

# 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](http://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](http://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.

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Emergency Contacts		
Organisation	Details	Contact Information
<b>Emergency Services</b>	Triple Zero is the emergency phone number in Australia for: Police, Fire Fighters or Ambulance.	Triple Zero (000)
<b>Lifeline 24 Hour Crisis Support</b>	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 <a href="https://www.lifeline.org.au/get-help/topics/lifeline-services">https://www.lifeline.org.au/get-help/topics/lifeline-services</a> Free Translating & Interpreting Service (TIS) Call TIS on 131 450 and ask to talk to Lifeline on 13 11 14 in the language required.
<b>1300 MH CALL</b>	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. <a href="https://metrosouth.health.qld.gov.au/mhcall">https://metrosouth.health.qld.gov.au/mhcall</a> For non-urgent health advice call 13 43 25 84
<b>Logan City Council</b>		
<b>KRANK School Holiday Program</b>	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: <a href="https://www.logan.qld.gov.au/community-support/community-development/krank">https://www.logan.qld.gov.au/community-support/community-development/krank</a> for more information.	
<b>Leaders of Logan</b>	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 <a href="https://www.logan.qld.gov.au/youngpeople">logan.qld.gov.au/youngpeople</a> for more information.	
<b>Live Well Logan</b>	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 <a href="https://www.logan.qld.gov.au/live-well-logan">Life Well Logan</a> for more information.	
<b>Logan Community Directory</b>	Visit the <a href="https://www.logan.qld.gov.au/community-support/community-development/krank">Logan Community Directory</a> to access up to date information on programs and services in the City of Logan.  Visit the <a href="https://www.logan.qld.gov.au/community-support/community-development/krank">Logan Community Directory</a> for more information.	





<b>Listen 2 Connect</b>	A guideline for engaging with children, youth and young adults in the City of Logan.  In partnership with Logan Together and the Salvation Army Communities for Children Facilitating Partner. Visit the <a href="#">Listen 2 Connect Booklet</a>	
<b>Health and Logan Hospital</b>		
<a href="#">Logan Hospital</a>  Queensland Government	Logan Hospital is the major health centre for a range of services for children and adults.	P. (07) 3299 8899  A. Cnr Loganlea Rd & Armstrong Rd, Meadowbrook.  <a href="https://metrosouth.health.qld.gov.au/logan-hospital">https://metrosouth.health.qld.gov.au/logan-hospital</a>
<b>13 HEALTH</b>  Queensland Government	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. 13 HEALTH (13 43 25 84) W. <a href="https://www.qld.gov.au/health/contacts/advice/13health">https://www.qld.gov.au/health/contacts/advice/13health</a>
<b>YouTube Videos and Ted Talks</b>		
<b>Indigenous Hip Hop Project &amp; Headspace</b>	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.  You can <a href="#">view the clip here</a> .	
<b>How Mindfulness Empowers Us</b>	<a href="#">An Amination Narrated by Sharon Slazberg</a>	
<b>Headspace Video</b>	<a href="#">Headspace Meditation / Getting Started</a>	
<b>Headspace Video</b>	<a href="#">Got a lot going on – Yarn Safe Video</a>	
<b>Ted Talk / Drew Dudley</b>	<a href="#">Everyday Leadership</a>	
<b>Ted Talk / Adora Svitak</b>	<a href="#">What Adults Can Learn From Kids</a>	
<b>You Tube</b>	<a href="#">What is mental health?</a>	
<b>You Tube</b>	<a href="#">What Is Community</a>	




