

Supporting Healthy Minds for Young People

Logan City Council





How do you Tune Out to Tune In?

An initiative of Logan City Council, the Tune Out to Tune In resource has been developed in partnership with local organisations to support healthy minds for young people in our community.

To find out more about this initiative and other ways to connect with your community, visit our website: logan.qld.gov/youngpeople

#tuneouttotunein















Helpful Contacts and Websites

If you need some extra advice, there are a range of services and supports where you can talk things through and find information to help. Please note, this list may not have all services and supports within the community.

For more services, please visit the [Logan Community Directory](http://logan.qld.gov.au/community-support/community-directory) via logan.qld.gov.au/community-support/community-directory or speak to your general practitioner or school counsellor.

Find extra resources and information preloaded to the blue USB in the pencil case.

Categories

	Emergency Contacts
	Logan City Council
	Health and Logan Hospital
	YouTube Videos and Ted Talks.
	Youth Mental Health
	Aboriginal and Torres Strait Islander Support
	Culturally and Linguistically Diverse Communities.
	Suicide Support Services
	General Support
	Youth Alcohol and Other Drugs
	Family and Caregivers Support
	Department of Child Safety Services
	Specialist Sexual Assault Services
	Resources and Information



Emergency Contacts		
Organisation	Details	Contact Information
Emergency Services	Triple Zero is the emergency phone number in Australia for: Police, Fire Fighters or Ambulance.	Triple Zero (000)
Lifeline 24 Hour Crisis Support	Crisis support and suicide prevention. Lifeline has a 24 hour crisis support and suicide prevention service. This is confidential and anyone across Australia can call. Lifeline also has face-to-face crisis support services.	P. 13 11 14 https://www.lifeline.org.au/get-help/topics/lifeline-services Free Translating & Interpreting Service (TIS) Call TIS on 131 450 and ask to talk to Lifeline on 13 11 14 in the language required.
1300 MH CALL	In times of mental health crisis, access local mental health services for information and assistance via a 24 hours a day centralised phone number.	P. 1300 64 22 55 W. https://metrosouth.health.qld.gov.au/mhcall For non-urgent health advice call 13 43 25 84
Logan City Council		
KRANK School Holiday Program	Every school holidays, Logan City Council provides the KRANK School Holiday Program which has free and low-cost school holiday activities for Logan residents aged 5 – 17 years. Visit: https://www.logan.qld.gov.au/community-support/community-development/krank for more information.	
Leaders of Logan	Want to connect with other young people and make a difference for young people in the City of Logan? There are lots of options for you to get involved. Join a youth reference group, youth council or volunteer in your local community. Visit logan.qld.gov/youngpeople for more information.	
Live Well Logan	Start your active and healthy lifestyle today through Council's Live Well Logan program. There are free or low-cost activities designed to suit everyone; regardless of your age, gender, mobility or schedule. Visit Life Well Logan for more information.	
Logan Community Directory	Visit the Logan Community Directory to access up to date information on programs and services in the City of Logan. Visit the Logan Community Directory for more information.	




