

The Little
BLACK BOOK



FRASER COAST
MATES

A stylized sun icon with rays, positioned to the right of the text "FRASER COAST" and above the word "MATES".

Welcome to the Little Black Book

This little book in your hands was designed by Fraser Coast Mates to give you the tools to understand the impact of mental health, and the services that are available across the Fraser Coast region.

Fraser Coast Mates is an inclusive community organisation on the Fraser Coast that was formed by a group of local community members concerned by the rise of debilitating mental health issues and rising suicide rates across the region.

The group aims to build awareness about mental health, bridge the gap between support services, and encourage mates to be better equipped to help their friends and colleagues in times of need.

Sometimes you might be feeling stressed, anxious or angry, or just need someone to talk to. But what happens when you don't know where to start? To help you on the path to good health, we've created the Little Black Book.

The Little Black Book is a directory of services, contacts, support groups and aims to empower people to reach their full potential. A healthy person, in body and mind, means healthy relationships, healthy families and healthy communities.

Get involved with Fraser Coast Mates

The Fraser Coast Mates team coordinates a number of events across both Hervey Bay and Maryborough each year. These events are all about community, connection and mateship, all while starting important conversations surrounding mental health. Funds raised at these local events also ensures that Fraser Coast Mates can continue to run mental health awareness initiatives, including free counselling services to Fraser Coast locals.

You can get involved and learn more at www.frasercoastmates.com.au



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Are you currently in a mental health crisis?

Fraser Coast Mates Counselling Services

If you can't fly then run,
if you can't run then
walk, if you can't walk
then crawl, but whatever
you do you have to keep
moving forward.

- Martin Luther King Jr.



► What Affects Your Mental Health?

Your mental health can be influenced by a number of factors, including:

- Your genes (some mental health issues run in families)
- Divorce, separation, or the breakup of a long-term relationship
- The death of a loved one
- Losing your job, or job changes
- Going through bankruptcy
- Moving to a new home
- Coping with a natural disaster
- Caring for an aging parent
- The birth of your child
- Being diagnosed and living with a serious illness, or suffering a major injury

Admitting to yourself (and others, if necessary) that you have a problem, and getting the help you need is a sign of great strength.

With proper diagnosis and treatment, the vast majority of people with depression can be helped, and will go on to lead normal, happy lives.

► What is Depression?

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it's a serious condition that affects your physical and mental health. (beyond blue)

► What are Anxiety Disorders?

Anxiety is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where we feel under pressure, they usually pass once the stressful situation has passed, or 'stressor' is removed.

► What is Stress?

Stress is an unavoidable and in small doses a very important part of our lives. Without it, you'd never have been able to ask your high-school babe out on that first date or pull an all-nighter before a final exam. You couldn't beat out an infield single, your heart wouldn't pound while watching a horror movie, and you wouldn't feel the slightest joy at the birth of your child or buying a car. In some cases, stress can actually save your life.

How Our Mental Health Can Be Affected

► Daily Pressures

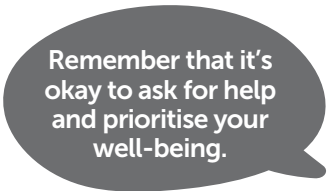
Daily pressures can have a significant impact on mental health and well-being. Modern life is often fast-paced, stressful, and filled with various challenges that can take a toll on our mental health. Some common daily pressures that can affect mental health include:

- 1. Work-related stress:**
High workloads, tight deadlines, difficult relationships with colleagues or superiors, job insecurity, and work-life balance issues can all contribute to work-related stress.
- 2. Financial worries:**
Money-related stress, such as debt, financial instability, or struggles to make ends meet, can lead to anxiety, depression, and overall feelings of inadequacy.
- 3. Relationship problems:**
Difficulties in relationships, whether with partners, family members, friends, or colleagues, can cause emotional distress and impact mental well-being.
- 4. Social pressures:**
Social pressures, such as peer pressure, societal expectations, and the pressure to conform to certain standards or norms, can lead to feelings of inadequacy, low self-esteem, and anxiety.
- 5. Health concerns:**
Dealing with chronic illnesses, physical health issues, or the stress of managing one's health can take a toll on mental well-being.

- 6. Parenting stress:**
Parenting comes with various challenges, including the pressure to be a perfect parent, juggling multiple responsibilities, and coping with the demands of raising children.
- 7. Isolation and loneliness:**
Feelings of social isolation, loneliness, or lack of social support can contribute to poor mental health and exacerbate existing mental health conditions.
- 8. Self-imposed pressure:**
Setting unrealistic expectations for oneself, perfectionism, self-criticism, and comparing oneself to others can all lead to feelings of inadequacy and stress.

To cope with daily pressures and protect your mental health, it is important to practice self-care, set boundaries, seek support from loved ones or professionals, engage in stress-reducing activities like mindfulness, exercise, and hobbies, and prioritize mental health and well-being.

It is also essential to recognize when daily pressures become overwhelming and to seek help when needed.



Remember that it's okay to ask for help and prioritise your well-being.

► Daily Living Activities

Incorporating daily activities that promote mental health and well-being into your routine can help improve your overall mental health and resilience. Here are some daily living activities that can benefit your mental health:

1. *Exercise:*

Regular physical activity, such as walking, jogging, yoga, or dancing, can boost mood, reduce stress, and improve overall well-being. Aim for at least 30 minutes of moderate exercise most days of the week.

2. *Mindfulness and meditation:*

Practicing mindfulness and meditation can help reduce stress, promote relaxation, increase self-awareness, and improve focus and concentration. Take a few minutes each day to practice deep breathing, guided meditation, or mindfulness exercises.

3. *Healthy eating:*

A well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can support brain health and mood regulation. Avoid excessive consumption of processed foods, sugary snacks, and caffeine.

4. *Quality sleep:*

Prioritize getting enough sleep each night (7-9 hours for adults) to support cognitive function, mood regulation, and overall well-being. Establish a bedtime routine, create a comfortable sleep environment, and practice good sleep hygiene.

5. *Social connections:*

Maintain strong and supportive relationships with friends, family, and loved ones. Regularly connect

with others through in-person interactions, phone calls, video chats, or social activities to combat feelings of isolation and loneliness.