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




Aboriginal and Torres Strait Islander Support		
<b>Aboriginal &amp; Torres Strait Islander Community Health Service (ATSICHS)</b>	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 <a href="http://atsichsbrisbane.org.au/medical-services/logan-3/">http://atsichsbrisbane.org.au/medical-services/logan-3/</a>
<b>YARN SAFE Headspace</b>  	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. <a href="https://headspace.org.au/yarn-safe/">https://headspace.org.au/yarn-safe/</a>
<b>Murrigunyah Family and Cultural Healing Centre</b>	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. <a href="mailto:manager@murrigunyah.org.au">manager@murrigunyah.org.au</a> W. <a href="http://www.murrigunyah.org.au/">http://www.murrigunyah.org.au/</a>
<b>Child Protection Peak (CPP)</b>	A organisation that promotes and advocates for the rights, safety and wellbeing of Aboriginal & Torres Strait Islander children, young people and their families.	W. <a href="http://www.qatsicpp.com.au/">http://www.qatsicpp.com.au/</a> P. (07) 3102 4119 A. 14 Horan Street, West End, Qld, 4101
Culturally and Linguistically Diverse Communities		
<b>Multilink</b>	Multilink provides services to diverse communities and focuses on migrants and culturally and linguistically diverse communities.	P. (07) 3808 4463 W: <a href="http://www.multilink.org.au">www.multilink.org.au</a> A: 38 Blackwood Road, Logan Central, Q, 4114
<b>ACCESS</b>	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. <a href="https://www.accesscommunity.org.au/">https://www.accesscommunity.org.au/</a>



<b>Translation and Interpreting Service (TIS)</b>  	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. <a href="https://www.tisnational.gov.au/">https://www.tisnational.gov.au/</a>
<b>Suicide Support Services</b>		
<b>Suicide Call Back Service</b>	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. <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
<b>Suicide Prevention Pathways</b>	Outreach, phone and online support for those 15 years and over.	P. 1800 008 255 W. <a href="https://suicidepreventionpathways.org.au/">https://suicidepreventionpathways.org.au/</a>
<b>Standby - Support After Suicide</b>  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. <a href="http://standbysupport.com.au/">http://standbysupport.com.au/</a>
<b>General Support</b>		
<b>Kids Help Line</b>	Free private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years.	P. 1800 551 800 E. <a href="https://kidshelpline.com.au">https://kidshelpline.com.au</a>
<b>Benevolent Society</b>	<a href="https://reachout.com">ReachOut.com</a> 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).
<b>Benevolent Society Child &amp; Family Wellbeing Program</b>	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. <a href="http://www.benevolent.org.au">www.benevolent.org.au</a>





<b>Open Doors Youth Service Inc.</b> 	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. <a href="https://www.opendoors.net.au/get-support/">https://www.opendoors.net.au/get-support/</a>
<b>YFS</b> <b>R4RESPECT</b>	#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. <a href="mailto:r4respect@yfs.org.au">r4respect@yfs.org.au</a> or <a href="mailto:Beenushk@yfs.org.au">Beenushk@yfs.org.au</a> W. <a href="http://www.yfs.org.au/r4respect/">http://www.yfs.org.au/r4respect/</a>
<b>Office of the eSafety Commissioner</b>	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: <a href="https://esafety.gov.au/">https://esafety.gov.au/</a>
<b>Youth Alcohol and Other Drugs</b>		
<b>LADDERS</b> (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. <a href="mailto:MSAMHS_ADS_LADDERS@health.qld.gov.au">MSAMHS_ADS_LADDERS@health.qld.gov.au</a> A. 9 Station Rd, Logan Central
<b>Dovetail</b>	You can find training, resources, news and videos for youth alcohol and other drugs.	W. <a href="https://www.dovetail.org.au/">https://www.dovetail.org.au/</a>
<b>Family and Caregivers Support</b>		
<b>Relationships Australia</b>	Family counselling and support (face-to-face) for families.	P. 1300 654 277 W. <a href="http://www.raq.org.au/">http://www.raq.org.au/</a> A. 2 Colleen Grove, Springwood, Q, 4127





