

Dear Parents/Carers,

It can be difficult to know where to go for help if your child needs support in the areas of social emotional wellbeing, mental health and behaviour. If your child is showing difficulties in these areas at home or at school, there are a number of good quality services available in the local area. The following information has been compiled by our school's Guidance Officer and is a snapshot of some of the services commonly used by families. Many of these options are free or low cost and all prefer parents to get in touch with them directly. Where possible, scanned copies of brochures have been included for further information. We hope this is helpful to you and your family.

Service	Information	Contact Details
Family Child Connect	This is a free service aimed at helping parents through various challenges. They will talk to you about your worries and concerns over the phone and connect you to the most appropriate services (which may include those listed below). They are like a telephone directory of all local community services available for parents and be a good first port of call if not knowing where to go for help.	(07) 5508 3835
Griffith University Support Programs		
Regulating Overload and Rage Program (ROAR)	For children ages 8-12 who struggle with emotions and anger. Practical solutions to everyday situations that lead to rage in children. Helps you and your child by teaching them emotional regulation strategies.	1800 188 295 Psychclinic-gc@griffith.edu.au Griffith.edu.au/healthclinics
Recognising Emotions Establishing Friendships (REEF)	For children aged 5-12 who find it hard to make friends. Program addresses social anxiety, which can make it hard for children to make and maintain friendships.	
Family Interaction Program	A free service for families with children aged 1-6 years of age. Flexible service focusing on the specific needs of the family.	07 5678 9105 fip@griffith.edu.au Click here for further information
Child/Family Counselling - Psychological Therapy		
Flourish – Child and Family Therapy	A free child and family counselling service for families who have experienced trauma or who are at risk of harm. Can help with grief and loss, mood changes, behavioural concerns, sleep difficulties, worries about schooling and family stress.	Act For Kids 07 5656 8600 31 Olsen Ave, Labrador, Qld, 4215
Northern Gold Coast Communities for Children – Family Support and Counselling Service	A free service for families with children aged 0-12 Years Old. Available for families who may be isolated, in crisis or simply needing extra support and information.	(07) 5529 8087 or (07) 5580 4995 family@youthcentre.org.au
Relationships Australia Counselling for Families and Children	A service to support children and families with stressful events, e.g., family separation and parental conflict. Relationships Australia also offer courses and information about parenting after separation. Also free ongoing counselling for recent and historical crimes and support, DV support.	1300364277 www.raq.org.au
Paradise Kids	Providing support for children and their families suffering major illness, grief and/or loss. Can be death of a loved one, relationship breakdown (separation/divorce) or terminal illness. Call to arrange appointment.	88 Allied Drive, ARUNDEL 07 5574 6853 www.paradisekids.org.au
Accorras Family Mental Health Support Service	Provides free, individual outreach support for children (0-18 years) who are at risk of developing a mental health condition or have a diagnosed mental health condition. Sessions are conducted at the child's home or on request may be conducted at school.	(07) 5679 3300 https://www.accorras.com.au/fmhss

Child and Youth Mental Health (Queensland Health)	This is a public service that parents can self-refer to. It is a community based service for children and young people aged 0-18 years and their families in the Gold Coast region who are experiencing severe / complex psychological, emotional and/or behavioural problems. They will discuss your child's difficulties and level of concern over the phone.	1300 642 225 Robina Health Precinct 2 Campus Cres, Robina
Practical Behaviour Solutions	A mobile service for single parents/couples/carers & professionals/organisations caring for someone expressing challenging behaviours aged 2.5 years and up. This service is also for individuals aged 15 and up experiencing problems as a result of an Autism Spectrum Disorder. Bulk-billing available where possible.	1800-TANTRUM or 1800 826 878 reception@practicalbehavioursolutions.com www.practicalbehavioursolutions.com

Bulk-Billed Psychology Sessions under a Mental Health Care Plan

The most common and cost-effective way to access psychological therapy is to get a referral from your doctor (GP). After speaking with a GP about your concerns, yourself or your child may be given a 'mental health care plan.' This enables you to receive up to 10 bulk billed sessions with a psychologist per calendar year. Depending on the specific clinic, there may be an initial fee or a gap fee. The GP can provide more information about clinics in the local area.

Parent Support

Parentline	Free phone support and counselling for parents. "Parenting is tough. But you don't have to do it alone. When things become challenging, it's important to know that you can always talk to someone about what's going on. If you're a parent, carer or family member living in Queensland or the Northern Territory, you can call Parentline from 8am-10pm, seven days a week – for the cost of a local phone call."	1300 301 300
Northern Gold Coast Communities for Children	Each term various parenting support programs are offered free of charge that address a range of topics including: children with challenging behaviours, strategies to build resilience among children, connecting with teens, conflict resolution, mothers and daughters program, assertiveness and confidence building strategies. Book online. Programs fill quickly.	(07) 5529 8087 25 Leo Graham Way, Oxenford. Bookings: http://www.youthcentre.org.au/bookings/
Benevolent Society Early Years Centre	For parents of children from birth to 8 years. Variety of support options offered including child health checks, preparation for schooling, home visiting/support, money management workshops, parenting workshops about language development, learning through play and positive parenting.	(07) 56449400 Upper Coomera, Old Coach Road (beside Coomera Springs SS)
Accorras Triple P Parenting	In an Accorras Triple P course, parents learn about strategies for their situation, talk and share stories with other parents and refer to the comprehensive Triple P manual provided to take home and keep. Triple P helps parents use their parenting skills positively in a range of situations, focusing on setting limits, guiding children positively and helping parents establish what is acceptable.	(07) 5679 3300
Domestic Violence Prevention Centre (DVPC) Gold Coast	Support service for women and children experiencing domestic violence (historically or currently). Also provides Southport Court Support – Level 2.	07 5591 4222 (Administration) 07 5532 9000 (Counselling) www.domesticviolence.com.au
DV Connect	Confidential; 24 hours; counselling and refuge information.	1800 811 811 1800 600 636 – Men's line

Food Assistance

Peoples Market	<u>Food parcels:</u> available from \$20. Order parcels online then select pickup location. Friday 3pm to 5:30pm.	2 Guara Grove, PIMPAMA 0403 059 132 www.ppelsmarket.com.au
Hillsong City Care Storehouse	Tues, Thurs & Sat 9am to 11am. Emergency and long-term food relief. Identification to show low income required.	6/3 Dalton Street, UPPER COOMERA 07 5502 7324