6. *Hobbies and leisure activities:*

Engage in activities that bring you joy, relaxation, and fulfillment. Whether it's painting, gardening, reading, or playing a musical instrument, make time for activities that promote creativity and reduce stress.

7. *Stress management:*

Practice stress-reducing techniques such as deep breathing exercises, progressive muscle relaxation, journaling, or spending time in nature to help manage stress and anxiety.

8. *Self-care practices:*

Prioritize self-care activities that nurture your physical, emotional, and mental well-being, such as taking a warm bath, practicing self-compassion, setting boundaries, or engaging in activities that bring you comfort and relaxation.

9. *Seeking professional help:*

If you're struggling with your mental health, don't hesitate to seek help from a mental health professional, such as a therapist, counselor, or psychiatrist. They can provide support, guidance, and treatment options to help improve your mental health.

Incorporating these daily living activities into your routine can help promote mental health, reduce stress, and enhance overall well-being. Remember that taking care of your mental health is essential for living a fulfilling and balanced life.

► The Importance of Sleep

Sleep is crucial for overall health and well-being. It plays a vital role in maintaining good physical and mental health. Adequate and quality sleep is essential for various functions of the body, including:

1. *Physical Health:*

Sleep helps to repair and rejuvenate the body. It aids in growth and development, boosts the immune system, and helps regulate hormones involved in growth and appetite control.

2. *Mental Health:*

Sleep is important for cognitive function, emotional well-being, and mental health. It helps with memory consolidation, learning, problem-solving, and emotional regulation. Chronic sleep deprivation is associated with an increased risk of mental health issues, such as anxiety and depression.

3. *Energy and Performance:*

Adequate sleep is essential for maintaining energy levels, focus, concentration, and overall performance throughout the day. It can enhance productivity, decision-making, and creativity.

► Tips for Improving Sleep for Better Health:

1. *Establish a Routine:*

Maintain a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends.

2. *Create a Relaxing Sleep Environment:*

Ensure your bedroom is dark, quiet, and comfortable. Use a

comfortable mattress and pillows to promote quality sleep.

3. *Limit Screen Time:*

Reduce exposure to screens (phones, TVs, computers) before bedtime, as the blue light emitted can interfere with the production of the sleep hormone melatonin.

4. *Practice Relaxation Techniques:*

Engage in relaxation practices, such as deep breathing, meditation, or mindfulness, to help calm the mind and prepare for sleep.

5. *Limit Caffeine and Alcohol Intake:*

Avoid consuming caffeine and alcohol close to bedtime, as they can disrupt sleep patterns.

6. *Exercise Regularly:*

Engaging in regular physical activity can promote better sleep quality. However, avoid intense exercise close to bedtime, as it may interfere with sleep.

► A Note on Grief and Loss

Grief is a natural process of going through the emotions we feel after a loss. Grief can have wide and varied effects on all areas of life and it's important to know that it is normal to have feelings of sadness and anger after experiencing any loss. Grief is a very individual experience.

When grieving, you might find it challenging to maintain relationships and feel connected to others. However, it is these connections that will ensure you are supported through an incredibly difficult time.

Whilst grief will always exist, it becomes easier to cope with over time. Reaching out to friends, connecting with others in a similar situation or seeking professional help

can go a long way to supporting someone through waves of intense grief.

If you have a mate going through a deep loss, the best thing you can do for them is to continue to check in and offer a listening ear.

Support will be needed not just in the immediate aftermath of loss, but for years to come. Don't be afraid to start an important conversation.

► Signs to Look Out for in Your Mate

Do you have a mate or loved one in your life that you feel is struggling? Trust the signs and start an important conversation. Some signs that they may need a helping hand include:

- They aren't able to switch off
- Isolating themselves from their usual social groups or friendships
- Experiencing mood swings and changing their behaviour
- They have lost interest in something they previously loved
- They are lacking in self esteem
- Previously experienced the loss of someone close to them
- You know they have dealt with external pressures such as financial, work, health or relationship issues
- Showing less interest in taking care of their appearance or personal hygiene

► What Can You do When You Spot the Signs?

► Check in with them:

Pick a suitable time and place to

catch up, preferably in person or on a phone call, and ask if they are okay. This could sound like "Hey I've noticed you don't seem like yourself lately. Is everything okay?"

► Listen:

The best thing we can do for our mates when they trust us with their story is to listen without judgement and without trying to fix any problems for them.

► Offer Tools:

Once you have listened to what is happening for your mate, you can offer them tools to seek help. You may like to give them a printed or online version of this *Little Black Book* or point them in the direction of visiting their local GP as a first step.

Being a good mate is about supporting a person in that space and genuinely listening to what they have to say. You don't have to be an expert or necessarily have any of the answers to people's problems, just the ability to listen.

You should always follow up from your initial conversation to keep the lines of communication open. If your mate is not ready to open up, there is no need to force them but just keep checking in regularly so that they know they are important to you.

► Gotcha4Life

Gotcha4Life is a not-for-profit foundation dedicated to building a mentally fit future. They develop and deliver preventative mental fitness campaigns, workshops, programs and resources in schools, sports clubs, workplaces and communities Australia-wide. Gotcha4Life was established by media personality Gus Worland in 2017.

Gotcha4Life's mission is to inspire and enable people to take action to build their mental fitness. Want to know how you can build your Mental Fitness Gym?

Visit <https://www.gym.gotcha4life.org/>.

► Simple Steps That Could Change A Life

Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.

Have open conversations You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving. Reaching out is crucial.

Got a niggling feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up.



1. Ask



2. Listen



3. Encourage action



4. Check in

Conversations need to happen every day.

Encourage more people to ask R U OK?

WWW.RUOK.ORG.AU

Check with Your GP

► Stay Strong ► Get Checked Out

Get a check-up once a year. It's no big deal. Ask your MATES who they go to.

Talking to your doctor about how you are feeling is often a good place to start for most mental health conditions.

Doctors can provide treatment or refer you to other services for mental health. Don't forget to ask for a double length appointment to give you plenty of time.

► Mental Health Care Plan

A mental health care plan is a plan for people with a mental illness. It identifies what type of health care you need, and spells out what you and your doctor have agreed you are aiming to achieve. It also refers you to local mental health services.