Listen 2 Connect	<p>A guideline for engaging with children, youth and young adults in the City of Logan.</p> <p>In partnership with Logan Together and the Salvation Army Communities for Children Facilitating Partner. Visit the Listen 2 Connect Booklet</p>	
Health and Logan Hospital		
<p>Logan Hospital</p> <p>Queensland Government</p>	<p>Logan Hospital is the major health centre for a range of services for children and adults.</p>	<p>P. (07) 3299 8899</p> <p>A. Cnr Loganlea Rd & Armstrong Rd, Meadowbrook.</p> <p>https://metrosouth.health.qld.gov.au/logan-hospital</p>
<p>13 HEALTH</p> <p>Queensland Government</p>	<p>13 HEALTH (13 43 2584) is a confidential phone service that provides health advice to Queenslanders. You can talk to a registered nurse 24 hours a day, 7 days a week for the cost of a local call.</p>	<p>P. 13 HEALTH (13 43 25 84) W.</p> <p>https://www.qld.gov.au/health/contacts/advice/13health</p>
YouTube Videos and Ted Talks		
<p>Indigenous Hip Hop Project & Headspace</p>	<p>A group of talented young Aboriginal and Torres Strait Islander performers in Logan have created an original song and video clip that offers hope and support to local young people.</p> <p>You can view the clip here.</p>	
<p>How Mindfulness Empowers Us</p>	<p>An Amination Narrated by Sharon Slazberg</p>	
<p>Headspace Video</p>	<p>Headspace Meditation / Getting Started</p>	
<p>Headspace Video</p>	<p>Got a lot going on – Yarn Safe Video</p>	
<p>Ted Talk / Drew Dudley</p>	<p>Everyday Leadership</p>	
<p>Ted Talk / Adora Svitak</p>	<p>What Adults Can Learn From Kids</p>	
<p>You Tube</p>	<p>What is mental health?</p>	
<p>You Tube</p>	<p>What Is Community</p>	




You Tube / First Follower Video	Leadership Lesson from Dancing Guy	
Tedx Video	The Prevalence of Mental Illnesses in Youth / McKenna Knapp	
Tedx Video	The Truth About Growing Up Disabled / Dylan Alcott	
National Eating Disorder Collaboration Video	Eating Disorder Myths..... Busted	
Youth Mental Health		
Headspace	<p>Information and services for young people aged between 12-25 years, their families and friends.</p> <p>Supporting your mental health, physical health, work and study. There is also alcohol and other drug services.</p>	<p>You can get help in person at a headspace centre located near you or via online support service at ehespace.</p> <p>P. (07) 3804 4200 Meadowbrook</p> <p>W. https://headspace.org.au/</p>
YFS – Youth Link	<p>Support for young people aged between 12 - 18 years who are having trouble with housing, family, school, work or friends.</p>	<p>P. (07) 3826 1500 A. 376 Kingston Road, Slacks Creek, 4127 or by filling in an online form below. http://www.yfs.org.au/services/young-people/</p>
Youth Beyond Blue	<p>Support and information if you're feeling sad, down or anxious and strategies on how to help a friend who may need help.</p>	<p>P. 1300 22 4636 (24 hours) Chat online 3pm-12am, 7 days W. www.youthbeyondblue.com</p>
Butterfly National Support Line and Web Counselling Service	<p>Free and confidential support for anyone with a question about eating disorders or negative body image, including sufferers, carers, family and friends, teachers, employers and more.</p>	<p>P. 1800 334 673 8:00am-12:00am, M-F. E. support@thebutterflyfoundation.org.au W. https://thebutterflyfoundation.org.au/</p>




Aboriginal and Torres Strait Islander Support		
Aboriginal & Torres Strait Islander Community Health Service (ATSICHS)	One of the largest Indigenous community organisations that provides health care services. Bulk billing service.	P. (07) 3290 5689 A. 41 Station Road, Logan Central, Qld, 4114 http://atsichsbrisbane.org.au/medical-services/logan-3/
YARN SAFE Headspace 	There's no shame in talking it out. Everybody has these feelings when life is tough, but when these feelings go on for a long time it can weaken our body, mind and spirit. Click on the website for some information that may help you or someone else.	W. https://headspace.org.au/yarn-safe/
Murrigunyah Family and Cultural Healing Centre	Counselling, support, groups and information available for women, men and families (including adolescent women aged 15 or above) who have experienced sexual assault, child sexual abuse or domestic violence. Cultural healing is also provided.	P. (07) 3290 4254 A. 2 Burigan Street, Woodridge, Qld, 4114 E. manager@murrigunyah.org.au W. http://www.murrigunyah.org.au/
Child Protection Peak (CPP)	A organisation that promotes and advocates for the rights, safety and wellbeing of Aboriginal & Torres Strait Islander children, young people and their families.	W. http://www.qatsicpp.com.au/ P. (07) 3102 4119 A. 14 Horan Street, West End, Qld, 4101
Culturally and Linguistically Diverse Communities		
Multilink	Multilink provides services to diverse communities and focuses on migrants and culturally and linguistically diverse communities.	P. (07) 3808 4463 W: www.multilink.org.au A: 38 Blackwood Road, Logan Central, Q, 4114
ACCESS	Access Community Services has a range of services and programs for young migrants who have been in Australia for less than five years. Programs to increase social participation and engagement in education, training and employment, sport and recreation, and leadership.	W. https://www.accesscommunity.org.au/



