

Adult Mental Health			
Service Name	NDIS	Address	Contact
Acute Care Team (ACT)			1300 MH CALL 1300 642 255
AfterCare	Yes		07 5562 4300
Benevolent Society		2 Griffith Street Coolangatta 4225 57 Billington Street Labrador 4213 Old Coach Road Upper Coomera 4209 40 Martin Street Nerang 4211	1800 236 762
Beyond Blue			1300 224 636
Black Dog Institute			02 9382 4530
Carers Queensland		1/24 Cotton Street Nerang 4211	1800 242 636
Churches of Christ Southport		1 Griffith Way Southport 4215	07 5539 1249
Continuing Care Community Mental Health Clinic		Palm Beach Community Centre Robina Health Precinct Southport Health Precinct Robina Hospital	1300 744 284
Cordyline Residential Recovery Service			1300 744 284
Eating Disorder Programme		2 Campus Crescent Robina 4226	07 5635 9200
Eating Disorders Program		207 Currumburra Road Ashmore 4214	07 5667 2000
Eating Disorders Program New Farm			07 3254 9100
Gold Coast Centre against sexual violence		179-181 Scarborough St, Southport	1800 172 041 5591 1164
Gold Coast University Hospital (GCUH)	Yes	1 Hospital Boulevard Southport 4215	1300 744 284
Life Supports Counselling		Shop 101, 14 Bruce Ave Paradise Point 4216 2/18 Park Avenue Burnleigh Heads 4220 31 Crombie Avenue Bundall 4217 6/2 Como Crescent Southport 4215 Level 2, 66 Marne Parade Southport 4215	1300 735 030
			24-hour Specialist Mental Health Care, Advice, Referrals, Crisis, Support Personal Helpers and Mentors (PHAMs) Employment Aged Care Support for Carers Daily assistance Respite Family and Parenting Mental Health support Foster Care Early Childhood 24/7 support for anxiety, depression and suicide prevention Online support 15:00 to 12:00 Online forums Online information and resources Training for health professionals The Black Dog Institute is dedicated to understanding, preventing and treating mental illness. Health professional training Community groups Support groups and services, counselling (one-on-one, phone) advocacy, information, programs, retreats and social clubs Counselling Cultural and linguistic diversity Disability support Empower care Guardianship and advocacy Information and advisory service Mental Health No interest loans scheme Support groups Young Carers Counselling and psychology (bulk billed with mental health care plans) Provide assessment, case management and treatment for 18-65 year olds who live with an enduring mental health condition within the Northern Gold Coast Area Transitioning to a new model of service which is based on the overarching Statewide Community Care Unit (CCU) Model of Service Interventions for children and adults with eating disorders Private inpatient program for the treatment for eating disorders that help patients manage their food intake in a healthy way provide free counselling, advocacy, information and practical support through related legal processes. As well as therapeutic and educational groups for women high school age and above who have experienced sexual violence at any time in their lives. Public hospital Emergency department 24/7 with Gold Coast Mental Health Emergency Psychiatry Services (EPS) Monday to Friday 8am to 8pm Adolescent Counselling Anger Management Anxiety and Depression Child Counselling Drug and Alcohol Counselling Family Counselling General Counselling Grief Counselling Marriage and Relationships Parenting Counselling Sexual Abuse Counselling Sexuality Counselling

Adult Mental Health				
Service Name	NDIS	Address	Contact	Assistance
Life Without Barriers			1800 935 483	Our services currently support just over 14,000 people living in their own homes or in residential houses that we manage. We support children, young people and families, people with disability, older people and people with mental illness. We work with people who are homeless and refugees and asylum seekers.
Lifeline			13 11 14	24/7 Crisis telephone, text or online - anyone experiencing personal crisis or thinking about suicide can contact Lifeline. Regardless of age, gender, ethnicity, religion or sexual orientation our trained volunteers are ready to listen, provide support and referrals
Lotus Program			Brad Symes 1300 541 637 b.symes@wmgq.org.au	Substance abuse and addiction The LOTUS program features up to 4 weeks of flexible support
Mensline Australia			1300 789 878	Relationships Dads and fathers Mental Health General Wellbeing Counselling
Mental Health and Family Wellbeing (Anglicare)		5 Olive St Southport 4215	1300 610 610	Marriage and Relationships Mental health and wellbeing Family wellbeing Parenting and post-separation (AODS, Mental Health) Counselling and emotional support.
MindSpot Clinic		https://mindspot.org.au	1800 614 434	An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.
Mobile Intensive Rehabilitation Team (MIRKT)		Palm Beach Community Centre Robina Health Precinct Southport Health Precinct	1300 744 284	Assertive treatment and recovery orientated multidisciplinary service, aimed at improving the quality of life for consumers with complex mental health needs requiring intensive intervention in the community.
Momentum Collective		Level 1 Suite 5, 91 Griffith Street Coolangatta 4225	1300 900 091 07 5536 9851	Women and children's refuge Homeless and people at risk of homelessness Education and employment services Outreach mental health service Allied Health Support Children and youth programs
New Access		Suite E/191 Varsity Parade, Varsity Lakes QLD 4227	1800 010 630	The NewAccess Program includes up to 6 sessions which can be delivered over the phone, via Skype or in person. The sessions are delivered by trained mental health coaches who will guide you through a series of structured and evidence-based techniques to improve your wellbeing
New Life Care		4 Greenwich Court Robina 4226	07 5593 3282	Provides counselling and support to people in the community who may be experiencing either discomfort in their personal life or their relationship with others. Areas include: Anger management, Abuse (Physical, psychological and sexual), Anxiety, Child and teenage management, Depression, Divorce and separation, Family conflict, Financial Counselling, Gambling, Gender Issues, Grief and loss, Guilt, Relationship issues, Role issues, Self esteem, and Stress management.
OTCP Mental Health Services (NSW) Palm Beach Neighbourhood Centre		Tweed Heads 2486 16 Third Avenue Palm Beach	07 5524 9144 07 5598 1505	Mental health support, case management, workshops Family support service Financial counselling Community support Information and referrals Community hub Community groups GC Community Legal Service Outreach
Personal Helpers and Mentors (PHAMs)			1300 001 907	PHAMs creates opportunities by walking alongside clients in their journey to recovery. Strategies to assist in the recovery journey are personalised and centre on setting realistic, achievable and measurable goals based on clients' strengths and values.
Personal Helpers and Mentors Employment (PHAMs)			1300 001 907	PHAMs Employment Service provides direct, personalised outreach support to assist people whose ability to find and keep a job is impacted by ill mental health.
Primary and Community Care Services - Gold Coast			07 3186 4000	Plus Social is designed to help people whose mental health significantly impacts their daily living
Primary and Community Care Services - Sydney			02 9477 8700	Plus Social is designed to help people whose mental health significantly impacts their daily living
Project Air			02 4298 1571	The Project Air Strategy for Personality Disorders is an internationally recognised leader in research, education and treatment. We partner with health, justice, communities, schools, families and individuals. We bring new scientific discoveries to promote recovery.

Adult Mental Health

Service Name	NDIS	Address	Contact	Assistance
RFQ HUB Palm Beach		1/19 Fifth Avenue Palm Beach 4221	07 5587 0600	An information and resource centre run to assist members of our community living with a mental illness HUB support Social groups
RFQ HUB Southport		10 Mick Veivers Way Southport 4215	07 5591 1750	An information and resource centre run to assist members of our community living with a mental illness HUB support Social groups
Robina Public Hospital	Yes	2 Bayberry Lane Robina QLD 4226	07 5668 6000	Public hospital Emergency department 24/7 with Gold Coast Mental Health Emergency Psychiatry Services (EPS) Information about mental illness, treatments, where to go for support and help carers. Weekdays 10:00 to 22:00
Same Australia			1800 187 263	
Suicide Call Back Service			1300 659 467	We provide free counselling for suicide prevention & mental health via telephone, online & video for anyone affected by suicidal thoughts. 24/7
Suicide Prevention Pathways	No		1800 008 255	Face to face suicide prevention, no limit of sessions, will close when person is ready. Monday to Friday 9:00 to 16:30
Wesley Mission		208 Highfield Drive Robina 4226	1300 865 307	Programs for children and families Programs for teenagers and young adults Suicide prevention Counselling Disability support Residential aged care Retirement living Community housing Home care Education and employment

Allied Health			
Service Name	NDIS	Address	Contact
Advantage Injury Management Services		5 Lawson Street Southport 4215	07 5532 4500
Australian Psychological Society			1800 333 497
Bond University Psychology Clinic		14 University Drive Robina 4226	07 5595 2527
Chronic Disease Management Care Plan (through GP)			
Churches of Christ Southport		1 Griffith Way Southport, 4215	07 5539 1249
Compassion Services		120 Mudgeeraba Road Mudgeeraba 4213	07 5529 7255
Glasswing Therapy		5/34 Oyster Point Road Banora Point 2486 Mobile Service on the Gold Coast	07 5524 6538
Gold Coast Therapy Paediatric & Neurology Clinic	Yes	Suite 1C, The Atrium, 15 Lake Street Varsity Lakes	0429 935 336
Lives Lived Well		191 West Burleigh Road Burleigh Heads	07 5508 0950
Momentum Collective		Level 1, Suite 5, 91 Griffith Street Coolangatta 4225	1300 900 091 07 5536 9851
Robina 7 Day Doctors and Acupuncture		2 Waterfront Place Robina 4226	07 5580 8070
Spectacle Supply Scheme			07 3136 3636

Assistance

Our Occupational therapists can offer comprehensive ergonomic assessments. We provide proactive and cost effective injury management solutions.

Find a registered Psychologist Australia wide

Full cognitive Ax from \$20 (providing your client holds a health care card)

Care plan for allied health services bulk billed through Medicare

Counselling and psychology (bulk billed with mental health care plans)

The therapists at Compassion Services are all highly qualified and able to offer the very best therapeutic services available. Each therapist has areas of specific interest and expertise.

Speech Pathology, Occupational Therapy, Psychology, Counselling, Physiotherapy, Nutrition and Dietetics, Audiology, Personal Training, Behaviour Support, Life Transition Support, NDIS Support Coordination, and NDIS plan management.

As a dynamic and experienced Gold Coast service we offering Occupational Therapy services for all ages and disabilities. Our Occupational Therapy service has just become a mobile therapy service with assessments and therapy sessions carried out in the home environment, school setting when possible, or visits to other appropriate locations are available on request. It is often helpful for our occupational therapist to assess a client in their natural environment to compliment the support/strategies we offer during the occupational therapy process anywhere on the Gold Coast.

Lives Lived Well provides support for people in Queensland and New South Wales communities who are being impacted by alcohol or drugs or problems with mental health.