Your doctor will probably ask you many questions about your situation, discuss your healthcare needs, goals, treatment and referrals will be recorded in your mental health care plan.

► Preparing Your Mental Health Care Plan

Your doctor will work with you to decide:

- What your mental health needs are
- What help you require – your medical, physical, psychological and social needs are all considered.
- What result you would like
- What treatment would be best for you

Once you and your doctor have agreed on your goals and what support you need to achieve them, your doctor will write out a mental health care plan. Your doctor will then discuss this with the other members of your healthcare team. Preparing the plan might take one visit or it might take a number of visits.

You don't know what you don't know. Your doctor will do some tests and ask you about health conditions that run in your family. If there is something that needs attention, with your liver, blood pressure, cholesterol levels, heart or lungs, your doctor will alert you.

Starting a Conversation About Mental Health

Talk to your doctor:

- Tell the doctor your symptoms or how you feel
- Tell the doctor your concerns
- Tell the doctor what you feel has affected your life.



Mental Health: Let's Check

"The best thing that I've done is put my hand up to get the help that I needed, and that's the biggest thing for anyone to do, to put your hand up and go, 'yeah I need the help'." ~ Lance Franklin, AFL Sydney Swans

► Your Heart: Fast Facts

- The heart muscle is about the size of a clenched fist and weighs around 285 grams
- The heart contracts approximately 70 times a minute, 100,000 times a day, two and a half billion times a lifetime
- An average adult has about 96,000 kilometres of blood vessels
- The heart pumps between 70 ml and 100 ml of blood with each beat
- The heart pumps blood to the lungs, back to the heart, out to the body and back to the heart again in about 23 seconds
- The heart is the first organ to begin functioning during embryonic life
- Despite recent progress, heart disease claims the life of one Australian every 10 minutes
- For a 40 year old, the risk of having heart disease at some time in the future is one in two for men and one in three for women
- Cardiovascular disease is the leading cause of death in Australia
- Over 90% of heart attack victims survive

► Contacts: Who to Call

QLD Health Helpline

General health information, referral, and teletriage services. This number is serviced 24 hours a day by qualified staff, who will give you advice on who to talk to and how quickly you should do it.

13 HEALTH (13 43 25 84)

Sexual Health

Andrology Australia

1300 303 878

www.andrologyaustralia.org.au

Health Direct

Learn about health topics relevant to men, such as prostate cancer, male baldness, male depression and men over 40 with a family history and all men over 50 should have screening according.

1800 022 222

www.healthdirect.gov.au

Impotence Australia

1800 800 614

www.impotenceaustralia.com.au

Sexual Health Service

1800 675 859

Diabetes Education Services

07 4125 6670

www.adea.com.au/clinics/diabetes-education-services

Diabetes Queensland

1800 177 055

www.diabetesqld.org.au

NDSS Helpline - 1300 136 588

Heart Foundation

1300 362 787

www.heartfoundation.org.au

QuAC Clinic

Free sexual health tests are available for members of the LGBTI community in Hervey Bay. The clinic is open once a month on a Wednesday.

07 3017 1777

Hervey Bay Neighbourhood Centre

Wide Bay Womens Health Centre

The Centre offers confidential services on all aspects of women's health, sexual assault counselling, information and referral services

07 4125 5788

Joining a Sport or Recreation Club

There are many ways to get involved with a sport or recreation club. You can:

- Use the club locator to find a club @ www.qld.gov.au/recreation/sports/joining-club
- Ask the local PCYC, www.pcy.org.au/HerveyBay, 4124 5211, about social activities you can be part of
- Facebook: Browse the list of local clubs or groups via Facebook by entering the clubs description in the search for e.g. Hervey Bay AFL Masters brings up Hervey Bay Fruitbats AFL Masters.

The Fraser Coast has many active community sporting and recreational groups.

Here is a taste of what you can do on the Fraser Coast:

Aerobics, Aeromodelling, Archery, Australian Football, Badminton, Baseball, Basketball, Boccia, Bowls – Indoor, Bowls – Lawn, Boxing, Boxing – Kick, Bridge, Bushwalking, Canoeing, Climbing, Cricket, Croquet, Crossfit, Darts, Dragon Boating, Equestrian, Equestrian - Endurance Riding, Equestrian - Horse Riding Recreational, Fencing, Fishing, Flying, Football - Futsal, Football – Soccer, Gliding, Hockey, Kayaking,

Life Saving, Martial Arts, Motor Sport, Motor Sport - Lawn Mower, Racing, Netball, Netball – Indoor, Outrigger Canoeing, Oztag, PCYC, Pool (Billiards), Rock Climbing, Roller Derby, Rowing, Rugby League, Rugby Union, Sailing, Shooting – Pistol, Shooting – Rifle, Shooting – Target, Softball, Squash, Table Tennis, Tai Chi, Tae Kwon Do T-Ball, Tennis, Tenpin Bowling, Touch Football, Triathlon, Volleyball, Water Skiing, Weightlifting, Yachting, Yoga

Connect

talk & listen,
be there, feel
connected

**Be
Active**

do what you can,
enjoy what you
do. move your
mood

**Take
Notice**

remember the
simple things
that give you
joy

**Keep
Learning**

embrace new
experiences, see
opportunities,
surprise yourself

Give

your time, your
words, your
presence

▶ Running and Walking

The local groups aim to encourage and support runners and walkers of all ages or level of fitness.

So if you're a beginner looking for somewhere to start, a seasoned runner who is happy to share your experience, or anywhere in between you're more than welcome to join. It also gives you the opportunity to meet people who share your interest.

• Men's Walk & Talk Hervey Bay

Promote and support men's physical, social and mental health through physical activities and social interaction. Regular walks and social events along with active participation and support of community and charitable events.

www.menswalkherveybay.com.au

talk@menswalkherveybay.com.au

0413 575 842

• Australian Academy of Tai Chi Fraser Coast

Tai Chi is a gentle exercise suitable for all ages and can aid in reducing stress, anxiety and its mindfulness is great for stress relief.

