

# Sunshine Coast and Gympie Mental Health Road Map

Helping you on your road to mental health recovery | Designed by consumers for consumers

## Emergency

If you are at risk of harming yourself or another dial 000



Mental health services can seem confusing

But remember, you are not alone



If you're experiencing a crisis, reach out for help



Often help is only a phone call away



## Wondering where to start?



### Learn more about mental health

Visit Mind Health Connect at [mindhealthconnect.org.au](http://mindhealthconnect.org.au). They provide self-help programs and trusted information on all aspects of the mental health journey.



### Talk to your GP

about different support options that are available. In this road map, we've got a list of questions you could ask them to get you on the right track. These are some of the options you can discuss with them:



#### Non-government services



#### Public and private systems

Mental Health Care Plan, private psychologist, inpatient treatment



#### Culturally sensitive services

Connecting Aboriginal and Torres Strait Islander community members to health services



#### Public Hospital

Treatment through the Sunshine Coast Hospital and Health Service



**Don't forget: U-turns are allowed and you can always reconnect with your supports**



#### Talk to your GP

about the steps you have taken and the support options you have previously explored.



#### Talk to a member of your support team

such as your case manager, allied health worker, psychologist or psychiatrist about the options available. If you are an Aboriginal or Torres Strait Islander community member you can re-connect with cultural healing.



#### Talk with your other supports

about the steps you have taken and the support options you have tried before. Keep your family and friends in the loop, too.



## Are you in a mental health crisis?



### Contact your case manager

or a member of your support team. If you do not have one, phone the Acute Care Team and identify that you are in a crisis situation. A mental health clinician will work with you to assess level of risk and to identify your needs.

**Acute Care Team 1300 642 255**



### Get in touch with these support services

Google 'Lifeline crisis chat' or call **13 11 14**

Visit [sane.org](http://sane.org)

Visit [kidshelp.com.au](http://kidshelp.com.au) or call **1800 55 1800**

Visit [beyondblue.org.au](http://beyondblue.org.au) or call **1300 224 636**

Visit [blackdoginstitute.org.au](http://blackdoginstitute.org.au)



### If you are in an emergency situation

and are at risk of harming yourself or another **call 000** immediately.

## Are you already receiving support?

## Know your rights



An assessment process exists to ensure your safety and wellbeing. Under certain circumstances you may be assessed against your will.

Make yourself aware of your rights and check out the latest Mental Health Act on the [health.qld.gov.au](http://health.qld.gov.au) website.

## Get help to connect to the right services



### Contact Partners in Recovery (PIR)

PIR can help people with severe and persistent mental illness to navigate the system, connect with supports and provide care coordination.

PIR have a NCACCH officer who can offer culturally sensitive support for Aboriginal and Torres Strait Islander community members. PIR is not a crisis service.

**Call PIR on 1300 747 724 (9am - 4pm Mon - Fri)**



### General

Why do I feel like this?  
Are there things other than medication I can do to help me get better?



### If you're thinking about taking medication

Will I need medication?  
Are there alternatives to medication?  
What are the side effects?  
How much will it cost?  
How long do I have to stay on the medication?  
What does 'treatment resistant' mean?



### If you're looking for someone to help you

Who should I call if things get worse?  
Where do I get more information?  
What if I don't agree to the treatment plan or medication?  
What other supports are in the community?



### Write it down

Keep a written and dated record of who you are seeing and what they say.  
Self monitor with a journal.



### Medications

Take a list of your current medications when you visit your GP.  
Talk to your pharmacist about your medications.



### Some symptoms that may be noteworthy

- Emotions (anger, sadness)
- Behaviours (excessive spending, avoiding situations)
- Changes in sleep patterns
- Eating habits
- Paranoia
- Excessive fears or worries
- Inability to cope with daily problems or stress
- Alcohol or drug abuse
- Sex drive changes
- Confused thinking

## Contacts to keep handy

National Health Services Directory 1800 022 222 (24/7) | [nhsd.com.au](http://nhsd.com.au)  
My Community Directory [mycommunitydirectory.com.au](http://mycommunitydirectory.com.au)

### Someone to talk to

Lifeline 13 11 14 or chat online at [lifeline.org.au](http://lifeline.org.au)  
SANE 1800 18 7263 (9am - 5pm, weekdays) | or chat at [saneforums.org](http://saneforums.org)

### For kids, teens and young adults

Beyond Blue 1300 22 46 36 (24/7) or chat online between 3pm and 12am at [beyondblue.org.au](http://beyondblue.org.au)  
Kids Help Line 1800 55 1800 (24/7) | [kidshelpline.com.au](http://kidshelpline.com.au)

### Specialised help

Domestic Violence Hotline QLD 1800 811 811 (24/7) | [dvconnect.org](http://dvconnect.org)  
STEPS Pet Care 1300 766 962  
Alcohol and Drugs Information Service (ADIS) 1800 177 833 (24/7)  
Sunshine Coast Citizen Advocacy 07 5442 2524 | [citizenadvocacy.com](http://citizenadvocacy.com)

### For Aboriginal and Torres Strait Islander community members

North Coast Aboriginal Corporation for Community Health (NCACCH) 07 5443 3599 | 8:30am - 3pm Mon - Fri  
Sunshine Coast Hospital and Health Service Cultural Healing Team 07 5450 4700 | After hours 1300 64 2255

### Services you can refer to

headspace Maroochydore 07 5409 4900  
Partners in Recovery 1300 747 724 | 9am - 4pm Mon - Fri  
[partnersinrecoveryscg.org](http://partnersinrecoveryscg.org)  
Peer Engaged Assist Recovery Lifestyle (PEARL) 07 5443 1558

### For carers

Carer Advisory Service 1800 242 636 | 9am-5pm Mon - Fri  
[carersqld.asn.au](http://carersqld.asn.au)  
Mental Health Resources for Carers (MHR4C) [mhr4c.com.au](http://mhr4c.com.au)  
Carer Gateway 1800 422 737 | 8am-6pm Mon - Fri  
[carergateway.gov.au](http://carergateway.gov.au)

# Mental Health Road Map

The advice in this brochure

was written by your peers

and produced by

Partners in Recovery

Sunshine Coast and Gympie



Request more copies of this brochure by calling  
Partners in Recovery on 1300 747 724