Family support

Indigenous programs

Trauma counselling

Relationship and family therapy

Counselling for child and young people

General health services

Transitional housing

Women and children's refuge

Homeless and people at risk of homelessness

Education and employment services

Outreach mental health service

Allied Health Support

Children and youth programs

Bulk Bill Doctor Appointments and Acupuncture (up to 12 sessions per body part per year).
Mon to Fri 6:30 to 18:00 Sat & Sun 7:30 to 16:00

Those with a healthcare card, pension card, DVA card or seniors card may be eligible for spectacles every two years

Alcohol and Other Drugs Services

Service Name	NDIS	Address	Contact	Assistance
Narcotics Anonymous			1300 652 820	NA meetings Outreach
Needle and Syringe Program		Southport Health Precinct 29 Martin Street Nearing 4211	07 5587 9039 07 5578 2457	Legal Advice Tuesday Lives Lived Well Outreach for AOD Food Parcels available for \$15. Orders to be placed on Wednesday by family's worker by phone, email or fax. Parcels to be collected on Thursdays from 1:30pm to 4:00pm OR Fridays 8:00am to 10:30am. Please bring your own boxes/bags to carry goods.
Nearing Neighbourhood Centre				
Palm Beach Neighbourhood Centre		16 Third Avenue Palm Beach	07 5586 1505	Family support service Financial counselling Community support Information and referrals Community hub Community groups GC Community Legal Service Outreach
Quiln		Shop 12/89-98 West Burleigh Road Burleigh Heads QLD 4220	07 5520 7900	Alcohol and Other Drugs (AOD) Outreach (Vulnerable Populations) Program primarily works with referrals from the Hospital and Health Service (HHS) areas and provides an outpatient case management and counselling service with the capacity to provide limited after hour's services to those affected by alcohol and/or substance use concerns. Needle & Syringe program 24/7 confidential telephone advice and information service for people who want to quit smoking Pathways office is the assessment/admissions office for Fairhaven (residential rehab and detox unit on Mt Tamborine)
Outline			13 78 48	
Salvation Army Gold Coast Recovery Services Pathways		173 Wardo Street Southport	1300 111 827	
Salvation Army Gold Coast Recovery Services Pathways Fairhaven		168 MacDonnell Rd Eagle Heights 4271	1300 111 827	
Smart Recovery			0447 740 586	SMART Recovery is a free group program assisting people with any problematic behaviours, including addiction to drugs, alcohol, cigarettes, gambling, food shopping, internet and others. 24/7 advice on managing your use, support, and referral to drug treatment services, along with counselling. Concerns or questions regarding stimulants or psycho stimulants including amphetamine, methamphetamine, cocaine, and ecstasy use Free drug and alcohol counselling service for young people (12-25) Mon to Fri 10am - 6pm Case management
Stimulant Treatment Line (STL)			1800 101 188	
Ted Neefs Foundation		4 Goodyear Street Southport 4215	1800 753 300	
The Australian Drug Foundation			1300 65 85 84	Offers a range of information on different types of drugs and their short and long term effects Transformations is a medium term residential drug and alcohol rehabilitation program for men and women between the age of 18 and 50 years Low Cost Grocery store - Health Care Card required Drug and alcohol rehabilitation - live-in program. Call for appointment/assessment, and costs Programs for children and families Suicide prevention Counselling
Transformations Program Australia		2 Monaro St, Surfers Paradise QLD 4217	(07) 5592 3677	
Vibe Community Party		Shop 10, Eighth Avenue Palm Beach 3 Barty Street Tweed Heads 2486	07 5596 7575	Disability support Residential aged care Referralment living Community housing Home care Education and employment
Wesley Mission		208 Highfield Drive Robina 4226	1300 965 307	Drop in centre Access to AOD health professional Catholic Outreach Young Parents Program Issues with drugs and alcohol Questions about sex and sexuality Ave program and need support Health advice Safe place to have a shower, do some laundry and use the internet Referral and advocacy
YHES House		161 Scarborough Street Southport 4215	07 5528 5333	YHES House is a safe community hub for young people (12-25) that provides a non-judgemental space where young people are welcomed, listened to, and respected. Homeless or at risk of becoming homeless Drop in centre Access to AOD health professional Catholic Outreach Young Parents Program Issues with drugs and alcohol Questions about sex and sexuality Ave program and need support Health advice Safe place to have a shower, do some laundry and use the internet Referral and advocacy

Alcohol and Other Drugs Services

Service Name	NDIS	Address	Contact	Assistance
Acute Care Team (ACT)			1300 MH CALL 1300 542 265	24-hour Specialist Mental Health Care Advice, Referrals, Crisis Support
AAAPT Alcohol Drug Acceptance Prevention Therapy		Palm Beach Community Health Centre Southport Health Precinct Palm Beach Community Health Centre Southport Health Precinct	07 5587 9119	AAAPT is an eleven session (6 weekly then 3 spaced follow ups) closed group therapy program for people who currently have or recently had a mental health diagnosis and also have or have had a drug and/or alcohol concern
Alcohol and Other Drugs Services (AODS)		6 Lawson Street Southport	1300 222 222 07 5561 2062	The only requirement for membership is the desire to stop drinking. There are no fees for AA membership. AA is an independent organisation with the primary purpose to stay sober and help other alcoholics achieve sobriety. A helpline operates to offer support, and to advise venues and times for weekly meetings AA Meetings Online AA Meetings
Alcoholics Anonymous				
AMEND (Assisting Mothers End the Need for Drugs)		18A West Street Burleigh Heads 4220 5 Olive Street Southport 4215	07 5556 6700 1300 114 387	Home based relapse prevention and relapse management program for pregnant and parenting women with substance use issues Supporting parent and child programs Harm minimisation and brief intervention Pregnant and parenting women
AODS - Back in Control		Halewaka Community Centre Palm Beach Community Health Centre Southport Health Precinct	07 5587 9119 07 5525 5701	'Back in Control' is a six-session group education program for people who have or have had drug and/or alcohol concerns. The program is free of charge, confidential and open to anyone who wishes to work on their problem.
AODS - Scrap Book		Palm Beach Community Health Centre Southport Health Precinct	07 5587 9119	'Scrap Book' is a six session self-conducted, home-based education program for people who have or have had drug and/or alcohol concerns.
AODS - The DARE Program		Palm Beach Community Health Centre Southport Health Precinct	07 5587 9119	The DARE program promotes health and well-being in a positive, supportive environment that enables substance recovery through solution focused education & peer support
Coaching with Substance		10 Ernabella Court Paradise Point 4216	075606 6315	Recovery Coaching One on One Recovery Coach Training Online 6-week cognitive behavioural therapy (CBT) program Spiritual Insights Training (SIT) with Monk Xu Certificate III, IV and Diploma of Community Services Nationaly Accredited Trainings Intervention and Intensive Treatment
Counselling ONLINE		https://www.counsellingonline.org.au/	1800 177 833 07 3837 6989	Free drug and alcohol online based professional counselling Programs and support groups for harm reduction focused education, outreach, prevention and treatment for individuals and their families Counselling & Case coordination
Drug Am - Healthy Options Australia		Unit 30, 3 - 15 Anderson Street Southport 4215	07 3620 9900	
Family Drug Support			1300 396 186 1300 396 186	Family drug support provides up to date information on all aspects of alcohol and drug use relative to the families of alcohol and other drug users.
Godbridge Rehabilitation Services		10 Garden Street Southport 4215	07 5503 1265	24/7 telephone support to families in crisis due to drug and alcohol issues Care, Health Promotion, Training
Life Supports Counselling		Shop 101, 14 Bruce Ave Paradise Point 4216 27/8 Park Avenue Burleigh Heads 4220 3/1 Cornbie Avenue Burral 4217 8/2 Cornie Chesem Southport 4215 Level 2, 69 Marine Parade Southport 4215	1300 726 030	Monday to Friday 9am to 6pm Adolescent Counselling Alcohol Management Anxiety and Depression Child Counselling Drug and Alcohol Counselling Family Counselling General Counselling Grief Counselling Marriage and Relationships Parenting Counselling Sexual Abuse Counselling Sexuality Counselling
Life Supports Counselling		Shop 101, 14 Bruce Ave Paradise Point 4216 27/8 Park Avenue Burleigh Heads 4220 3/1 Cornbie Avenue Burral 4217 8/2 Cornie Chesem Southport 4215 Level 2, 69 Marine Parade Southport 4215	1300 726 030	Monday to Friday 9am to 6pm Adolescent Counselling Alcohol Management Anxiety and Depression Child Counselling Drug and Alcohol Counselling Family Counselling General Counselling Grief Counselling Marriage and Relationships Parenting Counselling Sexual Abuse Counselling Sexuality Counselling
Helpline			13 111 14	24/7 Crisis telephone, text or online - anyone experiencing personal crisis or thinking about suicide can contact Lifeline. Regardless of age, gender, ethnicity, religion or sexual orientation our trained volunteers are ready to listen, provide support and referrals Substance Abuse and Addiction Lives Lived Well provides support for people in Queensland and New South Wales communities who are being impacted by alcohol or drugs or problems with mental health.
Lives Lived Well		191 West Burleigh Road Burleigh Heads	07 5508 0950	Lives Lived Well provides support for people in Queensland and New South Wales communities who are being impacted by alcohol or drugs or problems with mental health.
Mental Health and Family Wellbeing (Anglicare)		5 Olive St Southport 4215	1300 610 610	Marriage and Relationships Mental health and wellbeing Family wellbeing Parenting and post-separation (AODS, Mental Health) Counselling and emotional support

Child and Youth Services

Service name	NDIS	Address	Contact	Assistance Provided
Life Supports Counselling		Shop 101, 14 Bruce Ave Paradise Point 4216 2/18 Park Avenue Burleigh Heads 4220 31 Crombie Avenue Burdell 4217 8/2 Como Crescent Southport 4215 Level 2, 66 Manne Parade Southport 4215	1300 735 030	Monday to Friday 9am to 6pm Adolescent Counselling Anger Management Anxiety and Depression Child Counselling Drug and Alcohol Counselling Family Counselling General Counselling Genf Counselling Marriage and Relationships Parenting Counselling Sexual Abuse Counselling Sexuality Counselling
Life Without Barriers			1800 935 483	Our services currently support just over 14,000 people living in their own homes or in residential houses that we manage. We support children, young people and families, people with disability, older people and people with mental illness. We work with people who are homeless and refugees and asylum seekers. 24/7 Crisis telephone, text or online - anyone experiencing personal crisis or thinking about suicide can contact Lifeline. Regardless of age, gender, ethnicity, religion or sexual orientation our trained volunteers are ready to listen, provide support and referrals Substance abuse and addiction
Lifeline			13 11 14	
Lives Lived Well		191 West Burleigh Road Burleigh Heads	07 5508 0950	Lives Lived Well provides support for people in Queensland and New South Wales communities who are being impacted by alcohol or drugs or problems with mental health. Family support Indigenous programs Trauma counselling Relationship and family therapy Counselling for child and young people General health services
Momentum Collective		Level 1 Suite 5, 91 Griffith Street Coolangubeta 4225	1300 900 091 07 5536 9851	Women and children's refuge Homeless and people at risk of homelessness Education and employment services Outreach mental health service Allied Health Support Children and youth programs
Musicians making a difference (MADS)	No	Goldcoast@mads.org.au	15 Oak Avenue Miami 4220 Hemswale Library and Cultural Centre	Camps, expression sessions, mentoring. MADS uses the power of music, dance & mentoring to inspire young people to make their lives remarkable. Monday Miami 16:00 to 17:30 - Sound Foundations Music Mentoring Tuesday Helensvale 16:00 to 17:30 - Sound Foundations Music Mentoring Tuesday Helensvale 16:00 to 17:30 - MADS Moves Dance & Mentoring Program
New Beginnings Christian Church New Life Care		7/9 Bridgman Drive Reedy Creek 4227 4 Greenweb Court Robina 4226	0431 110 291 07 5593 3262	Development and conduct of youth programs including self esteem and leadership camps and in school workshops Provides counselling and support to people in the community who may be experiencing either discomfort in their personal life or their relationship with others. Areas include: Anger management; Abuse (physical, psychological and sexual); Anxiety; Child and teenage managment; Depression; Divorce and separation; Family conflict; Financial Counselling; Gambling; Gender Issues; Grief and loss; Gull; Relationship Issues; Role issues; Self esteem; and Stress management.
Office of the Public Guardian Chauhan for Youth	No	Suite B4, PPT Building, 1 Bellvue Drive, Varsity Lakes 4227 16 Third Avenue Palm Beach	1800 861 533 07 5655 1850 07 5698 1505	Promotes and protects the rights, interests and wellbeing of children and young people in Queensland. Mentoring program, individualised support, mentoring and re-engagement opportunities in a relaxed and fun environment. Parenting Support and Parenting Programs Short-term child centred family counselling is available to children and their family members to assist and maintain family functioning. Practices might include using interpersonal communication skills to assist family members to explore options, make choices and manage issues they may be experiencing. This service is available to minors under eighteen years of age and their parents/careers. The Palm Beach Neighbourhood Centre is funded to provide an initial consultation and up to six counselling sessions thereafter.
Palm Beach Neighbourhood Centre				
Paradise Kids		88 Allied Drive Arundel 4214	07 5625 1900	Providing support for children and their families suffering grief and/or loss from the death of a loved one, terminal illness or relationship breakdown.
PCYC	No	44 Dominions Road Ashmore 4214 180 Monaro Street Broadbeach Waters 5981 Cayuga Street Nearing 4211 161 Scarborough Street Southport	07 5539 5774 07 5538 6201 07 5978 2221 0437 013 710	Gym, sports activities, events
QSPACE				QSPACE is a drop-in space specifically for young people (13-17 year olds). They support sexually, sex and gender diverse youth (inclusive of lesbian, gay, bisexual, trans, intersex, queer, questioning, asexual, pansexual etc). The QPLUS Program is also available for 18-24 year olds.
ReachOut		https://au.reachout.com/		ReachOut is Australia's leading online mental health organisation for young people and their parents. They offer practical support, tools and tips to help young people get through anything from everyday issues to tough times. Also provides information for parents.
Reconnect - Mission Australia		100 Brisbane Rd Labrador 4215	07 5537 9628	Mission Australia's Reconnect is a federally funded and community-based program supporting young people between 12 - 18 who are experiencing homelessness, or are at risk of becoming homeless. We provide free counselling for suicide prevention & mental health via telephone, online & video for anyone affected by suicidal thoughts, 24/7
Suicide Call Back Service			1300 659 467	Free drug and alcohol counselling service for young people (12-25)
Ted Norris Foundation		4 Goodyear Street Southport 4215	1800 753 300	Men to Men - 6pm Case management
The Smith Family			1800 024 069	Children sponsored to get through schooling Literacy, numeracy and mentoring programs ATSI Programs
Trinity Family Support Network		186 Robina Town Centre Drive Robina 4226	07 5575 7241	Trinity Family Support Network provides a variety of services that support children and families in the local community. Information, advice and referral to health services, childcare, support groups etc.