Translation and Interpreting Service (TIS) 	The Translating and Interpreting Service provides interpreting services to people who do not speak English and to agencies and businesses that need to communicate with their non-English speaking clients.	P. 131 450 W. https://www.tisnational.gov.au/
Suicide Support Services		
Suicide Call Back Service	The Suicide Call Back Service is a 24 hour, nationwide service that provides free telephone, video and online counselling. You can call anywhere and anytime.	P. 1300 659 467 W. https://www.suicidecallbackservice.org.au/
Suicide Prevention Pathways	Outreach, phone and online support for those 15 years and over.	P. 1800 008 255 W. https://suicidepreventionpathways.org.au/
Standby - Support After Suicide Uniting Care Queensland	Support for anyone who has been impacted by suicide at any stage in their life.	P. 0438 150 180 24 hours /7 days a week W. http://standbysupport.com.au/
General Support		
Kids Help Line	Free private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years.	P. 1800 551 800 E. https://kidshelpline.com.au
Benevolent Society	ReachOut.com is a free support service for parents where you can explore any concern you have with your teenager (12-18 years) and lay out an action plan to see real results.	P. 1800 236 762 A. Logan Central (81 Wembley Road) & Beenleigh (2/59 Alamein Street) & Browns Plains (Crn Wineglass Dr & Middle Rd, Hillcrest).
Benevolent Society Child & Family Wellbeing Program	Support children and young people – pre-birth to 18 years and their families who are struggling emotionally	P. (07) 3441 3000 A. Bindi Street, Logan Central W. www.benevolent.org.au



Open Doors Youth Service Inc. 	The Open Doors Reconnect Program is for LGBTI Young people aged 12 to 18 years who are homeless or at risk of homelessness, and their families.	W. https://www.opendoors.net.au/get-support/
YFS R4RESPECT	#R4Respect is an education and prevention strategy lead by young people in Logan and surrounds, the aim is to prevent anti-social behaviour and violence.	P. (07) 3826 1500 E. r4respect@yfs.org.au or Beenushk@yfs.org.au W. http://www.yfs.org.au/r4respect/
Office of the eSafety Commissioner	Report Cyberbullying; Report illegal content; Report image-based abuse; and Education resources and news. The Office of the eSafety Commissioner is committed to empowering all Australians to have safer, more positive experiences online.	P. 1800 880 176 W: https://esafety.gov.au/
Youth Alcohol and Other Drugs		
LADDERS (Logan Adolescent Drug Dependencies Early Response Service)	A free service for young people aged 12 – 25 years and their families and/or significant others who are experiencing problematic drug and alcohol use.	P. (07) 3299 3962 E. MSAMHS_ADS_LADDERS@health.qld.gov.au A. 9 Station Rd, Logan Central
Dovetail	You can find training, resources, news and videos for youth alcohol and other drugs.	W. https://www.dovetail.org.au/
Family and Caregivers Support		
Relationships Australia	Family counselling and support (face-to-face) for families.	P. 1300 654 277 W. http://www.raq.org.au/ A. 2 Colleen Grove, Springwood, Q, 4127