<b>Parentline</b> (YourTown)	Parentline 1300 30 1300 can be called by parents, carers or family members, for the cost of a local phone call.	W. <a href="https://www.yourtown.com.au/our-services/parentline">https://www.yourtown.com.au/our-services/parentline</a> 8am-10pm, 7 days a week.
<b>Carers Queensland</b>	Supports for Carers and Young Carers, advocacy, training, support groups and No Interest Loans.	W. <a href="https://carersqld.com.au/">https://carersqld.com.au/</a>
<b>Young Carers Network</b> 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. <a href="https://youngcarersnetwork.com.au/">https://youngcarersnetwork.com.au/</a>
<b>Family and Child Connect</b>	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. <a href="http://www.familychildconnect.org.au">www.familychildconnect.org.au</a>
<b>Dads in Distress</b>	24-hour helpline supporting separated men around Australia.	P. 1300 853 437
<b>DV Connect</b>	24 hours a day, 7 days a week telephone service offering women experiencing domestic or family violence.	P. 1800 811 811 <a href="http://www.dvconnect.org/women/online/">http://www.dvconnect.org/women/online/</a>
<b>Department of Child Safety Services</b>		
<b>Logan Central Child Safety Service Centre</b>	Department of Child Safety are Queensland Government's lead agency for child safety and adoption services.	P. (07) 3380 6200 W. <a href="https://www.csyw.qld.gov.au/child-family">https://www.csyw.qld.gov.au/child-family</a> A. 6 Ewing Road, Woodridge, Qld, 4114
<b>Specialist Sexual Assault Services</b>		
<b>ReachOut</b>	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. <a href="https://about.au.reachout.com/">https://about.au.reachout.com/</a> E. <a href="mailto:info@reachout.com">info@reachout.com</a>
<b>Centre Against Sexual Violence Inc.</b>	A community based sexual assault service dedicated to providing counselling, education and information to the Logan,	P. (07) 3808 3299 W. <a href="http://www.casv.org.au/">http://www.casv.org.au/</a> E. <a href="mailto:admin@casv.org.au">admin@casv.org.au</a>



	Beauresort 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.
<b>Sexual Assault Helpline</b>	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.
<b>1800 Respect</b>	Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.	P. 1800 737 732 W. <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a>
<b>WWILD</b>	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. <a href="http://wwild.org.au/">http://wwild.org.au/</a> A. 211 Hudson Road, Woolloowin, Qld, 4030
<b>Bravehearts</b>	Child protection training and education initiatives, specialist child sexual assault counselling and support services.	W. <a href="https://bravehearts.org.au/">https://bravehearts.org.au/</a> P. (070 5552 3000 or 1800 272 831 E. <a href="mailto:intake@bravehearts.org.au">intake@bravehearts.org.au</a>
<b>Resources and Information</b>		
<b>Pathways to Resilience</b>	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. <a href="https://pathwaystoresilience.org/">https://pathwaystoresilience.org/</a> E. <a href="mailto:info@pathwaystoresilience.org">info@pathwaystoresilience.org</a>
<b>Kids Matter</b>	KidsMatter offers a range of information sheets for families that have been developed by mental health professionals experienced in child development.	W. <a href="https://www.kidsmatter.edu.au/health-and-community/resources/information-sheet-index">https://www.kidsmatter.edu.au/health-and-community/resources/information-sheet-index</a>
<b>Wheel of Wellbeing</b>	The Wheel of Well-being is a way to think about and describe well-being that everyone can understand.	W. <a href="https://www.wheelofwellbeing.org">https://www.wheelofwellbeing.org</a>



	Using the six areas: Body, Mind, Spirit, People, Place & Planet.	
<b>Youth Mental Health First Aid Course</b>	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. <a href="https://mhfa.com.au/cms/youth-course-information">https://mhfa.com.au/cms/youth-course-information</a> E. <a href="mailto:mnfa@mhfa.com.au">mnfa@mhfa.com.au</a>
<b>R U OK DAY</b>	Join the R U OK? Movement to start the conversation every day.	W. <a href="https://www.ruok.org.au/">https://www.ruok.org.au/</a>

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.