

Referrals, Counselling & Care

Hospital (CQ Health - Yeppoon)

Cap Coast Hospital	4913 3000
Cap Coast Hospital Mental health	4913 3200

Medical Practices

• Yeppoon

Capricorn Coast Medical Practice	4939 3501
Health Yeppoon	4939 3041
James St Medical Centre	4939 1711
Keppel Bay Medical Centre	4800 2000
Yeppoon Family Practice	4913 9300
Yeppoon Medical Care	4939 4355

• Taranganba

Total Health Medical Centre	4939 1888
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• Emu Park

Emu Park Family Practice	4913 8100
Total Health Emu Park	4807 6510

High Schools

Yeppoon State High School	4925 1333
<i>School based Guidance Officer</i>	

St Brendan's College	4939 9300
<i>School based Counsellor</i>	

St Ursula's College	4939 9600
<i>School Based Counsellor</i>	

Livingstone Shire Council

• Community Centre	4913 3840
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Important Community Linkages

• Youth Support Services	4913 5000
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Information, advice, referrals; related to housing, relationships, stress or boredom, 12 – 25yrs.

www/Livingstone.qld.gov.au/living-here/my-community/youth-services

Online Resources

Dept Health

Mental Health and Suicide Prevention resources:

www.health.gov.au/health-topics/mental-health-and-suicide-prevention

Qld Government's 'Dear Mind'

www.mentalwellbeing.initiatives.qld.gov.au/

Emergency Support

Ambulance/ Police	000
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Crisis Support 24/7

13YARN Crisis Support	13 92 76
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Beyond Blue	1300 224 636
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Lifeline	13 11 14
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• Text	0477 13 11 14
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• Chat online; 7pm-midnight 7 days/week:	
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www.lifeline.org.au/crisis-chat

Kids Help Line	1800 551 800
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Mates in Construction/Mining	1300 642 111
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Mensline	1300 789 978
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Poisons Information	13 11 26
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QLife- chat 3pm to midnight	1800 184 527
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Qld Health's mental health triage	1300 642 255
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Suicide Call Back Service	1300 659 467
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National Indigenous Critical	1800 805 801
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Response Service (Thirrili)	
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Mental Health Centres

Medicare Mental Health Centre - Rockhampton

3/49 William Street Rockhampton	1800 595 212
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*Free, walk-in mental health support and care
ages 18 and over; M-F, 10am-5pm.*

Mental Health Referral Services

Medicare Mental Health Phone Line	1800 595 212
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National service - assessment, advice and referrals for individuals and even carers, friends and families (prev. Head to Health); M-F 8.30am-5pm. Not crisis support.

Service Directories

Better Connect: *Free Mental Health & Wellbeing*

Supports. <https://www.betterconnectqld.com.au/>

CQ Youth Connect: *Health Services for 14-26yo.*

www.cqyouthconnect.org.au/

Lifeline Local Service Finder: *Free or low-cost health and community services available in our area.*

www.lifeline.org.au/get-help/service-finder

Please ring 000 if anyone is in immediate danger.

Emergency Relief and Support Services



Capricorn Coast Region



Community - Services

Anglicare CQ	1300 769 814
<i>Adult counselling, family support, financial support (information, advice, referrals).</i>	
Better Connect	07 4882 0197
<i>46-48 William Street Rockhampton; M-F; 9am-5pm. Free mental health, AOD and suicide prevention service.</i>	
CatholicCare CQ	1300 523 985
<i>Family and Relationship Counselling, Family Support, Domestic and Family Violence Response Service.</i>	
CQ Dispute Resolution Centre	1800 817 927
Family Drug Support	1300 368 186
Headspace	4911 6040
<i>Free early intervention mental health services 12-25 yrs</i>	
Lives Lived Well	1300 727 957
<i>Alcohol and Drug Services and Support</i>	
Relationships Australia	1300 364 277
Strengthening Family Connections	4913 3830
<i>Services for Cap Coast families with children (unborn to 18yo). No cost, self-refer or referred by agencies.</i>	
Women's Health Centre	1800 017 382