Child and Youth Services

Service name	NDIS	Address	Contact	Assistance Provided
1800 RESPECT			1800 737 732 (1800 RESPECT) 07 3412 8222	A national service providing crisis and trauma counselling to people affected by sexual assault, domestic violence or family violence
Access Domestic Violence Service (99 steps)				Provides domestic violence counselling to culturally and linguistically diverse adults and families affected by domestic and family violence.
Access You Nique		3274 Bay Street Southport 4215	07 5579 3900	Providing advice, connections and tailored support to children and young people (up to 18 years) who are at risk of mental illness or are experiencing signs of mental illness. Delivers protective family programs to children, young people and parents.
Act for Kids		21 Tallibusdrom Creek Road West Burleigh	07 5508 3822	Provides free counselling, psychoeducation, protective behaviours and support services to children and families who have experienced, or are at risk of child abuse and neglect
Anglican Mental Health & Family Wellbeing Services Benevolent Society		5 Olive Street Southport 4215 2 Griffith Street Coolangata 4225 57 Billington Street Labrador 4213 Old Coach Road Upper Coomera 4209 40 Martin Street Nerang 4211	1300 114 397 1800 236 762	Aged Care Support for Carers Daily assistance Respite Family and Parenting Mental Health support Foster Care Early Childhood
Bravehearts			1800 272 831	Telephone counselling for survivors and child protection advocacy
BUMF Young Mothers Group		Headspace Southport	0459 717 310	Program for young pregnant and parenting girls aged between 13 and 23. It is a fun way for the girls to meet other young mums, as well as have some much needed "me" time. Bumf includes fortnightly mentoring with an experienced mum as a mentor, and fortnightly workshops at various locations on different days. Bumf graduates receive a TAFE Certificate I in Access to Work and Training.
Buy at Work - Busy Beat		3/23 Nind Street Southport 4215	07 5528 3816	Provides 8 week program for young people 17-19 years disengaged from school to assist with work/study readiness. Community hub also provides free job seeking assistance (via booking or drop-in).
C3 Church Coomera		25 Dreamworld Parkway Coomera 4209	07 5580 1100	Friday night - Grade 5 to 12 - Activities, music, chill out zone, live band
Child And Youth Mental Health Services (CYMHS)		Robina Health Precinct Robina Hospital Southport Health Precinct	07 5635 6392	Provides specialized community mental health service to children and adolescents.
Chill Out Zone	No	Mobile van Surfers Paradise Mobile van Broadbeach Nerang PCYC	http://www.chilloutzone.info/ 07 5578 2227 1800 177 135	Provides rest and recovery as well as first aid services to people in late night entertainment precincts Deep Blue Line is a police mentoring program which aims at enhancing young people's positive sense of self, boost self-esteem, provide a variety of positive life experiences, encourage goal setting behaviours and expose participants to healthy role models. Outside business hours contact point when you are concerned a child has been harmed or is at risk of harm
Department of Child Safety			07 5527 7211	Provides free confidential practical and emotional support to women and children experiencing domestic and family violence through outreach services.
DFV Specialist Homelessness Mobile Support Service			07 5532 9000	Provides domestic violence counselling to adult victims and children/young people and court-based services at the Southport and Coolangata Magistrates Courts, and perpetrator intervention programs for men
Domestic Violence Regional Service Gold Coast	No	Robina Hospital Southport Health Precinct	1300 744 284 07 5687 9300	For young people aged between 15-24 who are having experiences of their first psychosocial Evolve Therapeutic Services is a specialist team within CYMHS that provide intensive mental health interventions to children and young people (birth to 18 years) with extreme and complex therapeutic needs, that are in the care of the Department of Communities Child Safety Services
Early Psychosis Services			1300 865 307	The Expanded Horizons Program provides group support for Lesbian, Gay, Bisexual, Trans, Intersex, Asexual, Pansexual or other diverse identities (LSBTQIA+) aged 12-25 years. The service offers support to build a positive sense of identity and connection peers.
EVOLVE Therapeutic Services				
Expanded Horizons program		YHS House Southport		
Fight 4 Youth		Unit 12 44a Currumbin Creek Road Currumbin Waters 4223	0450 701 973	Basic boxing/defence techniques and development of positive social skills and behaviour, recognition of emotions and awareness of choices
Flourish				
Gen Z Employment		Act for Kids Building 31 Olsen Avenue Labrador 2674 Gold Coast Hwy Mermaid Beach 4218	07 5656 8600 07 5655 1880	Centre-based counselling for children 8-17 who have experienced harm or at risk of harm Employment services for young people (15 to 21 year olds) Groups: (coached games), iWork (job ready), iActive (outdoor activities)
Gold Coast Project for Homeless Youth		Confidential address - Southport 4215	07 5591 3146	Info, advice, referral, crisis accommodation, transition accommodation
Gold Coast Project for Homeless Youth - Bannister House		Confidential address - Southport 4215	07 5591 3492	Transitional housing with 24/7 support for 16-19 year olds
Gold Coast Project for Homeless Youth - Jessica Durme House		Confidential address - Arundel 4214	07 5574 6659 0434 488 199	Transitional housing with 24/7 support for 16-19 year olds
Gold Coast Project for Homeless Youth - Lawson House	No	Confidential address - Southport 4215	07 5564 8300	Transitional housing with 24/7 support for 16-19 year olds
Gold Coast Youth Justice Service Centre	No	2540 Gold Coast Highway Mermaid Beach 4218 15 Oak Avenue Miami 4220	07 5592 4157 07 5572 0400	Youth support and specialist youth support and youth homelessness organisation. Professional counselling available by appointment. Some social groups
Gold Coast Youth Service				
Headspace Southport	No	Lavel 1, H20 Broadwater, 112 Nind Street Southport 4215	07 5509 5900	Mental Health, Sexual Health, Drug & Alcohol, Relationships, Employment & support around education
Iona House			07 4775 9100	Iona House is a residential youth shelter that provides short term crisis accommodation to young women who are homeless or at risk of becoming homeless aged 15-21 years.
Kids Helpline			1800 551 800 07 4773 6202	A counselling service for Australian children and young people aged 5 to 25 years, 24 hours a day
Kids Helpline			1800 551 800	A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Domestic Violence and Relationship Services

Service name	NDIS	Address	Contact	Assistance
Wesley Mission		208 Hightfield Drive Robina 4226	1300 865 307	<ul style="list-style-type: none"> Programs for children and families Programs for teenagers and young adults Suicide prevention Counselling Disability support Residential aged care Retirement living Community housing Home care Education and employment
Woman's Intolink			1800 177 577	A free information and referral service on issues affecting women's wellbeing across a broad range of topics, including health, employment, legal services and domestic violence
Women's Legal Service			1800 957 957	Provides legal assistance on a broad range of issues affecting women, such as family law and domestic violence

Child and Youth Services

Service name	NDIS	Address	Contact	Assistance Provided
Uniting Care Early Childhood Early Intervention	Yes	Suite 3A, Level 3, 3027 The Boulevard Carrara 4211	0427 094 280	Early Childhood Early Intervention (ECEI) can offer a range of supports for families with a child aged 0-6 years who has either a disability or a developmental delay.
Wesley Mission		208 Hightfield Drive Robina 4228	1300 865 307	<ul style="list-style-type: none"> Programs for children and families Programs for teenagers and young adults Suicide prevention Counselling Disability support Residential aged care Retirement living Community housing Home care Education and employment
Work Ways Employment		2/19 Fifth Avenue Palm Beach 4221	1800 631 196	Workways delivers a range of Federal and State funded programs including Jobactive, Work for the Dole, Disability Employment Services, Transition to Work, Jobs Victoria, ParentsNext, Springboard, Smart, Skilled & Hired, the Gippsland Engaged Mentoring Program, and Environmental Programs.
YHES House		161 Scarborough Street Southport 4215	07 5528 5333	<p>YHES house is a safe community hub for young people (12-25) that provides a non-judgemental space where young people are welcomed, listened to, and respected.</p> <p>Homeless or at risk of becoming homeless</p> <p>Drop in centre</p> <p>Access to AOD health professional</p> <p>Centrlink Outreach</p> <p>Young Parents Program</p> <p>Issues with drugs and alcohol</p> <p>Questions about sex and sexuality</p> <p>Are pregnant and need support</p> <p>Health advice</p> <p>Safe place to have a shower, do some laundry and use the internet</p> <p>Referral and advocacy</p>
Young Parents Program		YHES House, 161 Scarborough Street Southport 4215	07 5528 5333	The program is for young parents aged 12 - 25 years including childbirth education and support
Youth Affairs Network QLD	No	30 Thomas Street West End 4101	07 3844 7713	Provides an interactive and supportive environment for young people - no direct services to young people
Youth Connect		Lynne Richardson Community Centre, 2A Gidgee Court Molendinar 4214	07 5679 5772	Information dissemination, research, reports to peak bodies - no direct services to young people
Youth Early Psychosis Program (HYEPP)				Workshops and youth specific programs also available
Youth Early Psychosis Program (HYEPP)		HeadSpace Southport	07 5509 5900	The HeadSpace Youth Early Psychosis Program (HYEPP) is an integrated and holistic service for young people experiencing early psychosis or at risk of developing psychosis, and their families.
Youth Flourish Outdoors		50 Cavill Avenue Surfers Paradise 4217	1300 803 710	This program supports young people experiencing, or at risk of developing psychosis.
Youth Point Connect		376 Oxley Drive Runaway Bay 4216	07 5537 5113	Trauma informed adventure programs for young people.
Youth with a Mission (YWAM)	No	78 Hillview Parade Asmore 4214	07 5597 0169	Tuesday and Thursday 16:00 to 18:00 activities for youth (12 to 18)
				Mission placements