Mobile 0408705140

Email margrich63@gmail.com

• Recreation Trails Fraser Coast

A range of trails to encourage a healthy and active lifestyle on the Fraser Coast. Most trails are flat, shared pathways that you can walk or cycle along with ease.

www.frasercoast.qld.gov.au/recreation-trails

• Parkrun Hervey Bay

Every Saturday Morning at 7am

Timed 5km runs - free

www.parkrun.com.au

Lions Park, Pialba

• Parkrun Maryborough

Every Saturday Morning at 7am

Timed 5km runs - free

www.parkrun.com.au

Anzac Park

• Wednesday Runners Group

All abilities playground in Pialba on Wednesdays @ 5.15pm

Facebook - Wednesday Runners Group.

• Fraser Coast Runners and Walkers Club

Meet fortnightly. Social running and walking.

www.fcrwc.org.au

• Heart Foundation Walking

Australia's largest FREE community-based walking network. Enter your passcode to find your nearest group

www.walking.heartfoundation.org.au



▶ Outrigging, Sailing & Paddle Boarding

• Hervey Bay Outrigger Canoe Club

Every Sunday 7.45am at the Boat Club down by the harbour

Facebook: Hervey Bay Outrigger Canoe Club

vannessakosmidis@gmail.com

• Fraser Coast Outriggers

Sunday at 7.45am, beside the Scarness Caravan Park

www.fcoutriggers.com.au/canoecub

Hervey Bay Sailing Club

www.herveybaysailingclub.org.au

• Hervey Bay Stand Up Paddleboard Group

Social group with regular weekend paddleboarding meetups

Facebook: Hervey Bay Stand-up Paddle Group

• Wide Bay Rowing Club

Rowing club for junior and master rowers in scull and sweep boats on the Mary River

Facebook: Wide Bay Rowing Club

▶ Swimming & Aqua Related Movement

Water based exercise can help improve your physical and mental health. The water environment can help you relieve stress and tension as the muscles are loosened once you let your body submerge in water. The little to no impact on joints and muscles helps you strengthen the body and lose weight.

• Hervey Bay Crocs

An informal group that meets every Saturday for fitness and fun. The crocs is more of a social club for middle aged men than a fitness club.

Facebook: Hervey Bay Crocs

• Hervey Bay Humpbacks

Hervey Bay Masters Swimming is a family group with an emphasis on fun. They can help you improve your swimming ability no matter what your level is.

www.herveybayhumpbacks.com

• Funky Friday Splashers

Open water swim Friday mornings @ 5:30am. Meet @ the sailing club Torquay, come for coffee afterwards.

Facebook: Funky Friday Splashers

• Aqua Aerobics

Aqua aerobics and water based fitness classes for all ages and fitness levels
www.frasercoast.qld.gov.au/hervey-bay-aquatic-centre

• Saturday Sippers Swim

Hervey Bay Surf Lifesaving Club @ 3:30pm every Saturday.

Facebook: Saturday Sippers Swim

Going swimming is very relaxing and has been compared to yoga and meditation in terms of its soothing effect.

▶ Cycling



Cycling can have positive effects on the way you feel. Moderate exercise, such as cycling, will heighten your energy levels, and will assist in reducing stress, anxiety and depression. It will also improve your mood and raise self-esteem.

• Fraser Coast Bicycle User

Every Saturday @ 6:00 am from the 'All Abilities Park' - The Esplanade. All about fun and making some great friends along the way. Catering with seven categories of group rides.

Facebook: Fraser Coast Bicycle User Group

• Fraser Coast MTB Club Inc

Social ride on Sunday mornings @ Toogoom Trails. Catering for all ages and all abilities.

Facebook: Fraser Coast MTB Club Inc.

• Fraser Coast Vintage & Custom Cycle Riders

Social cruise on Sunday's. A group for those who want to ride with other like-minded people.

Facebook: Fraser Coast Vintage & Custom Cycle Riders

Fraser Coast Cycling Club

Club racing Sundays. Offering a fun, friendly, safe and family orientated club for all cycling lovers.

Facebook: Fraser Coast Cycling Club

Hervey Bay Triathlon Club

Tuesday @ 5am from Enzos & Saturday @ 6am Wet Side Water Park rides. All-inclusive club and cater for all age competitors.

People of all fitness levels and abilities are welcome, from elite to beginner.

www.herveybaytriclub.org.au

Cycling three hours per week halves your risk of heart disease and strokes.

BENEFITS OF CYCLING

Strengthens Bones | Decreases Body Fat Levels | Prevention or Management of Disease | Reduces Anxiety and Depression

► Other Sporting Clubs

PCYC Hervey Bay

PCYC Qld is a leading charity providing youth and community programs, services and facilities including 24/7 gym, group fitness classes, gymnastics, pickleball, badminton and programs for youth.

E: Herveybay@pcyc.org.au

T: 4124 5211

W: www.pcyc.org.au/clubs/pcyc-hervey-bay/

Hervey Bay Squash

Hervey Bay Squash offers members the opportunity to incorporate movement into their week while connecting with others in a friendly and welcoming environment. New members are welcome.

184 Dayman Street in Hervey Bay.

Hervey Bay Squash on Facebook

E: herveybaysquash@outlook.com

► Master Sports for Over 30s

- www.maryboroughmastersgames.com.au
- The Maryborough Masters Games is an annual sporting event that is regarded as one of the premier and largest participation sporting events in the Wide Bay region
- Mature-aged athletes can compete in the following sports athletics, AFL, softball, swimming cricket, weightlifting etc

Exercising for at least 30 minutes each day is an important part of staying healthy. Playing sport and joining a sporting club allows you to push your personal limits, have fun by keeping active, and get involved in your local community. You can stay healthy, meet new people and form friendships.



BRAIN BENEFITS OF EXERCISE

Increases production of Neurochemicals that promote brain cell repair | Improves memory | Lengthens attention span | Boosts decision making skills | Prompts growth of new nerve cells and blood vessels | Improves multi tasking and planning.

BENEFITS OF JOINING CLUBS

Improves Mental Health | Contributes To Higher Levels Of Self-Esteem And Self-Worth

Empowers, Inspires And Motivates | Brings People Together, Providing Opportunities For Social Interaction | Provides A Sense Of Belonging

Looking for Assistance?

If you feel you can't talk to anyone in your immediate support circle about some of the issues you are going through – that's okay! There are many external and anonymous ways of getting support. Just don't leave it for too long before seeking the mental health tools you need. Below is a list of help sources for immediate help.