Other Supports

1800 4 Women	1800 496 636
<i>Free phone counselling for regional and remote Qld women, girls and gender diverse folk. Grief and loss following miscarriage, stillbirth, neonatal death; DFV and sexual violence counselling; and referral services. Not Crisis Support. 8am-8pm M-F, Sat. 9-5pm</i>	
Domestic and Family Violence (including the crisis line):	
• 1800 RESPECT 24hr/7days Ph	1800 737 732
Text	0458 737 732
Interpreter 13 14 50 ; NRS	1800 555 677
• Qld's DV Connect Womensline 24/7	1800 811 811
• Qld's DV Connect Mensline	1800 600 636
9am – midnight/7 days	
Gambling Help Queensland	1800 858 858
Griefline 8am-8pm M-F AEST	1300 845 745
Sane Helpline 12-6pm	1800 187 263
Survivors of Suicide Bereavement Support	1300 757 022
Standby Support After Suicide 6am-10pm	1300 727 247
Suicide Prevention Warmline	1300 186 176
<i>Free phone service; peer-led; 48-hour response</i>	

Community - Assistance

Food Relief Capricorn Coast	0468 799 843
<i>Two locations:</i>	
Yeppoon – 33 William Street (Blue Shed)	
Emu Park – Corner Archer & Hunter Streets (Anglican Church)	
<i>Helping those struggling to put a meal on the table.</i>	
-> Personal Shopping -	
<i>Both locations open Fridays from 9.00am – 1.00pm</i>	
-> Online Orders – via Facebook or online orders.	

Community Pantry	
80 John Street Yeppoon	
<i>Free pantry and personal hygiene supplies. Collections and donations</i>	
Enquires: St Ursula's College	

Eddie's Van	
Vinnies Car Park, John/Arthur St Yeppoon	
<i>Free meals and a chat. All welcome</i>	
<i>Thursday 4:30pm onwards</i>	
Enquiries: St Brendan's College Yeppoon	

Yeppoon Community Gardens	
<i>Take only what you need and help where you can.</i>	
Jacks Paddock. Cnr Power/ Ross St	
Eat Alley Community Garden. 80 John Street	

ICare Community Project	4913 3840
80 John Street Yeppoon	
<i>Support maintaining a sense of hope and community support for those experiencing personal hardship.</i>	
-> Dignity first washroom; free use of accessible toilet, shower, washing machine and dryer for community members experiencing hardship (Monday to Sunday 7am to 4pm).	
-> Grocery vouchers subject to eligibility.	

Created by: Livingstone Living Well

Health promotion only.

LLW do not provide crisis, personal or 1-1 support.

E: LLW-SPG@outlook.com

FB: www.facebook.com/LivingstoneLivingWell/

W: https://llw-spg.wixsite.com/livingstnelivingwell

Financial Aid

AnglicareCQ	1300 769 814
<i>Emergency Relief; Financial Resilience Program</i>	
CQ Financial Counselling	07 4928 1844
<i>Financial Counselling. FREE, confidential counselling and advice on managing debt.</i>	
Salvos Financial Assistance	07 3001 6288
<i>Emergency Relief Assistance</i>	
Services Australia (Centrelink Yeppoon)	13 24 68
<i>Bilingual Centrelink</i>	13 12 02
<i>Crisis payments, short term counselling, support and referrals; Community Engagement Officers:</i>	
https://www.servicesaustralia.gov.au/crisis-payment	
St Vincent de Paul Society	1800 846 643
- No Interest Loans Scheme (NILS)	<i>Option 4</i>
- Yeppoon 'Vinnies'	4939 3141
UnitingCare Community	4930 7300
<i>Financial Counselling</i>	

Housing & Homelessness

AnglicareCQ	1300 769 814
CQID- Homeless to Housing	07 4920 0000
Singles, couples and families	Select 5
Homeless Hotline	1800 474 753
QStars: QLD Renters	1300 744 263
<i>Free advice and referrals to resolve tenancy issues.</i>	
Rockhampton Housing Service Centre	07 4848 7000
Roseberry Queensland Youth Shelters	07 4922 2453
St Vincent de Paul: Housing & Homelessness Programs	
• Homestay:	07 4890 4603
<i>Free assistance (18yo+) to establish or sustain their current tenancy. Case Managed</i>	
• Crisis Accommodation & Mobile Support Programs	07 4999 3201
<i>Case Managed.</i>	
<i>Rockhampton Men's Hostel for crisis accommodation.</i>	
<i>Mobile outreach service for people at imminent risk of homelessness, or homeless in public spaces and other locations.</i>	