Domestic Violence and Relationship Services

Service name	NDIS	Address	Contact	Assistance
Life Supports Counselling		Shop 101, 14 Bruce Ave Paradise Point 4216 2/18 Park Avenue Burleigh Heads 4220 31 Crombie Avenue Bundall 4217 8/2 Como Crescent Southport 4215 Level 2, 66 Marine Parade Southport 4215	1300 735 030	Monday to Friday 8am to 8pm Adolescent Counselling Anger Management Anxiety and Depression Child Counselling Drug and Alcohol Counselling Family Counselling General Counselling Grief Counselling Marriage and Relationships Parenting Counselling Sexual Abuse Counselling Sexuality Counselling
Lifeline			13 11 14	24/7 Crisis telephone, text or online - anyone experiencing personal crisis or thinking about suicide can contact Lifeline. Regardless of age, gender, ethnicity, religion or sexual orientation our trained volunteers are ready to listen, provide support and referrals Substance abuse and addiction
Lives Lived Well		191 West Burleigh Road Burleigh Heads	07 5508 0950	Lives Lived Well provides support for people in Queensland and New South Wales communities who are being impacted by alcohol or drugs or problems with mental health. Family support Indigenous programs Trauma counselling Relationship and family therapy Counselling for child and young people General health services
Living Well		livingwell.org.au		Online support for male survivors of sexual assault
Mensline Australia		1300 789 978		Relationships Dads and fathers Mental Health General Wellbeing Counselling
Mental Health and Family Wellbeing (Anglicare)		5 Olive St Southport 4215	1300 610 610	Marriage and Relationships Mental health and wellbeing Family wellbeing Parenting and post-separation (AODS, Mental Health) Counselling and emotional support.
New Life Care		4 Greenwich Court Robina 4226	07 5593 3262	Provides counselling and support to people in the community who may be experiencing either discomfort in their personal life or their relationship with others. Areas include: Anger management; Abuse (Physical, psychological and sexual); Anxiety; Child and teenage management; Depression; Divorce and separation; Family conflict; Financial Counselling; Gambling; Gender issues; Grief and loss; Guilt; Relationship issues; Role issues; Self esteem; and Stress management.
Parentline			1300 301 300	Support, counselling and education for parents
ReachOut		https://au.reachout.com/		ReachOut is Australia's leading online mental health organisation for young people and their parents. They offer practical support, tools and tips to help young people get through anything from everyday issues to tough times. Also provides information for parents.
Relationships Australia Queensland			1300 364 277	Support groups and counselling on relationships, and for abusive and abused partners Support groups and counselling for Aboriginal and Torres Strait Islander Peoples Support groups and counselling for culture, community and religion Support groups and counselling for gambling
Sexual Assault Helpline			1800 010 120	7:30 to 23:30, 7 days per week
Treehouse Parenting Program		12/89-99 West Burleigh Road Burleigh Heads 4220	1800 172 07 07 5520 7900	This group program engages parents who experience substance use and mental health concerns in a non-judgemental and supportive manner
Trinity Family Support Network		186 Robina Town Centre Drive Robina 4226	07 5575 7241	Trinity Family Support Network provides a variety of services that support children and families in the local community. Information, advice and referral to health services, childcare, support groups etc.
Victims Assist Queensland			1300 546 587	Financial assistance for counselling for victims of crime and sexual abuse/assault

Domestic Violence and Relationship Services			
Service name	NDIS	Address	Assistance
1800 RESPECT			Contact 1800 737 732 (1800 RESPECT) 1800 019 123
Aboriginal Family Domestic Violence Hotline			A national service providing crisis and trauma counselling to people affected by sexual assault, domestic violence or family violence
Access Domestic Violence Service (99 steps)			Victims Services has a dedicated contact line for Aboriginal victims of crime who would like information on victims rights, how to access counselling and financial assistance
Act for Kids		21 Tailbudgera Creek Road West Burleigh	Provides domestic violence counselling to culturally and linguistically diverse adults and families affected by domestic and family violence.
Adults Surviving Child Abuse			Provides free counselling, psychoeducation, protective behaviours and support services to children and families who have experienced, or are at risk of child abuse and neglect
Benevolent Society		2 Griffith Street Coolangatta 4225 57 Billington Street Labrador 4213 Old Coach Road Upper Coomera 4209 40 Martin Street Nerang 4211	1300 657 380 1800 236 762
Bravehearts			Telephone counselling for survivors and child protection advocacy
Centacare Family and Relationship Service		50 Fairway Drive, Clear Island Waters 4226	1800 272 831 1300 236 822
Churches of Christ Southport		1 Griffith Way Southport 4215	07 5539 1249 07 5527 7211
DfV Specialist Homelessness Mobile Support Service			Family dispute resolution, domestic and family violence support Counselling and psychology (bulk billed with mental health care plans) Provides free confidential practical and emotional support to women and children experiencing domestic and family violence through outreach services.
Domestic Violence Connect			1800 811 811 24 hr helpline
Domestic Violence Prevention Centre		Southport	07 5532 9000
Domestic Violence Regional Service Gold Coast			07 5532 9000
DV Taskforce			07 5570 7921
DVConnect Mensline			1800 600 636
DVConnect Womensline			1800 811 811
Family Relationships Advice Line		207 Currumburra Road Ashmore 4214	1800 050 321 1300 132 411
GC Community Legal Service Outreach		Palm Beach Neighbourhood Centre	QLD police officers especially for DV issues Provides support to men affected by domestic violence, 9am to midnight daily
Gold Coast CALD Domestic and FV Support Service			Provides confidential advice and counselling as well as referral to crisis accommodation for women and children escaping domestic and family violence. 24 hours a day, does not appear on your phone bill
Gold Coast Centre Against Sexual Violence		179-181 Scarborough Street Southport 4215	07 5571 0381
Gold Coast Community Legal Service		34 Railway Street Southport 4215	07 5591 1164
Legal Aid Queensland		2/7 Bay Street Southport 4215	07 5532 9611 07 3496 7100
			We are a feminist, not for profit, charitable organisation operating on the Gold Coast in South East Queensland Australia. We are a specialist sexual violence intervention and prevention agency. We provide free counselling, advocacy, information and practical support through related legal processes. Gold Coast Community Legal Service does not undertake court representation, however can provide advice about legal rights/legal avenues that may be open to you Legal Aid Queensland gives legal help to financially disadvantaged Queenslanders about criminal, family and civil law matters. Provides legal advice as well as court based support at the Brisbane Magistrates Court for domestic violence matters.

Food Services

Service name	NDIS	Address	Hours	Contact	Assistance
Uniting Church Mudgeeraba		89 Franklin Drive Mudgeeraba 4218		07 5530 7298	Monday to Friday 9:00 to 16:00 free food for those in the Mudgeeraba area Social groups, op shop
Vibe Community Pantry		Shop 10, Eighth Avenue Palm Beach	Monday 13:00 to 16:00 Wednesday 13:00 to 16:00 Thursday 13:00 to 16:00	07 5536 7575	Low Cost Grocery store - Health Care Card required Drug and alcohol rehabilitation - live-in program. Call for appointment/assessment and costs
Vibe Community Pantry		3 Bayl Street Tweed Heads 2486	Monday 9:00 to 11:00 Tuesday 9:00 to 1:00 Thursday 9:00 to 12:00 Friday 9:00 to 11:00	07 5536 7575	Low Cost Grocery store - Health Care Card required Drug and alcohol rehabilitation - live-in program. Call for appointment/assessment and costs

Hospital Services				Assistance
Service Name	Medicare	Address	Contact	
Curumbin Clinic		37 Billinga Street Curumbin 4223	07 5534 4944	Day program and inpatient service
Gold Coast Private Hospital	No	14 Hill Street Southport 4215	07 5530 0300	Emergency department 24/7
Gold Coast University Hospital (GCUH)	Yes	1 Hospital Boulevard Southport QLD 4215	1300 744 284	Public hospital Emergency department 24/7 with Gold Coast Mental Health Emergency Psychiatry Services (EPS)
Helensvale Community Health Centre	Yes	105 Lindfield Road Helensvale 4212	07 5580 7800	Aged Care Assessment Team (ACAT) Diabetes and Resource Centre Rehabilitation Services Renal Medicine
John Flynn Private Hospital Palm Beach Community Health Centre	No Yes	Inland Drive Tugun 4224	07 5598 9000 1300 744 284	Emergency department 24/7, allied health Aboriginal and Torres Strait Islander Health Aged Care Assessment Team (ACAT) Alcohol and Other Drugs Services (AODS) Community Child Health Diabetes and Resource Centre Oral Health Services Rehabilitation Services Sexual Health
Pindara Private Hospital Robina Health Precinct	No Yes	Allchurch Avenue Benowa 4217 2 Campus Crescent Robina 4226	07 5588 9888 1300 744 284	Emergency department 24/7, allied health Allied Health Child and Youth Mental Health (CYMHS) Aged Care Assessment Team (ACAT) Eating Disorder Programme
Robina Public Hospital	Yes	2 Bayberry Lane Robina QLD 4226	07 5668 6000	Public hospital
Southport Health Precinct	Yes	16-30 High Street Southport 4215	1300 744 284	Emergency department 24/7 with Gold Coast Mental Health Emergency Psychiatry Services (EPS) Mental Health Acute Care Team - 8:00 - 4:30pm Monday to Friday Alcohol and Other Drugs Services (AODS) Child and Youth Mental Health (CYMHS) Community Child Health Consumer and Carer Program EVOIVE Therapeutic Services Mobile Intensive Rehabilitation Team (MIRT) Needle and Syringe Program Neurodevelopment Exposure Disorder Service Oral Health Services Renal Medicine Sexual Health
Varsity Lakes Day Hospital	Yes	2 Lake Street Varsity Lakes 4226	07 5619 0600	Outpatient hospital services

Employment Services

Service Name	NDIS	Address	Contact	Specialisation
APM Employment Services		Southport Central Tower 3 Level 11, 9 Lawson Street Southport 4215 Suite 1 15-17 Station Street Nerang 4211 Shop 5011A Robina Town Centre Drive Robina 4226 Shop 7 2 Eighth Avenue Palm Beach 4221	1800 276 276 07 5532 3605	Employment services Support for employers
Artlus Employment Services			07 5537 7944	Assisting people 14-65 years with injury, illness, health condition, mental health or disability to find, or return or stay at work.
Busy at Work		6/45 Nind Street Southport 4215	13 28 79	Employment and apprenticeship service
Busy at Work - Busy Beat		3/23 Nind Street Southport 4215	07 5528 3816	Provides 8 week program for young people 17-19 years disengaged from school to assist with work/study readiness. Community hub also provides free job seeking assistance (via booking or drop-in).
EPIC Assist		Level 1, Suite 8, Jandream Plaza, 23 Nind Street Southport 4215 1172-1174 Gold Coast Highway Palm Beach 4221 Unit 3, 23 Cotton Street Nerang Unit 7, 62 Siganto Drive Helensvale Unit 14 Pacific Square, 2532-2540 Gold Coast Highway Mermaid Beach	133 742 (13 EPIC)	EPIC Assist provides a personalised service to help people with disability find and keep a job they love and supports employers.
Gen Z Employment		2474 Gold Coast Hwy Mermaid Beach 4218	07 5655 1880	Employment service for young people (15 to 21 year old) Groups: Connect (games), iWork (job ready), iActive (outdoor activities)
Job Centre Ltd		Shop 101/137 Laver Drive Robina 4226 6 Park Lane Southport 4215	07 5575 7063 07 5571 1933	Employment Support Service
MAX Employment		17 Rawlins Street Southport 4215 39 Price Street Nerang 4211 Shop 20, Christine Corner 221 Christine Avenue Varsity Lakes 4227 4/19 John Overall Drive Helensvale 4212 Suite 3, 1051 Gold Coast Highway Palm Beach 4221 87 Griffith Street Coolangatta 4225	07 5582 4400	Disability Management Service
Momentum Collective		Level 1 Suite 5, 91 Griffith Street Coolangatta 4225	1300 900 091 07 5536 9851	Women and children's refuge Homeless and people at risk of homelessness Education and employment services Outreach mental health service Allied Health Support Children and youth programs
Mystones		1045 Gold Coast Hwy Palm Beach 4221 34 High Street Southport 4215	07 5571 0013	Disability Management Service / Employment Support Service
Personal Helpers and Mentors (PHalms) Employment			1300 001 907	Personal Helpers & Mentors Employment Service provides direct, personalised outreach support to assist people whose ability to find and keep a job is impacted by ill mental health
Sarina Russo Group Employment Services		23-29 Price Street Nerang 4211 149 West Burleigh Road Burleigh Waters 4220 Level 5, HQ Building, 51/58 Riverwalk Avenue Robina 4226 Lower Ground, 9 Bay Street Southport 4215	13 15 59 07 3001 8010	Education, training and recruitment
Wesley Mission		208 Highfield Drive Robina 4226	1300 865 307	Programs for children and families Programs for teenagers and young adults Suicide prevention Counselling Disability support Residential aged care Retirement living Community housing Home care Education and employment
Women's Infolink			1800 177 577	A free information and referral service on issues affecting women's wellbeing across a broad range of topics, including health, employment, legal services and domestic violence
Work Ways Employment		2/19 Fifth Avenue Palm Beach 4221 Suite B 33 Scarborough Street Southport 4215 7/43-45 Price Street Nerang 4211 Shop 3/70 42 Scotsdale Drive Robina 4226	1800 631 196	Workways delivers a range of Federal and State funded programs including jobactive, Work for the Dole, Disability Employment Services, Transition to Work, Jobs Victoria, ParentNext, Springboard, Smart, Skilled & Hired, the Gippsland Engaged Mentoring Program, and Environmental Programs.