► Community Mental Health Services - Immediate Help

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on:

000 (or 112 from a mobile phone)

Lifeline (24 hours)

13 11 14

Mensline (24 hours)

1300 798 978

Beyond Blue (24 hours)

1300 224 636

www.beyondblue.org

Telephone Interpreter Service (24 hrs)

131 450

Kids Helpline

1800 55 1800

Salvation Army Care Line (24 hours)

1300 363 622

Metro North Hospital and Health Service

1300 602 255

G.E.M.S (Group for Emotion And Mental Support)

4125 4215

34 Torquay Rd, Torquay.

MHIMA

Multicultural Mental Health Services

(02) 3285 3100 or Mhima.org.au

APS

Find a local psychologist

1800 333 497 or psychology.org.au

Griefline

1300 845 745 or griefline.org.au

Warm Line

9am - 8pm Monday - Friday

2:30pm - 8pm Saturday & Sunday

One2One Chats with Peer Workers

which promote recovery through shared experiences and a mutual understanding of mental illness.

1800 935 478

White Wreath

Monday - Friday 5am - 9pm:

You can text via mobile 0410 526 562 and a professional will call you back if you're struggling to make a call you can email

white.wreath@bigpond.com

1300 766 177 or 0410 526 562

MIFQ

Committed to providing a personalised response to the needs of people living with mental illness since 1985.

www.mifq.org.au or 1800 985 944

MYCOMPASS

Proven techniques to help manage depression anxiety and stress.

mycompass.org.au

Reachout

Online resource for young people and their parents.

reachout.com

OuThere Allied Health Team

The Neighbourhood centre, 22 Charles Street, Pialba.

(07) 4194 3023

marktheot@bigpond.com

Mission Australia

Disability Employment Service

5 Imelda St, Pialba

(07) 4148 7718

397 Kent St, Maryborough

(07) 4148 6964

► Mental Health Assistance

Hervey Bay Counselling

Phone 0437 766 045

Centacare Hervey Bay

Ph: 1300 236 822

6/152/154 Boat Harbour Drive, Pialba

Flourish Australia Hervey Bay

Crisis counselling service

1300 363 622

Unit 6&7, 10 Liuzzi St, Pialba

Headspace Hervey Bay

Youth

07 4303 2100

Shop 9/15 Central Avenue, Urraween

Lifeline Fraser District

07 4124 3839

14 Main Street, Pialba

Mind, Body & Spirit Centre

0432 546 132

2 Eric Street, Torquay

UnitingCare Hervey Bay

07 4191 3100

94 Old Maryborough Road, Hervey Bay

Centacare Maryborough

07 3324 3800

Shop 3, 120 Lennox Street, Maryborough

Community Mental Health - Maryborough

07 4122 8777

Maryborough Base Hospital

167 Neptune Street

Finding Balance Counselling

0488 440 522

Suite 24/371 Kent Street, Maryborough

Headspace Maryborough

07 4303 2100

2b/118 Lennox Street, Maryborough

Jolly Good Therapy

0408 942 900

91 Gympie Rd, Tinana

Studio 2 Forty-Two

0456 489 451

Shop 22/271 Kent Street Maryborough

UnitingCare Maryborough

07 4122 9000

276 Alice Street, Maryborough

Clinical Psychology Solutions

07 41945944

4/55 Main St, Pialba

Complete Health and Wellbeing Centre

07 4194 1228

36 Sunnerdale Rd, Sunshine Acres

Core Connect Psychology

07 4125 3796

Shop 10/62 Main Street, Pialba

Enhanced Psychology

Enhance Health and Wellness Coaching

0409 629 908

184 Dayman St, Urangan.

Made It Psychology Clinic

0435 757 698

Unit 6, The Avenue, 58-60 Torquay Rd,
Pialba

MasterMind Psychiatry

0447 498 989

7/12 Nissen St, Pialba

Wegner Therapies

(07) 4124 6647

Suite 7, 40 Torquay Rd, Pialba.

Physikal Health Services

07) 4124 1888

Shop 8, 156 Boat Harbour Dr, Pialba

Specialist Mind Care

0408 844 730

25 Queens Rd, Scarness

The Made It Clinic

0435 757 698

Unit 6, The Avenue, 58-60 Torquay Rd,
Pialba.

Clinton Davies Psychology

0403 269 067

2/166 Bazaar St, Maryborough.

► Mental Health Assistance

Angel Families

Angel families is a local non clinical, informal peer to peer support group supporting families that have experienced the death of a child 21 years and under (including pregnancy loss)
www.rallyforacause.org.au/about/angel-families-fraser-coast
Angelfamiliesfrasercoast@rallyforacause.org.au

Artius

Offers a range of mental health services across Wide Bay from low intensity programs and psychology services to Suicide Prevention Aftercare.
1300 219 658
6/156 Boat Harbour Dr, Pialba

Desley Fraser & Associates

(07) 4123 4344
303 Kent St, Maryborough.

EBIV Psychology Services

0413 122 117
200 Bazaar St, Maryborough.

Kay Morgan Psychologist

(07) 4123 4788
425 Kent St, Maryborough.

Lisa Wheeler Psychologist

0409 057 316
2/165 Bazaar St, Maryborough.

Physikal Health Services

(07) 4123 6661
Shop 6, 221 Lennox St, Maryborough.

Richmond Fellowship QLD (RFQ)

(07) 3363 2644
Suite 1/208 Lennox St, Maryborough.

13YARN

Indigenous assistance
13 92 76

ReachOut

Online resource for young people and their parents.
www.reachout.com

Thoughts Fraser Coast & Wide Bay Burnett

Psychological Services
0413 464 366
608 Kent St, Maryborough.

Wide Bay Consultant Psychology Services

0400 394 564
Fairfield House, 200 Walker St, Maryborough.