Parentline (YourTown)	Parentline 1300 30 1300 can be called by parents, carers or family members, for the cost of a local phone call.	W. https://www.yourtown.com.au/our-services/parentline 8am-10pm, 7 days a week.
Carers Queensland	Supports for Carers and Young Carers, advocacy, training, support groups and No Interest Loans.	W. https://carersqld.com.au/
Young Carers Network Carers Australia	Support for young carers who help care for family members with an illness, disability, mental health issue or alcohol or other drug problems.	P. 1800 242 636 W. https://youngcarersnetwork.com.au/
Family and Child Connect	Family and Child Connect is a free service to help you with the challenges of raising a family. Anyone can contact them for advice and information, including parents, grandparents, other family members and young people.	P. 13 32 64 W. www.familychildconnect.org.au
Dads in Distress	24-hour helpline supporting separated men around Australia.	P. 1300 853 437
DV Connect	24 hours a day, 7 days a week telephone service offering women experiencing domestic or family violence.	P. 1800 811 811 http://www.dvconnect.org/women/online/
Department of Child Safety Services		
Logan Central Child Safety Service Centre	Department of Child Safety are Queensland Government's lead agency for child safety and adoption services.	P. (07) 3380 6200 W. https://www.csyw.qld.gov.au/child-family A. 6 Ewing Road, Woodridge, Qld, 4114
Specialist Sexual Assault Services		
ReachOut	Online mental health organisation for young people and their parents. Practical support, tools and tips to help young people get through anything from everyday issues to tough times.	P. (02) 8029 7777 W. https://about.au.reachout.com/ E. info@reachout.com
Centre Against Sexual Violence Inc.	A community based sexual assault service dedicated to providing counselling, education and information to the Logan,	P. (07) 3808 3299 W. http://www.casv.org.au/ E. admin@casv.org.au



	Beaudesert and Redlands communities. Free counselling to all women, and young women 12 years and over who have experience recent, past and/or childhood sexual assault.	A. 5/13-21 Mayes Avenue, Logan Central.
Sexual Assault Helpline	Telephone support and counselling to anyone - women, men and young people who has been sexually assaulted or abused and for anyone who is concerned or suspects someone they care about might have been assaulted or abused.	P. 1800 010 120 7:30am to 11.30pm, 7 days.
1800 Respect	Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.	P. 1800 737 732 W. https://www.1800respect.org.au/
WWILD	WWILD can provide support information to people with intellectual or learning disabilities who have been victims of crime or exploitation.	P. (07) 3262 9877 W. http://wwild.org.au/ A. 211 Hudson Road, Woolloowin, Qld, 4030
Bravehearts	Child protection training and education initiatives, specialist child sexual assault counselling and support services.	W. https://bravehearts.org.au/ P. (070 5552 3000 or 1800 272 831 E. intake@bravehearts.org.au
Resources and Information		
Pathways to Resilience	Educational and mentoring packages have been developed to provide social and emotional support. Pathways to Resilience delivers In-school programs and online education for children, teenagers, parents and educators.	P. (07) 3169 2400 W. https://pathwaystoresilience.org/ E. info@pathwaystoresilience.org
Kids Matter	KidsMatter offers a range of information sheets for families that have been developed by mental health professionals experienced in child development.	W. https://www.kidsmatter.edu.au/health-and-community/resources/information-sheet-index
Wheel of Wellbeing	The Wheel of Well-being is a way to think about and describe well-being that everyone can understand.	W. https://www.wheelofwellbeing.org



	Using the six areas: Body, Mind, Spirit, People, Place & Planet.	
Youth Mental Health First Aid Course	A course for adults working or living with adolescents (aged between 12 and 18 years), the course can be relevant for those helping people who are a little younger or older.	P. (03) 9079 0200 W. https://mhfa.com.au/cms/youth-course-information E. mnfa@mhfa.com.au
R U OK DAY	Join the R U OK? Movement to start the conversation every day.	W. https://www.ruok.org.au/

If you have any questions or would like further information about Tune Out to Tune In, please contact Logan City Council on (07) 3412 3412.