Homelessness & Housing Services			
Service Name	NDIS	Address	Contact
Oceana Gold Coast Homeless - Hostel for Men		48 Peel Street South Brisbane 4101 10 Blackwood Street Townsville 4810 206 James Street, Toowoomba 4350	07 3028 4350 07 4729 5370 07 4639 7890
Oceana Gold Coast Homeless Families Crisis Accommodation		3 Finton Street Southport 4215	07 5519 0300
Queensland Disability Housing Coalition		167 Logan Road, Woolloongabba 4102	07 3591 3433
Reconnect - Mission Australia		100 Brisbane Rd Labrador 4215	07 5537 9628
Robina Housing Service Centre (Department of Housing)		19 Robina Town Centre Drive Robina 4226	07 5645 8100 hhsqcae@hpw.qld.gov.au
Salvos Connect		Logan	1300 371 288
St Vincent - Clarahaven		Alexandra Hills	07 5514 5300
St Vincent - CornerStone Homelessness Support Service		11 Hicks Street Southport 4215	07 5552 5400
St Vincent - Crisis accommodation Gold Coast		Beaudesert	07 5514 5300
St Vincent - Families Back on Track (FBOIT)		Arundel	07 5561 4700
St Vincent - Humber Place		Alexandra Hills	07 5514 5300
St Vincent - Transitional Housing		Coopers Plains, Acacia Ridge, Crestmead, Logan Central, Kingston and Sunnybank	07 5514 5300
St. Josephs youth service		15-17 Frances Street Tweed Heads 2485	07 5569 1800
Surfers Paradise Anglican Crisis Care		36 Hamilton Avenue Surfers Paradise 4217	07 5531 6013
St. John's Crisis Centre			
The Salvation Army Skill Waters Transformations Program Australia		Southport 4215	07 5591 1775
Villa Matera		2 Monaco Street Surfers Paradise 4217	07 5592 3677
Wesley Mission		Southport 4215	Sean 07 5564 0879
Wesley Mission - STARH Program		208 Highfield Drive Robina 4226	1300 865 307
White Street Lodge		26 White Street Southport 4215	07 5527 0157
YHES House		161 Scarborough Street Southport 4215	07 5528 5333

Assistance

Temporary accommodation for homeless men. \$22 per day including meals

Supported accommodation for families with children. Call daily for vacancies and further information

Provides information on housing options for people with a disability

Mission Australia's Reconnect is a federally funded and community-based program supporting young people between 12 - 18 who are experiencing homelessness, or are at risk of becoming homeless.

Social & Community Housing, Rent Connect

Financial crisis and require financial or material assistance

Community housing complex that provides safe, secure and affordable accommodation to people who are homeless or at risk of homelessness or who have a permanent disability.

Supported short term accommodation or tenancy assistance, advocacy and referrals to those marginalised, at risk of homelessness or homeless.

Access to accommodation (including crisis)

Employment services

Mental health support

Referrals to drug and alcohol services

Budgeting

The Society has two houses within the Gold Coast region and surrounds that provide a safe, secure and affordable crisis accommodation to families who are homeless or at risk of homelessness.

Transitional housing program which consists of 27 units (including 2 disability units) to actively combat homelessness in the South East Queensland area

Humber Place is a four bedroom house that provides safe, secure and affordable supported accommodation for people who have a disability. The program can accommodate three single persons with an onsite Support Worker who assists residents to live independently.

The Society has 17 houses within the Gold Coast region and surrounds which are provided as safe, secure and affordable transitional accommodation to families who are homeless or at risk of homelessness.

Youth Accommodation for 16-21yrs for up to 6 months.

Welfare officers mornings 9:00 to 11:30 that help with food and try to source financial aid, they offer lunches for the homeless

Women and Women with children accommodation and support

Transformations is a medium term residential drug and alcohol rehabilitation program for men and women between the age of 18 and 50 years.

Accommodation for men only. They charge \$200- per week, plus \$100 for keys and one off cleaning, furnished room, fridge and shared kitchen/bathrooms

Programs for children and families

Programs for teenagers and young adults

Suicide prevention

Counselling

Disability support

Residential aged care

Retirement living

Community housing

Home care

Education and employment

Works with clients to find and sustain stable housing, build community connections and develop life skills. It is a free voluntary, safe and confidential service that can provide case management planning and support to assist families and individuals in the Gold Coast, Logan, Lockyer Valley, Somerset and Ipswich regions.

YHES House is a safe community hub for young people (12-25) that provides a non-judgemental space where young people are welcomed, listened to, and respected.

Homeless or at risk of becoming homeless

Drop in centre

Access to AOD health professional

Centrelink Outreach

Young Parents Program

Issues with drugs and alcohol

Questions about sex and sexuality

Are pregnant and need support

Health advice

Safe place to have a shower, do some laundry and use the internet

Referral and advocacy

Homelessness & Housing Services			
Service Name	NDIS	Address	Assistance
Agape Outreach		8/6 Enterprise Avenue Tweed Heads South 2486	
Costa Doro		Southport 4215	0414 699 670 Luke 07 5528 1957
Gold Coast Family Connect - Mission Australia		100 Brisbane Rd Labrador 4215	07 5537 9628
Gold Coast Homelessness - Blair Athol		93 Golden Four Drive Bilinga 4225	07 5579 6090
Gold Coast Homelessness - Bryant Place		106 Frank St Labrador 4215	07 5579 6060
Gold Coast Homelessness Hub		93 Golden Four Drive Bilinga 4225	07 5579 6060
Gold Coast Project for Homeless Youth		Confidential address - Southport 4215	07 5591 3746
Gold Coast Project for Homeless Youth - Bannister House		Confidential address - Southport 4215	07 5591 3492
Gold Coast Project for Homeless Youth - Jessica Dunne House		Confidential address - Arundel 4214	07 5574 6659 0434 488 199
Gold Coast Project for Homeless Youth - Lawson House		Confidential address - Southport 4215	07 5564 8360
Homeless Health Outreach Team (HHOT)			1300 744 284
Homeless Hotline			1800 474 753
Horizon Housing		Suite 101, Level 1, Campus Alpha 2 Investigator Drive Robina 4226	1300 133 027 hth@horizonhousing.com.au
Iona House			07 4775 9100 07 4773 6202 1800 935 483
Life Without Barriers			
Lives Lived Well		191 West Burleigh Road Burleigh Heads	07 5508 0950
Momentum Collective		Level 1 Suite 5, 91 Griffith Street Coolangatta 4225	1300 900 091 07 5536 9851
Orange Sky Laundry		Weekly on Monday - St John's - 36 Hamilton Avenue Surrus Paradise - 10:00 to 12:30 Weekly on Monday - Walk with us - Park Avenue Burleigh Heads - 17:30 to 19:30 Weekly on Tuesday - Havatred - 2439 Gold Coast Hwy Mermaid Beach - 6:00 to 8:00 Weekly on Tuesday - Urthing Care - 93 Golden Four Drive Bilinga - 10:00 to 12:00 Weekly on Tuesday - Goodwin Park Jarvis Lane Coolangatta - 17:00 to 20:00 Weekly on Wednesday - St John's - 36 Hamilton Avenue Surrus Paradise 4217 - 10:00 to 12:00 Weekly on Wednesday - Bischof Pioneer Park - 36 Nerang Street Nerang - 18:00 to 20:00 Weekly on Thursday - Havatred - 2439 Gold Coast Hwy Mermaid Beach - 6:00 to 8:00 Weekly on Thursday - Set Free - 21 Rawlings Street Southport - 10:00 to 13:00 Weekly on Friday - Set Free - 21 Rawlings Street Southport - 9:30 to 12:00 Weekly on Sunday - Encounter Church - 105 Musgrave Avenue Musgrave Hill - 7:30 to 9:30	Women and children's refuge Homeless and people at risk of homelessness Education and employment services Outreach mental health service Allied Health Support Children and youth programs Laundry service

Daily Living Assistance			Assistance	
Service Name	NDIS	Address	Contact	
Aidacare		1-2, 48 Olympic Circuit Southport 4215	07 5532 6070 1300 216 898	Provides equipment and products for personal use
Benevolent Society		2 Griffith Street Coolangatta 4225 57 Billington Street Labrador 4213 Old Coach Road Upper Coomera 4209 40 Martin Street Nerang 4211	1800 236 762	Aged Care Support for Carers Daily assistance Respite Family and Parenting Mental Health support Foster Care Early Childhood
Carers Link	Yes		07 3901 1165 Info@carerslink.com.au	Support for people with a disability, older people and carers In home personal care Aged care Disability support Camps and social programs Memory support program Street Teams volunteers to help around the house every 2nd and 4th Saturday
Gold Coast North Anglican Church			5560 5814 0411 198 919	Street Teams volunteers to help around the house every 2nd and 4th Saturday
Help at Home		220-221 Highfield Drive Robina 4226	1300 610 610	Anglicare Southern Queensland, we provide a range of services to help you live in your own place on your own terms. Our professional and respectful carers are here to support you to live independently with the confidence to do the things you love
Just Better Care		220 Varsity Parade Varsity Lakes 4227	07 5577 3600	Just Better Care provides in-home aged care and disability support services, supporting people to live independently at home and within their community.
Ozcare			1800 692 273	If you find it difficult to complete everyday household chores because of a disability or health condition, we can help with a number of general housework services, such as: cleaning, ironing, dishwashing, shopping, clothes washing, other household tasks
Wesley Mission		208 Highfield Drive Robina 4226	1300 865 307	Programs for children and families Programs for teenagers and young adults Suicide prevention Counselling Disability support Residential aged care Retirement living Community housing Home care Education and employment
Queensland Community Support Scheme (QCSS)			1800 600 300 QCSSaccesspoint@ozcare.org.au	scheme that provides supports to people who, with a small amount of assistance, can maintain or regain their independence, continue living safely in their homes, and actively participate in their communities.