G.E.M.S

Group for Emotion and Mental Support
4125 4215
34 Torquay Road, Hervey Bay

MyCompass

Proven techniques to help manage depression anxiety and stress.
www.mycompass.org.au/

Suicide Call Back Service

1300 659 467

Fraser Coast Suicide Prevention Network

FCSP goal is to promote suicide awareness and prevention within the Fraser Coast region. FCSP works collaboratively with Allied Health services.
FraserCoastSPN@hotmail.com

Wide Bay Community Mental Health Services

Child, Youth, Adult & Older Persons
167 Neptune St, Maryborough
The Village' 30 Torquay Road, Pialba
1300 642 255

Stand By

We support anyone who has been bereaved or impacted by suicide
www.standbysupport.com.au
1300 727 247

► Networking and/or Connection

Men's Business Maryborough

Through the simple act of walking and talking, men mentoring men to overcome issues together

Find us on Facebook

Hayden Lyons

hayden.lyons@bigpond.com

0476 961 611

DadLAN

DadLAN's mission is to fight loneliness, improve mental health outcomes, and provide dependable social spaces tailored to meet the unique needs of Dads from all walks of life. We meet once a month at the community centre to play computer games, have a free lunch and make new friends.

Visit Dadlan.au

► Accommodation Services & Support

Regional Housing Limited

RHL provides crisis accommodation, long term community housing, affordable housing, and a range of services to assist with housing and homelessness.

1300 642 123

6/12 Nissen Street, Pialba

Community Housing Limited

Emergency relief, crisis accommodation for families and single men, aged 18+, social housing for approved Department of Housing and Public Works applicants, Community Care services to eligible clients.

4120 0900

91 Bazaar Street, Maryborough

Hervey Bay Housing Coalition

Provides long term community housing for people in need of accommodation.

4124 3510

Residential Tenancies Authority

Tenancy information, bond management, dispute resolution, investigation, & policy & education services.

1300 366 311

Maryborough Aboriginal Corporation For Housing & Cultural Development (MACHCD)

Support and housing for Aboriginal and Torres Strait Islander people.

4122 4382 / 0498 578 110

1/164 Bazaar St, Maryborough

Queensland Department Communities - Housing & Public Works

Delivers a range of housing assistance to Queenslanders. Improving housing affordability, reducing homelessness and assisting Queenslanders to access the private housing market.

1800 623 242

116 Lennox Street, Maryborough

Tenancy Advice Service

Hervey Bay Community Centre: Provide advice on tenancy rights and responsibilities and assistance with tenancy forms. Priority will be given to vulnerable clients.

1300 744 263

91 Bazaar Street, Maryborough

Centacare Community Services Fraser Coast Homestay Program And Emergency Housing

Supporting tenants at risk of homelessness.

6/152 Boat Harbour Drive, Pialba.

4194 0172



► Relationships

Relationships aren't always easy. Sometimes your relationships with family or others might need some extra help and support to thrive or to get over a bump in the road. If a relationship has broken down, or you have had changes to family life this can cause living arrangements to change or access to children to be negotiated. During these challenging times relationship counselling and mediation can help.

Fathers with Futures

Hervey Bay Neighbourhood Centre
4pm - 6pm Thursday's
(James) 0409 185 140

Shed Night Fraser Coast

It's about men sharing their stories of family, mates, sport, work, love, health and spirituality. Men grab a decent burger, stand around for a bit and then sit down to hear two or three champion guys get up and tell their story.

www.shednight.com

Facebook page: Shed Night Fraser Coast
0412 441 174

Men's Line Australia (24 hours)

National telephone and online support, information and referral service for men with family and relationship concerns.
1300 789 978

1800 MYLINE (24 hours)

Counselling and guiding young people on relationship issues.
1800 695 463

D.V Connect Womensline

1800 811 811

Family Relationship Advice Line

1800 050 321

1800 RESPECT

Counselling for anyone experiencing, or at risk of, physical or sexual violence.

24 Hrs / 7 Days.

1800 737 732

A Time for Grandparents' Program

For grandparents raising grandchildren.

1300 135 500

www.grandparentsqld.co.au/program

Parentline

Available 7 days 8am–10pm.

1300 301 300

www.parentline.com.au

► Relationships Australia

Relationship counselling, family dispute resolution (mediation) and programs for separated parents in high conflict.

1300 364 277

0438 691 411

www.relationships.org.au

320 Kent St, Maryborough

► Habits & Addiction

If you are struggling with a destructive habit like gambling, smoking, drugs or alcohol one of the best ways to overcome the addiction is through using support. You don't have to deal with it alone. There are many services available to help you break the cycle of addiction or dependency.

Alcohol Consumption Guidelines

Drinking more than two standard drinks on any day increases your risk of harm from alcohol-related disease or injury over a lifetime.

Drinking more than four standard drinks on a single occasion increases the risk of alcohol-related injury arising from that occasion.

► Habits & Addiction

Bridges Health & Community Care

Offer a range of interventions from psychological services, care coordination for people with serious mental illness and complex needs,

1300 707 655 or www.bas.org.au

Effects of Alcohol & Illicit Drug Use

Alcohol and Drug Foundation (ADF) is Australia's leading organisation committed to preventing alcohol and other drug harms in our communities. Learn about the effects and laws around different drugs, through to counselling for youth, adults, families and carers.

www.adf.org.au/drug-facts

Gambling Help Services

Gambling Help is a free, face-to-face counselling service for people who may be struggling with their gambling or people who are affected by someone else's gambling.

4191 3100

www.gamblinghelponline.org.au

94 Old Maryborough Road, Pialba

Alcoholics Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Hervey Bay - 0438 169 764

Maryborough - 0458 408 921

Family Drug Support Line

Provides non-judgmental, non-directive support and information for families and friends of drug and/or alcohol users across Australia.

1300 368 186

Bayside Transformations

Provides rehabilitation support for people in recovery from drug and alcohol addiction.

4194 6621

234 Torquay Tce

Quitline: Quit smoking

Confidential, free service for people who want to quit smoking.

13 78 48

AODS (Alcohol & Other Drug Services)

Specialist Fraser Coast AOD Service provides a range of interventions for self, family or friends that influence and support the decision to reduce or cease harmful alcohol and Other drug use. This includes assessment; counselling and support; ambulatory withdrawal; relapse prevention; Opioid Treatment Program; and, Needle and Syringe Program.

