healthclinics/children-s-speciality-clinics	Equipping your child with the skills and tools for a healthy, active life.
Dental Clinics	Dental treatment: (07) 336 58019 between 8:30am and 4:15pm weekdays	http://www.uq.edu.au/services/dental-clinic-44206	
Occupational therapy clinic	Occupational therapy assistance: (07) 3365 2232	http://www.uq.edu.au/healthclinics/occupational-therapy	The UQ School of Health and Rehabilitation Sciences offer two separate Occupational Therapy services - the Children's Life Skills Clinic and the Upper Limb Hypertonicity Clinic. Through both clinics, we work with clients and their families to promote positive change and enhance daily life skills in a supportive, confidential environment. Referrals are not required to attend our clinics.
Parenting and Family Support Centre	Support around families: (07) 3365 7290	http://www.pfsc.uq.edu.au/	The Child and Family Psychology Clinic offers specialist clinical psychology assistance and practical parenting information, advice, and support for parents of children of all ages, from infants to teenagers.
Physiotherapy Clinic	(07) 3365 2232	http://www.uq.edu.au/healthclinics/physiotherapy	
Psychology Clinic	(07) 3365 6451	http://www.clinic.psy.uq.edu.au/	
Speech Pathology Clinic	(07) 3365 2232	http://uq.edu.au/healthclinics/speech-pathology	
Brisbane Sports and Spinal Clinic	(07) 3871 0633	http://www.brisbanesportsandspinal.com.au/	Brisbane Sports and Spinal (formerly UQ Sports & Rehab) is a specialist phsiotherapy clinic that incorporates the services of both podiatry and sports psychology. Our aim is to ensure you regain optimal function in the shortest possible time.

DISABILITY SERVICES

<p>AMPARO ADVOCACY Inc</p>	<p>Address: 9 Chippendale St, Milton Q 4064. T: 07 3369 2500 Interpreter Service 13 14 50</p>	<p>AMPARO Advocacy is an advocacy agency that supports individual advocacy to vulnerable people from non English speaking background with a disability. AMPARO defends, protects and promotes their rights and interests so that their fundamental needs are met.</p>	<p>http://www.amparo.org.au/index.htm</p>
<p>Department of Communities Qld</p>		<p>Qld Government disability services</p>	<p>http://www.communities.qld.gov.au/disability/disability-and-community-care</p>
<p>Disability Information Service</p>	<p>T: 13 QGOV (13 74 68)Local call cost (except mobile phones)</p>	<p>Provides Links to disability information and resources.</p>	
<p>MultiCultural Development Association (MDA)</p>	<p>Address: 28 Dibley Street, Woolloongabba QLD 4102. T: 07 3337 5400</p>	<p>Established in 1998, we are one of the leading settlement agencies in Queensland providing support to refugees and migrants through community development, advocacy and a range of client services. We provide services and programs of support and development: to individual refugees and migrants, their families and their communities to enable successful settlement to empower individuals to establish their own pathways to facilitate new and emerging communities in the processes of establishing their own voices and their own contributions."</p>	<p>http://www.mdainc.org.au/</p>

CARER SERVICES

CarersQueensland	Address: Head Office - 15 Abbott Street, Camp Hill Brisbane. T: 3900 8100.	Carers Queensland represents the diverse needs and interests of carers in Queensland. We empower carers by providing carers with information, education, training, advocacy, counselling and other support services that may assist them in their caring role. We also aim to raise awareness about the valuable role that carers play.	http://www.carersqld.asn.au/
Carer Advisory Centre	1800 242 636		
ARAFMI	Address: Head Office - Arafmi House 52 Merthyr Rd New Farm Qld 4005	Mental Health Carers Arafmi Queensland is a uniquely carer-based organisation formed by families who experience the loss, loneliness, stigma and isolation of caring for loved ones with serious mental illness.	http://arafmiqld.org/?page=8
	07 3254 1881 or 1800 35 1881 only applies to (Regional Qld). 3254 1881 24 - hour telephone support.		
Mental Illness Fellowship Queensland	07 3358 4424; Address: Corner Gilchrist Avenue and Herston Road, Herston, Qld 4006	Mental Illness Fellowship Queensland (MIFQ) is specialist provider of programs and services for people living with mental illness, their families and carers. We work across metropolitan, regional and rural communities in Queensland including, Brisbane, Gladstone, Gold Coast, Sunshine Coast and Toowoomba.	

Community Resources

My Language Website	http://mylanguage.gov.au/translated-information/health.html#healthy		
Immunisation fact sheets in English and translations	http://www.health.vic.gov.au/immunisation/factsheets.htm http://www.health.vic.gov.au/immunisation/factsheets/lan-guage.htm		http://www.health.vic.gov.au/immunisation/factsheets.htm
Medicine management	<u>This service - medicine management, is no longer supported from this link. However NSW Multicultural Health Communication Services does provide publications and resources in various languages. New web address in column D.</u>	In 1997, the NSW Multicultural Health Communication Service was established as a result of NSW Health's plan, Health Services for a Culturally Diverse Society (1995). The plan identified the need for the development of a co-ordinated statewide approach to provide information about health issues and health services to people who speak languages other than English.	http://www.mhcs.health.nsw.gov.au/
Learn to Swim programs	Contact your local swimming pool	List of swimming pools can be found through the Brisbane City Council website.	http://www.brisbane.qld.gov.au/facilities-recreation/sports-leisure/swimming-pools-brisbane
AUSTSWIM	07 3245 3595 or qld@austswim.com.au	Queensland Business Centre and office number to find a location for swimming instruction	www.austswim.com.au
Australian Surf Lifesaving	(07) 3846 8000 Surf Life Saving Queensland. http://www.lifesaving.com.au/	Australian Surf Life Saving Club provides a range of water safety information to care in relation to water activities.	http://sls.com.au/
Flag signs and symbols	Beach Safety		http://sls.com.au/beach-info/beach-safety
Home Safety resources and information	Kidsafe NSW - c/- Children's Hospital Westmead, Locked Bag 4001, Westmead NSW 2145. T: 02 9845 0890; E: kidsafe@chw.edu.au	Kidsafe NSW promotes child injury prevention and education in an effort to preserve and protect the lives of our children	http://www.kidsafensw.org/
Playground safety		Kidsafe includes information and resources across a range of safety areas. Excellent website for a range resources and information for teaching refugees	http://www.kidsafensw.org/kidsafe-house-and-playground/
Water safety		The Children's Hospital at Westmead have child safety and health information colouring in sheets suitable for children	http://www.kidsafensw.org/search.asp
Fire and Rescue NSW	Address: Level 10, 227 Elizabeth Street , Sydney NSW 2000. T: 02 9265 2999	Fire and Rescue NSW's purpose is to enhance community safety, quality of life and confidence by minimising the impact of hazards and emergency incidents on the people, environment and economy of New South Wales.	http://www.fire.nsw.gov.au/page.php?id=70
Cyber safety	Cybersmart is designed to support and encourage participation in the digital economy by providing information and education which empowers children to be safe online.	Australian Government website for children, parents, schools and community on matters related to being cyber smart.	http://cybersmart.gov.au/