General Health				
Service Name	NDIS	Address	Contact Assistance	
13 HEALTH Angicare - Better Health With Self Management (BHWSM)		5 Olive Street Southport	13 43 25 84 (13 HEALTH) 07 5556 6707	24 hour medical assessment, Referrals, Advice and Hospital and community health centre contact details Angicare Gold Coast is facilitating this free program to assist people to better manage living with a long-term health condition. Through self-referral or a general practitioner referral, you can become a participant in this six week course and enrol in sessions, each conducted over two and a half hours. Courses commence monthly. Once you have completed the course you will be contacted by our telephone coaching service for ongoing support
Chronic Disease Wellness Program		Helensvale Community Centre Robina Health Precinct	1300 668 936	Programs for people with complex needs related to a diagnosis of: Heart Failure Chronic Obstructive Pulmonary Disease (COPD) Chronic Kidney Disease (CKD) Type 2 Diabetes or Pre Diabetes
Diabetes and Resource Centre		Gold Coast University Hospital Robina Hospital Helensvale Community Centre Palm Beach Community Centre	1300 744 284	The Diabetes Centre is a multidisciplinary area servicing both inpatients and outpatients. The staff is comprised of Diabetes Educators, Dietician, Podiatrist and Administrative Officers
Diabetes Queensland	Yes	29 Finchley Street Milton 4064	1800 177 055	Provides education, advice, ongoing support and advocacy to Queenslanders living with diabetes, and those at risk
Diabetes Queensland (DESMOND)			1300 136 588 events@diabetesqld.org.au	6 hour program providing people with type 2 diabetes practical skills for managing their condition. The program recognises that there is no 'one size fits all' approach to diabetes management. It is intended to provide a welcoming and non-judgmental space where people living with type 2 diabetes can plan how to manage their condition
Eating Disorder Programme		2 Campus Crescent Robina 4226	07 5635 9200	Interventions for children and adults with eating disorders
Eating Disorders Program		207 Currumburra Road Ashmore 4214	07 5667 2000	Private inpatient program for the treatment for eating disorders that help patients manage their food intake in a healthy way
Eating Disorders Program New Farm			07 3254 9100 1800 172 041	Gold Coast Women's Health can offer the best possible advice and guidance on conception, antenatal care and contraception. Our team of female doctors will be with you every step of the way.
Family Planning QLD (Gold Coast Womens Health)		2681 Gold Coast Hwy Broadbeach 4218	07 5539 9344	Treatment and testing of sexually transmissible infections, HIV rapid testing & management, sexual health screening, screening programs, counselling, vaccinations, information & advice
Gold Coast Sexual Health	No	Southport Health Precinct Palm Beach Community Health Centre 191 West Burleigh Road Burleigh Heads	07 5687 9200 07 5687 9212 07 5508 0950	Lives Lived Well provides support for people in Queensland and New South Wales communities who are being impacted by alcohol or drugs or problems with mental health. Family support Indigenous programs Trauma counselling Relationship and family therapy Counselling for child and young people General health services Transitional housing
Lives Lived Well				
National Hepatitis Information Line			1300 437 222	For people living in Australia and have questions or concerns regarding viral hepatitis
Persistent Pain Program		Suite 4A, Level 2, 15 Lake Street Varsity Lakes 4227	0412 327 795	For people living with persistent pain, the 'Turning Pain into Gain' Persistent Pain Program funded by Gold Coast Primary Health Network, continues to make a significant difference to the lives of those suffering from pain. PHN funded
Robina 7 Day Doctors and Acupuncture		2 Waterfront Place Robina 4226	07 5580 8070	Bulk Bill Doctor Appointments and Acupuncture (up to 12 sessions per body part per year), Mon to Fri 6:30 to 18:00 Sat & Sun 7:30 to 16:00
Sexual Assault Helpline			1800 010 120	7:30 to 23:30, 7 days per week
Spectacle Supply Scheme			07 3136 3636	Those with a healthcare card, pension card, DVA card or seniors card may be eligible for spectacles every two years

Groups

Service Name	NDIS	Address	Contact	Assistance
Youth Connect		Lyne Richardson Community Centre, 2A Gidgee Court Molendinar 4214	07 5679 5772	Provides an interactive and supportive environment for young people 10-18 years to engage in a range of recreation and leisure options. Workshops and youth specific programs also available.
Youth Flourish Outdoors		50 Cavill Avenue Surfers Paradise 4217	1300 803 710	Trauma informed adventure programs for young people.

Service name			Address			Contact			Assistance Provided		
ARAFMI						1300 554 660			24 hour support for Psychosocial Disability & Mental Health Carers		
Benevolent Society			2 Griffith Street Coolangbatta 4225 57 Billington Street Labrador 4213 Old Coach Road Upper Coomera 4209 40 Martin Street Nerang 4211			1800 236 762			Aged Care Support for Carers Daily assistance Respite Family and Parenting Mental Health support Foster Care Early Childhood		
Carer Gateway						1800 422 737			Carer Gateway includes a website and phone service for carers to access practical information and support. Monday to Friday 8am to 6pm		
Carers Australia		No	Phone support only			1800 242 636			Short-term counselling and emotional and psychological support services for carers and their families in each state and territory		
Carers Link		Yes				07 3901 1165 info@carerslink.com.au			Support for people with a disability, older people and carers in home personal care Aged care Disability support Camps and social programs Memory support program		
Carers Queensland			1/24 Cotton Street Nerang 4211			1800 242 636			Support groups and services, counselling (one-on-one, phone) advocacy, information, programs, retreats and social clubs Counselling Cultural and linguistic diversity (CALD) Disability support Empower care Guardianship and advocacy Information and advisory service Mental Health No interest loans scheme Support groups Young Carers		
Commonwealth Respite and Carelink Centre		No	Phone for further information			1800 052 222 After hours 1800 059 059			Support and maintenance of caring relationships by facilitating access to information, respite care and other support appropriate to carers' needs and circumstances, and the needs of the people they care for		
Consumer and Carer Program			Robina Health Precinct, Southport Health Precinct			1300 744 284					
Family and Carer Education Support (FACES)						1300 001 907			Carers Family And Carer Education & Support (FACES) service includes a variety of individual and group programs tailored to meet the family and carer's particular need		
MyTime			Varsity Lakes Mudgeeraba Currumbin Tweed Heads Coomera			1800 171 862			Support and support groups for parents of children with disabilities (up to 16). Groups aren't diagnosis specific, and you can come even while going through the diagnosis process. You can even bring along children below school age.		
PFLAG (Parents Family and Friends of Lesbian & Gay)						02 9294 1002 0400 767 832			PFLAG is a peer support group that assist families and friends understand their LGBTQI+ loved ones.		
Raising grandchildren						1300 135 500			Time for Grandparents program - activities and camps for children Support groups		
Same Australia						1800 187 263			Information about mental illness, treatments, where to go for support and help carers		
Seniors Enquiry Line		No	Phone support only			1300 135 500			Seniors Enquiry Line is a statewide information and referral service for Queensland seniors, families, friends, grandparents and carer Social activities Household assistance Retirement accommodation Financial and legal matters Health Education Transport		
Suicide Call Back Service						1300 659 467			Provides free 24/7 counselling for suicide prevention & mental health via telephone, online & video for anyone affected by suicidal thoughts or supporting someone who is		
Young Carers project		No	Phone support			1800 200 422			Educate the community about the existence and needs of young carers and motivate the community to action		
Young Carers Respite and Information Services		Yes				1800 052 222			YCRISP provides one-off assistance to students with a significant caring role who need support to complete their secondary education or vocational equivalent due to the demands of their caring role		

Service Name	NDIS	Address	Groups	Contact	Assistance
ADAPT Alcohol Drug Acceptance Prevention Therapy		Palm Beach Community Health Centre Southport Health Precinct		07 5667 9119	ADAPT is an eleven session (8 weekly then 3 spaced follow ups) closed group therapy program for people who currently have or recently had a mental health diagnosis and also have or have had a drug and/or alcohol concern
Agape Outreach		8/6 Enterprise Avenue Tweed Heads South 2466		0414 693 670	Clothing, food hampers, drop in hubs, workshops (haircuts, cooking, relationships), laundry, shower
BUMP Young Mothers Group		Headspaces Southport		0459 717 310	Program for young pregnant and parenting girls aged between 19 and 23. It is a fun way for the girls to meet other young mums, as well as have some much needed 'me' time. Bump includes fortnightly mentoring with an experienced mum as a mentor, and fortnightly workshops at various locations on different days. Bump graduates receive a TAFE Certificate I in Access to Work and Training.
CS Church Coomera		25 Dreamworld Parkway Coomera 4209		07 5580 1100	Friday night - Grade 5 to 12 - Activities, music, chill out zone, live band
Carens Link	Yes			07 3901 1165 info@carenslink.com.au	Support for people with a disability, older people and carers In home personal care Aged care Disability support Camps and social programs Mentory support program
Chronic Disease Wellness Program		Helenysvale Community Centre Robina Health Precinct		1300 666 936	Programs for people with complex needs related to a diagnosis of: Heart Failure Chronic Obstructive Pulmonary Disease (COPD) Chronic Kidney Disease (CKD) Type 2 Diabetes or Pre Diabetes
Co.As.It		34 Thomas Drive Chevron Island 4217 Palm Beach Neighbourhood Centre		07 5527 6481 07 5598 1505	CALD services - social activities, community support Palm Beach Neighbourhood Centre supports our multicultural community members on the Southern Gold Coast
Community Resilience Program				07 5575 3456 0422 508 533	Complete Men's charter is that of a non profit community organisation, with a mission of supporting and inspiring men. Our programs are evidence-based and delivered under supervision by qualified facilitators
Complete Men					Advances the rights and equity of women, families and communities in Australia through advocacy and empowerment
Country Womens Association		43 Ventura Street Marmalade Beach 169 Griffin Street Coolangatta 181 Maudsland Road Coomera Chr Young and Garden Streets Southport Gill Guide Hall Ferry Street Nerang		07 5679 3972 07 3026 1219 0456 625 776 0412 173 459 07 5531 3225	
Daft in Distress		Palm Beach Neighbourhood Centre		Ben 0427 988 418	Tuesday 18:00 to 19:00
Day to Day Living Program (NSW)		34 Cunningham Street South Tweed Heads 2489 Nerang PCYC		07 5524 6927 07 5578 2227	Deep Blue Line is a police mentoring program which aims at enhancing young people's positive sense of self, boost self-esteem, provide a variety of positive life experiences, encourage goal setting behaviours and expose participants to healthy role models.
Deep Blue Line PCYC Nerang					Talks, Group Sessions and Individual Mentoring Interventions for children and adults with eating disorders
Disabling Anxiety and Depression with Marie Brunger		www.mariebrunger.com 2 Campus Crescent Robina 4226		0414 183 566 0456 625 776	Longest running Lesbian Woman's social club in the GC
Eating Disorder Programme		207 Currumburra Road Ashmore 4214 info@feathersgc.com		07 5667 2000	Basic boxing/fitness techniques and development of positive social skills and behaviour, recognition of emotions and awareness of choices
Eating Disorders Program		Unit 12 44a Currumbin Creek Road Currumbin Waters 4223		0450 701 973	Monday 19:00 to 21:00
Feathers Women's Social Club - GC					Large variety of free and low cost sport, recreation and fitness activities on the Gold Coast
Flight 4 Youth		Palm Beach Neighbourhood Centre		Keith 0412 767 510	Employment service with groups for young people (15 to 21 year old - iConnect (games), iWork (job ready), iActive (outdoor activities))
Gambler's Anonymous				http://www.wmg.org.au/services/youth-and-family-support/youth-hubs/gold-coast-youth-hubs	Afternoon and evening youth (12 to 18yrs) drop in hubs with classes such as Social groups Cooking classes Homework help Resume guidance Written driving test support
GCCC Active & Healthy		2474 Gold Coast Hwy Marmalade Beach 4218		07 5655 1880	School Holiday Programs also available
Gen Z Employment				0408 734 061	Mental health be-friending - linked with a friend to go on outings ie to the beach or for a coffee
Gold Coast Youth Hubs - Wesley Mission		Thrower House, Salk Oval Thrower Drive Palm Beach 90 Reserve Road Upper Coomera 379 Oakley Drive, Runaway Bay Coomera Youth 133 Finsgan Way, Coomera Pacific Pines Community Hub, Pacific Pines Boulevard, Pacific Pines		1300 948 947	The Mankind Project, or MKP for short, is multi faceted creature, a network of autonomous men's groups, communities and training centres situated in many locations across this vast land of Australia.
Group 61				07 3621 4362	Facilitated men's groups offering programs on life skills and giving men opportunities to gain new perspectives.
Mankind Project Australia				0401 237 901	Open men's group the last Monday of every month 18:45 to 21:30
Mart's Health and Wellbeing Association		The Hub, 24, 34 Talibudgera Creek Road, Burleigh Heads			Members of Mart's Sheds come from all walks of life – the bond that unites them is that they are men with time on their hands and would like something meaningful to do with that time.
Mart's Shed		Burleigh Heads Laborator Oxenford		1300 789 978	Relationships Dads and fathers Mental Health General Wellbeing Counselling
Mensline Australia					

