

Proposed reforms for the Condamine Alluvium area

Mental health and wellbeing support information

Periods of change or uncertainty can affect people in different ways. For some, these situations may lead to stress, worry or feeling overwhelmed, particularly where land, livelihoods, family or community wellbeing are involved.

Experiencing these feelings is common and does not necessarily mean there is a long term mental health problem. Support is available, and it's okay to reach out for help for yourself or someone you care about.

Where support is available

If you or someone you know needs professional support, the following services are available:

- **Local doctor:** Also called a General Practitioner or "GP". If you have concerns about someone's mental health, encouraging them to make an appointment with their local doctor is a good place to start. The doctor will seek to understand what is going on, provide treatment options, or refer to another health care professional with the relevant specialist knowledge.
- **Free community support services**

13YARN	13 92 76	24/7	Crisis support line for Aboriginal & Torres Strait Islander people
Beyond Blue	1300 224 636	24/7	Counselling, information, support
Kids Helpline	1800 551 800 Web chat	24/7	Free and confidential 24/7 phone and online chat counselling service for kids, teens and young people.
Lifeline	13 11 14 (phone) 0477 131 114 (text) Web chat	24/7	Counselling
MensLine Australia	1300 78 99 78	24/7	Free professional 24/7 telephone counselling for men 15 years+
MH Call	1300 642 255	24/7	A confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.
Wellways Helpline	1300 111 500	09:00-21:00	Support from people with lived experience of mental health issues

- **Local support services:** Other services offer counselling and support, and can be accessed online, by telephone or face-to-face. Further information about local services is available at:
 - Support Finder: <https://supportfinder.org.au/>
 - Head to Health: <https://www.ddwmphn.com.au/headtohealth>

Immediate help

If you or someone else is in immediate danger, call Triple Zero (000) for an ambulance or go to the nearest emergency department.

This resource has been prepared by the Department of Natural Resources and Mines, Manufacturing and Regional and Rural Development in consultation with Queensland Health and relevant mental health service providers.