Hervey Bay & Maryborough 4128 5400

Australian Government

If you or a friend or family member is looking for information or support about alcohol and other drugs here you will find a number of different resources to help you, or help you support someone you care about.

www.drugs.health.gov.au

Wide Bay Hospital & Health Services

Provides comprehensive assessments for substance use, brief intervention, treatment planning, case management, counselling, residential treatment and referral if required. Assessment and Treatment, Clinical Consultation Counselling, Rehabilitation, Referral, Health Promotion and Prevention Strategies, Community Development, Needle and Syringe program outlet.

Maryborough Hospital

4122 8222

Hervey Bay Hospital

4325 6666



► Legal Help

Often at the most unexpected times, legal support for divorce, work related problems or personal injury may be the help that is needed. Legal support services are available to provide practical advice, solutions and accurate information with your best interests in mind.

Legal Aid Office (Qld)

Legal advice, representation, education, telephone information. Call centre also for detailed legal information.

1300 651 188

www.legalaid.qld.gov.au

Dispute Resolution Centre

The Dispute Resolution Centre provides an alternative to the Court Process. It can mediate many kinds of dispute.

1800 68 1109

Wide Bay Dispute Resolution Centre

4125 9225

1800 681 109

Taylor Street Community Legal

A free legal service for disadvantaged people.

4194 2663

Women's Legal Service

1800 957 957

Anti-Discrimination Commission

Counselling and guiding young people on relationship issues.

1300 130 670

www.adcq.qld.gov.au

Crime Stoppers

1800 333 000

Probation and Parole Services

Community safety and crime prevention through humane containment, supervision and interventions with offenders. Servicing Fraser Coast.

4125 9200

Department of Justice

Maryborough Court House

4121 1810

170 Richmond St, Maryborough

Hervey Bay Court House

4125 9300

Cnr Queens Rd & Freshwater St,

Scarness

Justices of the Peace

Contact the Dept. of Justice & Attorney General, Justice of the Peace Branch, for details regarding 'Justices of the Peace' within the Fraser Coast District.

1300 301 147

www.qld.gov.au/law/legal-mediation-and-justice-of-the-peace/about-justice-of-the-peace

Seniors Legal and Support Service

Free legal advice and support services for seniors 60 years and over who are experiencing, or are at risk of, elder abuse, mistreatment or financial exploitation.

4124 6863

6/16 Torquay Rd, Pialba

Men's Rights Agency

An Australian nation-wide non-profit organisation providing assistance for men and their families when faced with separation, family law/ child support issues, false allegations, domestic violence etc and discrimination.

mensrights.com.au

► Financial Wellbeing

Gambling Helpline

Provides supports for anyone affected by gambling, for free 24/7. Help is available.

For free and confidential support 24/7.

1800 858 858

National Debt Helpline

Peak body for financial counsellors in Australia that offer a free, independent and confidential service.

1800 007 007

► Financial Wellbeing

Centrelink

Centrelink offers financial support and services.

13 24 90

www.centrelink.gov.au

6 Hunter Street, Pialba

207 Lennox Street, Maryborough

Maryborough Neighbourhood Centre

FREE Financial Counselling at the centre every Monday from 1pm - 2pm.

This service is by appointment only.

4121 2141

Salvation Army

07 3001 6288

Uniting Care Community

Offers financial and gambling counselling services free of charge, assessing clients' financial situations and clearly explain what options are available in a comfortable and private session.

Hervey Bay

4191 3100

Maryborough

4122 9000

► Indigenous & Multicultural Services

Galangoor Duwalami Primary Healthcare Service

Provides comprehensive primary health and well-being services to the Aboriginal and Torres Strait Islander community in the Fraser Coast and surrounding area.

www.galangoorduwalami.com.au

7/11 Central Ave, Pialba

Shop 1 87-89 Bazaar St, Maryborough

4194 5554 / 4184 9969

Maryborough Aboriginal Corporation for Housing & Cultural Development (MACHCD)

Support and housing for Aboriginal & Torres Strait Islander people.

4122 4382 / 0498 578 110

www.machousing.org.au

1/164 Bazaar Street, Maryborough*

IUIH Home Support Hervey Bay

Household and social support to help Aboriginal and Torres Strait Islander Elders and those with disabilities stay in their homes for longer.

1300 852 598

www.iuih.org.au

133 Denmans Camp Road, Kawungan *

Indigenous Health – Community Health

4122 8733

Australian Group Latino Fraser Coast

Friendship, language, Latin dance & Latin music for all nationalities.

4128 8359

Community Action for a Multicultural Society Fraser Coast (CAMS)

To support all Queenslanders, regardless of their cultural, linguistic or religious backgrounds. Assistance available in advocacy, accessing services and with community capacity building activities.

4194 3000

Translating and Interpreting Services National

Interpreting assistance, plus some translation services offered.

13 14 50

Seniors Legal and Support Service

Free legal advice and support services for seniors 60 years and over who are experiencing, or are at risk of, elder abuse, mistreatment or financial exploitation.

4124 6863

6/16 Torquay Rd, Pialba

Taylor Street Community Legal

A free legal service for disadvantaged.

4194 2663

13YARN

Indigenous assistance

13 92 76

► Older & Wiser

VVCS—Veterans & Veterans Families Counselling Service

1800 011 046

Australia Men's Shed Association

1300 550 009

Find your local Men's Shed

www.mensshed.org

Halcro Street Community Centre

A range of activities to reduce social isolation and get involved in your community.

4194 2441

Find us on Facebook

30 Halcro Street, Pialba

Older Men Unlimited

Information and support for older men who may be feeling isolated and lonely

0438 129 153 / 4194 0172

www.omuhb.com.au

RSL Sub-Branch

Pension & welfare support to the exservice community.

11 Torquay Road, Pialba

4197 7477

163-175 Lennox Street, Maryborough

4122 2321

SLEEP

Sleep is the natural state of rest in which your eyes are closed, your body is inactive, and your mind does not think. (Collins English Dictionary)

Sleep Disorders Australia

Assisting with Sleep Apnea, Restless legs Syndrome, Insomnia & Other Sleep Disorders

www.sleepoz.org.au

NODDS

Narcolepsy and Overwhelming Daytime Sleep Society of Australia
www.nodss.org.au

Promise me you'll always remember - you're braver than you believe, and stronger than you seem, and smarter than you think.
-Christopher Robin

Speaking to your doctor about your mental health is a good first step – if necessary, they can refer you to support services that best suit your needs. There are also several excellent organisations that older people can contact for help. They include:

SES Fraser Coast (State Emergency Service)

103 Old Maryborough Rd, Pialba

4124 6900

www.ses.qld.gov.au

My Aged Care

Aged care services provided by the Australian Government

1800 200 422

Open Arms (formerly At Ease)

Mental health support for veterans, ADF personnel and their family members.