Service Name	NDIS	Address	Contact	Assistance
Musicians making a difference (MADS)	No	Goldcoast@mrad.org.au	15 Oak Avenue Miami 4220 Helensvale Library and Cultural Centre dara@neimanmail.org.au Maree 0448 959 452 07 5525 8087	Camps, expression sessions, mentoring. MMAD uses the power of music, dance & mentoring to inspire young people to make their lives remarkable. Monday Miami 16:00 to 17:30 - Sound Foundations Music Mentoring Tuesday Helensvale 16:00 to 17:30 - Sound Foundations Music Mentoring Tuesday Helensvale 16:00 to 17:30 - MMAD Moves Dance & Mentoring Program Offers support for those in the community who are lonely, isolated or would like some social involvement. Wednesday 9:00 to 12:00
Newer Alone Friendship Centre Inc		Masonic Hall, First Avenue Burleigh Heads 4220	07 5562 2993	8 week program for those experiencing mild symptoms of depression and anxiety to build confidence. Every Friday from 10:00 to 12:00 Friday 17:15 to 18:15 Counselling Workshops Financial Management & Budgeting
Optimal Health Program		90 Reserve Road Upper Coomera	07 3375 7233	Monday Dance - 12:00 to 15:00 Wednesday Crazy Whist Cards - 9:00 to 12:00 Wednesday Wednesday Dance - 16:00 to 21:30 Thursday Bolivia Cards - 12:30 to 16:30 Thursday Bingo - 19:00 to 22:00 (doors open 17:00, eyes down 19:00) Friday Palm Beach Happy Group - 9:00 to 12:00 Friday Card Making - 9:30 to 11:30 (last Friday of every month) Friday Scrabble/Chess - 12:30 to 15:30 Friday Solo Cards - 13:00 to 16:00 Saturday Indoor Lawn Bowls - 13:00 to 15:00 Sunday Bingo - 13:00 to 15:30 (doors open 11:00, eyes down 13:00)
Over-Eaters Anonymous		Palm Beach Neighbourhood Centre 25 Leo Graham Way Oenford	07 5525 8087	ParentNext helps eligible parents to plan and prepare for employment by the time their children go to Supporting and Working Towards a Brighter Future for Pregnant Women and Families living on the Gold Coast Tuesday 9:00 to 17:00 Wednesday 9:00 to 17:00 Thursday 9:00 to 17:00
Palm Beach Share and Care		31 Tenth Avenue Palm beach	07 5535 6036	Art workshops, life skills development such as tenancy and cooking workshops - The programs supports young people to develop their skills and information base to strengthen their pathways to community resources. The DARE Program promotes health and well-being in a positive, supportive environment that enables substance recovery through solution focused education & peer support
Parentlink Group - Mission Australia		Nerang, Labrador, Palm Beach	1800 888 888	The Rainbow Program is a collection of RAQ service provisions, striving to support the mental health and well-being of people of diverse bodies, genders and sexualities, including lesbian, gay, bisexual, transgender & intersex (LGBTI) people, as well as those questioning their gender identity or sexual orientation. Gold Coast group is held on the second Monday evening of each month, 18:00 to 20:00
Pregnancy and Family Support Association		4/4 Friedrid Street Robina 4226	07 5575 8442	This group program engages parents who experience substance use and mental health concerns in a non-judgemental and supportive manner The Friendship Group Craft group Sunday afternoon sewing
Resource & Development Service (RADS)		Palm Beach Community Health Centre Southport Health Precinct	07 5572 0400 07 5687 9119	Free legal advice - phone for appl Aerobics Mindfulness Meditation Community Martial Arts Yoga Card and Board Games Drama Workshop 40 Plus Fitness Polish Group Card Making and Rubber Stamping Technology Literacy Program Community Walking Group Free English Classes Knitting and Crochet Mahjong Tai Chi Decorative Art Table Tennis Playgroup
The DARE Program		Palm Beach Community Health Centre Southport Health Precinct	07 5687 9119	
Transcendence Social and Emotional Support group		Relationships Australia, Level 1, Robina Super Centre, 86 - 104 Robina Town Centre Drive Robina	1300 364 277	
Treasure Parenting Program		1289-99 West Burleigh Road Burleigh Heads 4220	1800 172 07 07 5520 7900	
Uniting Church Mudgeeraba		89 Franklin Drive Mudgeeraba 4218	07 5530 7298	
Varriety Lakes Community Resource Centre			07 55837006	
Young Carers		1800 242 636		Young Carer is a person under the age of 25 who provides care and support to a family member or friend who has a disability, mental illness, chronic condition, terminal illness or who is frail. The good news is that Young Carers do not have to do the caring alone. Young Carers can offer counselling and resources
Young Parents Program		YHES House, 161 Scarborough Street Southport 4215	07 5526 5333	The program is for young parents aged 12 - 25 years including childbirth education and support

Legal Assistance				
Service Name	NDIS	Address	Contact	Specialisation
Varsity Lakes Community Resource Centre			07 55937006	Free legal advice - phone for appt Aerobics Mindfulness Meditation Community Martial Arts Yoga Card and Board Games Drama Workshop 40 Plus Fitness Polish Group Card Making and Rubber Stamping Technology Literacy Program Community Walking Group Free English Classes Knitting and Crochet Mahjong Tai Chi Decorative Art Table Tennis Playgroup
Women's Infolink			1800 177 577	A free information and referral service on issues affecting women's wellbeing across a broad range of topics, including health, employment, legal services and domestic violence
Women's Legal Service			1800 957 957	Provides legal assistance on a broad range of issues affecting women, such as family law and domestic violence

Legal Assistance				
Service Name	NDIS	Address	Contact	Specialisation
Aboriginal & Torres Strait Islander Legal Service		Level 1, Suite 8, 19 Short Street Southport 4215	1800 012 255	Community Legal Service provides free legal advice, support and counselling to all ATSI people. Legal advice and representation
Crime Stoppers			1800 333 000	Outside business hours contact point when you are concerned a child has been harmed or is at risk of harm
Department of Child Safety			1800 177 135	
GC Community Legal Service Outreach		Palm Beach Neighbourhood Centre		Gold Coast Community Legal Service does not undertake court representation, however can provide advice about legal rights/legal avenues that may be open to you
Gold Coast Centre Against Sexual Violence		179-181 Scarborough Street Southport 4215	07 5591 1164	We are a feminist not for profit, charitable organisation operating on the Gold Coast in South East Queensland Australia. We are a specialist sexual violence intervention and prevention agency. We provide free counselling, advocacy, information and practical support through related legal processes.
Gold Coast Community Legal Service		34 Railway Street Southport 4215	07 5532 9611	Gold Coast Community Legal Service does not undertake court representation, however can provide advice about legal rights/legal avenues that may be open to you
LawRight				Based in Brisbane pro bono legal services re: mental health, outreach, mental health civil, health advocacy, homelessness
Legal Aid Queensland		277 Bay Street Southport 4215	07 3496 7100	Legal Aid Queensland gives legal help to financially disadvantaged Queenslanders about criminal, family and civil law matters. Provides legal advice as well as court based support at the Brisbane Magistrates Court for domestic violence matters.
Nerang Neighbourhood Centre		29 Martin Street Nerang 4211	07 5578 2457	Legal Advice Tuesday Lives Lived Well Outreach for AOD Food Parcels available for \$15. Orders to be placed on Wednesday by family's worker by phone, email or fax. Parcels to be collected on Thursdays from 1:30pm to 4:00pm OR Fridays 8:00am to 10:30am. Please bring your own boxes/bags to carry goods.
Office of the Public Guardian			1800 661 533	Promotes and protects the rights, interests and wellbeing of children and young people in Queensland
Robina Community Legal Centre		GCCC Robina Community Centre 196 Robina Town Centre Drive Robina 4226	0423 466 286 coordinator.robinaclc@gmail.com	Free legal advice from 5:30pm Thursday's (first in)
Seniors Enquiry line	No	Phone support only	1300 135 500	Seniors Enquiry Line is a statewide information and referral service for Queensland seniors, families, friends, grandparents and carer Social activities Household assistance Retirement accommodation Financial and legal matters Health Education Transport
The Public Trustee of Queensland		66 Nerang Street Southport	1300 360 044	The independent trustee for Queenslanders providing security and peace of mind for financial matters

Indigenous Services			Service Name	NDIS	Address	Contact	Assistance
	Aboriginal & Torres Strait Islander Legal Service		Level 1, Suite 8, 19 Short Street Southport 4215	1800 012 255	Community Legal Service provides free legal advice, support and counselling to all ATSI people. Legal advice and representation		
	Aboriginal Family Domestic Violence Hotline			1800 019 123	Victims Services has a dedicated contact line for Aboriginal victims of crime who would like information on victims rights, how to access counselling and financial assistance		
	Black Dog Institute			02 9382 4530	The Black Dog Institute is dedicated to understanding, preventing and treating mental illness. Health professional training Community groups		
	Indigenous Hospital Liaison Officers		Gold Coast University Hospital Robina Hospital	07 5687 3049	Cultural link between health professionals, identified Aboriginal and Torres Strait Islander patients and patient's families		
	Indigenous Psychological Services (IPS)			08 9362 2036 1800 333 497	Workshop to provide non-Indigenous mental health practitioners with the cultural competence required to deliver mental health services within Indigenous frameworks of social and emotional wellbeing Workshops eLearning		
	Kaiwun Health		2020 Gold Coast Highway Miami 2 Leo Graham Way Oxenford 1 Eastern Avenue Billinga	07 5526 1112 07 5514 7100 07 5589 6500	Medical services Dental services Community Health programs Allied Health services Family programs Playgroups Early learning programs Emergency relief Affordable housing		
	Kiah Hostel for Indigenous Patients		35 Allen Street Hamilton 4007	07 3314 8330	Hostel accommodation for Indigenous patients		
	Kirrawee Indigenous Corporation		55-57 Billington Street Labrador 4215	07 5679 3471	A not-for-profit community based organisation providing culturally responsive services to meet the needs of Aboriginal and Torres Strait Islander people		
	Kurunggal A&TSI Corporation for Welfare, Resource & Housing		Shop D10 Eastern Avenue "Airport Central" Coolangatta	07 5536 7911	Community-based support and programs for people with alcohol and other drug issues, people with mental illness and people with disabilities Emergency relief Schooling support services Cultural Awareness Training Referral service		
	Lives Lived Well		191 West Burleigh Road Burleigh Heads	07 5508 0950	Lives Lived Well provides support for people in Queensland and New South Wales communities who are being impacted by alcohol or drugs or problems with mental health. Family support Indigenous programs Trauma counselling Relationship and family therapy Counselling for child and young people General health services Transitional housing		
	National Aboriginal Community Controlled Health Organisation (NACCHO) Relationships Australia Queensland			1300 364 277	Support groups and counselling on relationships, and for abusive and abused partners Support groups and counselling for Aboriginal and Torres Strait Islander Peoples Support groups and counselling for gambling		
	The Smith Family			1800 024 069	Children sponsored to get through schooling Literacy, numeracy and mentoring programs ATSI programs		

