

Programs/Services Available (please select all applicable)

Youth Drug & Alcohol Care Coordination (Case Management)

Providing psycho-social education and assistance to access life skills programs, rehabilitation, and other relevant support services free of charge.

Drug of Choice

Intensive Family Support (IFS) [ONLINE REFERRAL ONLY]

Providing free **case management** to families who present with multiple and complex support needs, we respond to families' individual concerns, supporting them to develop additional life skills and protective factors which promote wellbeing.

Families accessing this program must have children aged 18 years or younger.

Please access the link below to complete the online referral for IFS:

<https://QLD-families-referrals.infoxchangeapps.net.au>

Home Support Maintenance & Modifications

Providing basic residential property maintenance and minor modification services to the general public of all ages and people registered with My Aged Care (MAC) who are aged 65 and over; or for Aboriginal & Torres Strait Islander people aged 50. **Fees may apply.**

Home Support Allied Health

Providing free counselling and social work services to people registered with My Aged Care (MAC) aged 65 and over; or for Aboriginal & Torres Strait Islander people aged 50.

Child Contact Centre

Providing supervised visits for parents not living with their children.

Employment Assistance Program

Providing counselling for Tablelands Regional Council employees.

Emergency Relief/Personal Support (ER/PS)

Providing assistance to individuals in crisis who require immediate support to: meet their basic needs; address financial distress or hardship; and who have limited means or resources to help them alleviate their financial crisis.

Emergency Relief and Personal Support services are located at 38 Mabel Street, Atherton. **Please contact our office for current ER/PS Operating hours prior to going to this office.**

Counselling

One on one counselling for children (7 years old+) and adults targeting mental health concerns including addiction, anxiety, depression, self-regulation, and more. Fees may apply, or a gap may be payable when referred under a Mental Health Care Plan by a GP.

Risk factors to consider (please tick boxes if yes):

- Recent suicide attempts.
- Current suicide plan.
- Current thoughts about suicide.
- Aggressive behaviour towards others.
- Non-suicidal self-injury.

Presenting problems (please tick boxes if yes)

- Emotional problems (sadness, anxiety, anger, etc).
- Family life and relationships.
- Poor school attendance or suspension/expulsion.
- Disruptive, antisocial, or aggressive behaviour.
- Non-accidental self-injury (self-cutting, burning, hitting).
- Alcohol, substance, or solvent misuse.
- Problems with school or language skills.
- Physical illness or disability problems.
- Hallucinations, delusions, or abnormal perceptions.
- Peer relationships.
- Self-care and independence.
- Homelessness.
- Physical / sexual/ emotional abuse.
- Multiple out of home placements under Child Safety
- Domestic Violence.

How long have these difficulties been present (months)?

- 1
- 1-5
- 6-12
- Over a year

Current Services involved (please tick):

- General Practitioner
- Paediatrician
- Previous Counsellor
- School Supports
- Department of Child Safety
- Indigenous Services
- Family Support Agency
- Other family members
- Other Mental Health Service
- Community Corrections
- Other Services involved:

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Please contact our office for information, advice, or referral if the service you are seeking is not listed.

Reason for Referral

Please include all relevant information, including current presenting issues, cultural considerations, preferences for a male or female counsellor, agencies currently working with the family, and any risks Better Together should be aware of. Providing all relevant information ensures the referred person gets the most appropriate and beneficial assistance Better Together can offer.

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