1800 011 046 - 24 hours

Beyond Blue

For people feeling depressed or anxious.

1300 224 636

Chat Online SANE Australia

SANE Australia

People living with a mental illness.

1800 187 263

Black Dog Institute

people affected by mood disorders

www.blackdoginstitute.org.au

Lifeline

For anyone having a personal crisis.

13 11 14 or Chat Online

Suicide Call Back Service

24/7 counselling for anyone thinking about suicide)

1300 659 467

healthdirect.com.au

► Wellness

B Mee Exercise Physiology

Personal Training, Dietitian and Massage Services

(07) 4124 2621

Shop 50-52 Torquay Rd, Pialba

Bowen And Holistic Health

Lee Scrivens

Ph: 0402 436 063

Rob Smith

Ph: 0403 270 641

24 Beacon Rd, Booral.

Bowen Health and Healing

Ph: 0408 793 880

177 Chapel Rd, Nikenbah.

Emotional Freedom Techniques (EFT)

Ph: 0429 631 888

4 Rialto Ct, Urangan

Fraser Coast OT for Kids

Ph: (07) 4124 3888

81 Boat Harbour Dr, Urraween

Goldenage Wellness and Fitness

Ph: (07) 4194 2149

2 Yarrilee Cct, Dundowran

Heal Your Body with Food

Nutritionist

Ph: 0422 403 229

Room 10, Holistic Healing Haven, 399

Esplanade, Torquay

HEEA Therapy Services

Ph: 0458 895 784

The Signature Building

Level 1 Unit 9/19 Torquay Rd, Pialba"

Heidi's Bowen Therapy

Ph: 0429 78 4009

Pialba

Ortho-Bionomy on the Fraser Coast

Ph: 0411 713 405

Suite 6, 40 Torquay Rd, Pialba

Lou Coles Mind-Body Health Solutions

Ph: 0405 727 674

Mana Therapy Centre

Ph: (07) 4124 0292

69 Main St, Pialba

R&R Wellness

Ph: 0490 741 816

4 Harrison Cct, Urangan

Sound Solutions Therapy Service

Ph: (07) 4128 4792

11/107 Boat Harbour Dr, Pialba

Soulfusion Therapies Kinesiology

Ph: 0405 463 584

Point Vernon

The Natural Touch Body & Skin

Treatment Center

Ph: 0422 734 940

123 Torquay Rd, Scarness

The Nurture Room

Ph: 0408 721 788

399 Esplanade, Torquay

Virgos Natural Therapies

0416 169 915

About Health

Occupational Therapist

Ph: (07) 4122 4959

53 Ellena St, Maryborough

Absolute Bowen Therapy Clinic

Ph: (07) 4121 2222

136 Pallas St, Maryborough



► Wellness

Anglicare Southern QLD

Mental Health and Family Wellbeing

Ph: 1300 610 610

60 Cheapside St, Maryborough

Alice & Pallas Therapy Centre

(07) 4123 1727

386 Alice St, Maryborough

All Things Healing

0490 668 380

87 Ellena St, Maryborough

Attune Hearing Maryborough

Ph: (07) 4120 4350

4/264 Bazaar St, Maryborough

Healthy Lifestyles Australia

Nutritionist

Ph: 1300 741 236

Divine Medical Centre

267-269 Alice St, Maryborough

Lorraine Allwood - The Massage &

Kinesiology Body Connection

Ph: (07) 41213912

Maryborough Chiropractic Centre

155 Adelaide St, Maryborough

Lyn Smythe Massage Therapy

Ph: (07) 4123 2210

221 Lennox St, Maryborough

Maryborough Occupational Therapy

Ph: (07) 4121 7345

5/133 Lennox St, Maryborough.

Pedersen Natural Therapy Clinic

Ph: (07) 4123 0273

128 Adelaide St, Maryborough

Revitalized Skin & Body Specialists

Ph: (07) 4121 2666

125 Cheapside St, Maryborough

Sound Solutions Therapy Service

Ph: (07) 4128 4792

209b Pallas St, Maryborough

Wide Bay Sports & Natural Therapies

(07) 41215277

69 Gympie Rd, Tinana.

► Stand By - Support After Suicide

Who do we help?

We support anyone who has been bereaved or impacted by suicide including:

- Individuals, families, friends, witnesses
- Schools, workplaces and community groups
- First responders and service providers

To find more information and free resources please visit standbysupport.com.au

1300 727 247

Central Queensland, Wide Bay & Sunshine Coast



UnitingCare



StandBy – an initiative funded by the Australian Government.

Get Help Urgently

If you or someone you know are finding it difficult to manage mental health challenges, it's important to seek help as soon as possible. This could be in the form of self care, talking to a health professional, going to the hospital or calling triple zero (000).

▶ Are you currently in a mental health crisis?

Here are some key phone numbers to call.

Emergency Services ▶ Triple Zero 000

The Black Dog Institute ▶ www.blackdoginstitute.org.au

Beyondblue ▶ 1300 22 4636

Suicide Callback Service ▶ 1300 659 467

Stand By - Support after Suicide ▶ 1300 727 247

Crisis Oasis Space, Hervey Bay Hospital ▶ 07 4325 6666

Maryborough Hospital ▶ 1300 64 22 55

Kids Helpline ▶ 1800 55 1800

Indigenous Mental Health Assistance ▶ 13 YARN (13 92 76)

▶ Fraser Coast Mates Counselling Services

Thanks to the generosity of the Fraser Coast community, Fraser Coast Mates is able to offer free counselling sessions to members of the local community who are struggling. If you are needing someone to talk to, please head to the URL below and follow the prompts to receive a referral. If you think a friend is struggling? Feel free to mention our free counselling options to them. This service is highly confidential.

www.frasercoastmates.com.au

#letstalk



#letstalk



FRASER COAST
MATES



www.frasercoastmates.com.au