Financial Services				Assistance
Service name	NDIS	Address	Contact	
AnglicareSQ		5 Olive Street Southport 4215	1300 114 397	Emergency Relief funding for Gold Coast residents. Appointments necessary via Intake Team. Mon-Fri 9:00am to 5:00pm
CAP Financial Counselling		YHES House 161 Scarborough Street Southport 4215	1300 227 000 07 5528 5333	Budgeting courses Thursday 10:00 to 13:00
Centrelink Outreach		RFQ Palm Beach	SOLD.CEOTEAM@humanservices.gov.au	Tuesday 9:30 to 11:30
Centrelink Outreach		RFQ Southport	SOLD.CEOTEAM@humanservices.gov.au	Friday 9:00 to 12:00
Christians Against Poverty			1300 227 000	Free debt counselling
Gold Coast Step Up Loan Program			07 5514 5306	Step Up Loan (up to \$3000) low interest personal loan. Mon, Wed and Thurs only.
National Debt Helpline			1800 007 007	Free and confidential advice from professional financial counsellors. can do appt on phone or in person
New Life Care		4 Greenwich Court Robina 4226	07 5593 3262	Provides counselling and support to people in the community who may be experiencing either discomfort in their personal life or their relationship with others. Areas include: Anger management; Abuse (Physical, psychological and sexual); Anxiety; Child and teenage management; Depression; Divorce and separation; Family conflict; Financial Counselling; Gambling; Gender Issues; Grief and loss; Guilt; Relationship issues; Role issues; Self esteem; and Stress management.
NILS (No Interest Loan Scheme)				Up to \$1,500 for essential goods. Must have a healthcare card or earn less than \$45,000pa. Loans cannot be used for cash, bond, rent arrears, debt consolidation, holidays or bills.
Oxenford Coomera Community Youth Centre		25 Leo Graham Way Oxenford	07 5529 8087	Counselling Workshops Financial Management & Budgeting
Palm Beach Neighbourhood Centre		16 Third Avenue Palm Beach	07 5598 1505	The aim of Financial Counselling is to empower the individual to appropriately deal with their own financial situation. Financial counselling is a free confidential service
Salvos Connect			1300 371 288	Financial crisis and require financial or material assistance
Surfers Paradise Anglican Crisis Care		36 Hamilton Avenue Surfers Paradise 4217	07 5531 6013	Welfare officers mornings 9:00 to 11:30 that help with food and try to source financial aid, they offer lunches for the homeless
St. John's Crisis Centre				
The Smith Family Learning for Life Program		370 Marine Parade 4215	07 5529 2043	Assistance with education, scholarships and financial support for educational related expenses. Coomera, Southport and Coolangatta school students only
Victims Assist Queensland			1300 546 587	Financial assistance for counselling for victims of crime and sexual abuse/assault

Clothing, Furniture & Op Shops

Service name	Address	Contact	Assistance
Churches of Christ Southport	1 Griffith Way Southport 4215		Monday to Friday 9:00 to 16:00 First Saturday of each month 9:00 to 12:00
Lifeline - Palm Beach	1/9 Palm Beach Avenue Palm Beach	07 5525 6566	Monday to Friday 9:00 to 17:00 Saturday 8:00 to 15:00
Plus One Care	56 Gemvale Road Reedy Creek	07 55222 0802	Assistance with food, clothes and basic financial assistance. Tuesday to Friday 9:00 to 15:00 Saturday 9:00 to 12:00
Salvation Army	15 Nind Street Southport	07 5591 6914	Monday to Saturday 9:00 to 17:00
Set Free Care	21 Rawlins Street Southport 4215	07 5500 4454	Monday to Friday 10:00 to 15:00
Surfers Paradise Anglican Crisis Care St. John's Crisis Centre	36 Hamilton Avenue Surfers Paradise 4217	07 5531 6013	Welfare officers mornings 9:00 to 11:30 that help with food and try to source financial aid, they offer lunches for the homeless
Uniting Church Mudgeeraba	89 Franklin Drive Mudgeeraba 4218	07 5530 7298	Monday to Friday: 9:00 to 16:00 Saturday: 9:00 to 12:00 noon
Vinnies Arundel	126-130 Allied Drive Arundel 4214	07 5561 4728	Outreach appointments for food, clothing and furniture assistance.

Multicultural Services		Service name	NDIS	Address	Contact	Assistance
		Access Domestic Violence Service (99 steps)			07 3412 8222	Provides domestic violence counselling to culturally and linguistically diverse adults and families affected by domestic and family violence.
		Anglicare 3 Es to Freedom Program		Robina Helensvale	0435 968 927	The 3Es to Freedom program on the Gold Coast is an activity of Anglicare North Coast. We work with women from Culturally and Linguistically Diverse (CALD), multicultural backgrounds and may have arrived as a refugee. Women from CALD backgrounds (particularly when newly arrived in Australia), can sometimes find it hard to gain employment or access education. The 3Es Program will help them build the skills they need to assist with these issues.
		Carers Queensland		1/24 Cotton Street Nerang 4211	1800 242 636	Support groups and services, counselling (one-on-one, phone) advocacy, information, programs, retreats and social clubs Counselling Cultural and linguistic diversity (CALD) Disability support Empower care Guardianship and advocacy Information and advisory service Mental Health No interest loans scheme Support groups Young Carers
		Co.As.It		34 Thomas Drive Chevron Island 4217	07 5527 6481	CALD services - social activities, community support
		Community Resilience Program		Palm Beach Neighbourhood Centre	07 5599 1505	Palm Beach Neighbourhood Centre supports our multicultural community members on the Southern Gold Coast
		Gold Coast CALD Domestic and FV Support Service			07 5571 0381	Provides domestic violence counselling to culturally and linguistically diverse adult victims.
		Harmony Place			07 3848 1600 0432 494 206 13 11 14	Community-based multicultural organisation that provides culturally responsive services to strengthen the mental health and wellbeing of people from Culturally and Linguistically Diverse (CALD) backgrounds. 24/7 Crisis telephone, text or online - anyone experiencing personal crisis or thinking about suicide can contact Lifeline. Regardless of age, gender, ethnicity, religion or sexual orientation our trained volunteers are ready to listen, provide support and referrals
		Multicultural Communities Council Gold Coast and CURA Community Services		1 Dominions Road Ashmore 4214	07 5527 8011	6 week group run for CALD population. Health and wellbeing groups are free, small group programs located across the Gold Coast to support you with wellness tools for balanced social, emotional and mental wellbeing. These groups explore techniques for stress management, mindfulness, motivation and positive relationships and the importance of social connection. The programs are run by professionals in a safe and supportive environment.
		Multicultural Families Organisation Inc		79 Scarborough Street Southport 4215	07 5571 0381	Settlement information, advocacy and counselling, community resourcing and free english classes
		Multicultural Mental Health Service (MHIMA)		Gold Coast University Hospital Robina Hospital	1300 744284	Working with those from CALD background diagnosed with mental illness, alcohol or other substance use
		Relationships Australia Queensland			1300 364 277	Support groups and counselling on relationships, and for abusive and abused partners Support groups and counselling for Aboriginal and Torres Strait Islander Peoples Support groups and counselling for culture, community and religion
		Telephone Translating Interpreting Service			131 450	Provides interpreting assistance to members of the community who face communication difficulties.
		The Migrant Centre Organisation		227/91 Scarborough Street Southport 4215	07 5591 7261	Counselling, vocational guidance, legal referrals, mediation and conflict resolution, liaison and advocacy

Service name			NDIS	Address	Contact	Other Services	Assistance
Chill Out Zone	No	Mobile van Surfers Paradise Mobile van Broadbeach			http://www.chilloutzone.info/ 1300 465 326		Provides rest and recovery as well as first aid services to people in late night entertainment precincts
City of Gold Coast Community Centres					1300 465 326		
Expressive Ground (venue)	No	Tallebudgera Drive Palm Beach 4221			Via Facebook 'Expressive Ground Gold Coast'		Local art, battle of the bands, music
GIVIT	No	http://www.givit.org.au/					GIVIT is non-profit organisation & online community where you can post items of need where people can require items at not cost (if available)
Gold Coast Arts Centre (venue)	No	135 Bundall Road Surfers Paradise 4217			07 5568 4000		Cultural complex with facilities hosting movies, concerts & other events, plus a gallery & bar/cafe.
PCYC	No	44 Dominions Road Ashmore 4214 180 Monaco Street Broadbeach Waters			07 5539 5774 07 5538 5201		Gym, sports activities, events
QSTARS					1300 744 263		QLD Statewide Tenancy Advice and Referral Service (QSTARS) is a free independent advice and referral service for all Queensland renters
Therapeutic Art Life Coach Certification		https://www.udemy.com/art-therapy-life-coach-certification/					\$12.99 - Understand the psychology behind how to use art therapy to access the subconscious mind and change limiting patterns and beliefs.
Veterans and their Families Counselling Service					1800 011 046		Counselling and group programs for Australian veterans, peacekeepers and their families

FOOD SERVICES

MON	5.30pm to 6.30pm	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	ADRA - FOOD AND FRIENDSHIP KITCHEN	YOU HAVE A FRIEND	KNOX PARK ROTUNDA, MURWILLUMBAH	5pm to 6.30pm	YOU HAVE A FRIEND	TUES
TUES	11.30am to 12.30pm	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	KRISHNA COMMUNITY	HARI COMMUNITY	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	12.30pm to 1.30pm	OUR LADY OF THE ROSARY - LUNCH WITH FRIENDS	TUES
WED	5.30pm to 6.30pm	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	ADRA - FOOD AND FRIENDSHIP KITCHEN	BEACHSIDE COMMUNICARE INC	POTTSVILLE BEACH NEIGHBOURHOOD CENTRE	10am to 12pm	AGAPE OUTREACH	WED
THURS	Noon to 1pm	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	BARBECUE COMMUNITY CENTRE INC	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	Noon to 1pm	BEACHSIDE COMMUNICARE INC	THURS
FRI	5.30pm to 7pm	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	ADRA - FOOD AND FRIENDSHIP KITCHEN	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	MURWILLUMBAH COMMUNITY CENTRE, MURWILLUMBAH	5.30pm to 7pm	YOU HAVE A FRIEND	FRI
SUN	8am to 9am	BUDD PARK, MURWILLUMBAH	YOU HAVE A FRIEND	YOU HAVE A FRIEND	WATERLOO ST, MURWILLUMBAH	12pm to 1pm	YOU HAVE A FRIEND	SUN
	8am to 9am	BUDD PARK, MURWILLUMBAH	YOU HAVE A FRIEND	POWERHOUSE CHRISTIAN CENTRE, KNOX PARK, MURWILLUMBAH	RED CROSS CENTRE, KNOX PARK, MURWILLUMBAH	5.30pm	YOU HAVE A FRIEND	



FOOD SERVICES

MON TO FRI	9am to 2pm	9 BOYD ST, TWEED HEADS	FREDS PLACE	YOU HAVE A FRIEND	BUDD PARK, TWEED VALLEY WAY	12noon	YOU HAVE A FRIEND	MON
TUES	6pm (old time)	COOLANGATTA BEACHFRONT	AGAPE OUTREACH	OUR LADY OF THE ROSARY - LUNCH WITH FRIENDS	GOODWIN PARK, LATHAM DR COOLANGATTA	12pm	OUR LADY OF THE ROSARY - LUNCH WITH FRIENDS	TUES
WED	6pm (old time)	COOLANGATTA BEACHFRONT	AGAPE OUTREACH	BEACHSIDE COMMUNICARE INC	POTTSVILLE BEACH NEIGHBOURHOOD CENTRE	10am to 12pm	AGAPE OUTREACH	WED
THURS	6pm	COOLANGATTA BEACH	YOU HAVE A FRIEND	YOU HAVE A FRIEND	3 BERYL ST, TWEED HEADS	9am	YOU HAVE A FRIEND	THURS
FRI	9am to 11am	3 BERYL ST, TWEED HEADS	VIBE CARE COMMUNITY PANTRY	VIBE CARE COMMUNITY PANTRY	3 BERYL ST, TWEED HEADS	9am to 12pm	VIBE CARE COMMUNITY PANTRY	FRI
SAT	8am (old time)	COOLANGATTA BEACH	CHRIS MORRISEY	CHRIS MORRISEY	COOLANGATTA BEACH	8am (old time)	CHRIS MORRISEY	SAT
SUN	7am	GOODWIN PARK, LATHAM ST, COOLANGATTA	YOU HAVE A FRIEND	YOU HAVE A FRIEND	GOODWIN PARK, LATHAM ST, COOLANGATTA	7am	YOU HAVE A FRIEND	SUN

