

Low Intensity

Low Intensity Mental Health Services offer short-term programs for individuals with, or at risk of, low levels of anxiety and/or depression.

→ WHO CAN REFER?

Referrals can be made by GPs or individuals can self-refer. No diagnosis or Mental Health Treatment Plan is needed

→ REFERRAL PATHWAY

Self-referrals can be made direct to the providers. GPs will need to refer through referRHealth, our e-Referral system.

PROGRAM	ELIGIBILITY	REFERRAL PATHWAY	CONTACT
<p>NewAccess (developed by <i>beyondblue</i>)</p> <ul style="list-style-type: none"> Delivered by Mental Illness Fellowship (MIFQ) Queensland and Lives Lived Well (LLW) Low Intensity Cognitive Behavioural Therapy Six x 30-minute sessions over 6 weeks 	<p>18+ year olds living in the Darling Downs and West Moreton region.</p> <p>MIFQ services the Toowoomba, Ipswich and Scenic Rim regions.</p> <p>LLW services the South Burnett, Western Downs, Somerset, Lockyer Valley, Southern Downs, Cherbourg and Goondiwindi regions.</p>	<ul style="list-style-type: none"> Self-refer by phone GP referral via referRHealth 	<p>P 1300 971 309</p> <p>E (MIFQ) newaccess@mifq.org.au</p> <p>E (LLW) newaccess@liveslivedwell.org.au</p> <p>F (LLW) 07 3539 9875</p> <p>W (MIFQ) http://www.mifq.org.au/newaccess</p> <p>W (LLW) www.liveslivedwell.org.au/newaccess/</p>
<p>Strong Mind, Strong Spirit</p> <ul style="list-style-type: none"> Delivered by Carbal Medical Services Culturally appropriate group support for individuals, their family and community One-on-one counselling offered if required 	<p>18+ year olds Aboriginal and Torres Strait Islanders living in the Toowoomba or Warwick area.</p>	<ul style="list-style-type: none"> Self-refer by phone GP referral via referRHealth 	<p>P 1300 379 558</p> <p>E (Toowoomba) rturnbull@carbal.com.au</p> <p>E (Warwick) doliver@carbal.com.au</p> <p>F (Toowoomba) 07 4639 7450</p> <p>F (Warwick) 07 4548 9550</p> <p>W www.carbal.com.au</p>
<p>New Sensations</p> <ul style="list-style-type: none"> Delivered by Richmond Fellowship Queensland Sensory modulation therapy One-day group workshop + 4 x one-hour individual therapy sessions 	<p>18+ year olds living in the Ipswich or Toowoomba area.</p>	<ul style="list-style-type: none"> Self-refer by phone or email GP referral via referRHealth 	<p>P 07 3363 2555</p> <p>E newsensations@rfq.com.au</p> <p>F (Toowoomba) 07 3363 2598</p> <p>F (Ipswich) 07 3363 2557</p> <p>W www.rfq.com.au/workshops/</p>

Provider list continues overleaf →

PROGRAM	ELIGIBILITY	REFERRAL PATHWAY	CONTACT
<p>Resilience and Health Group</p> <ul style="list-style-type: none"> Delivered by Burnett Allied Care Six-week program focusing on lifestyle impacts on mental health such as sleep, diet and exercise Support provided by physiotherapist, dietician and psychologist 	16+ year olds living in the South Burnett region	<ul style="list-style-type: none"> Self-refer by phone GP referral via referRHealth 	<p>Psychologist Lainie Nicholson</p> <p>P 0411 024 834</p> <p>E burnnettalliedcare@gmail.com</p> <p>F 07 5315 0886</p> <p>W www.burnnettalliedcare.com.au</p>
<p>Mindfulness Based Stress Reduction</p> <ul style="list-style-type: none"> Delivered by Mallow Wellbeing Eight-week program focused on using mindfulness meditation to help break cycles of anxiety, stress, unhappiness and exhaustion 	18+ year olds who live in Stanthorpe (NB: Those already receiving NDIS are excluded. Support for these individuals can be accessed via their NDIS Plan)	<ul style="list-style-type: none"> Self-refer by phone GP referral via referRHealth 	<p>P 0401 557 338</p> <p>E wellbeing@mallow.net.au</p> <p>F 07 4683 6244</p> <p>W www.mallow.net.au/programs</p>
<p>Optimal Health</p> <ul style="list-style-type: none"> Delivered by Neami National Eight sessions over a 6 - 8 week period Includes fortnightly one-on-one coaching 	18+ year olds living in the Ipswich, Lockyer Valley and Somerset regions, and the Boonah area	<ul style="list-style-type: none"> Self-refer by phone GP referral via referRHealth 	<p>P 07 3375 7333</p> <p>E darra@neaminational.org.au</p> <p>F 07 3375 7588</p> <p>W www.neaminational.org.au/our-approach/mental-health-recovery/optimal-health-program</p>
<p>Support Services for Men over 50</p> <ul style="list-style-type: none"> Delivered by TOMNET (The Older Mens Network) Program offers up to 12 face to face or telephone sessions to help men manage anxiety and depression 	Men aged 50 and over living in the Toowoomba region	<ul style="list-style-type: none"> Self-refer by phone GP referral via referRHealth 	<p>P 07 4638 9080</p> <p>E admin@tomnet.org.au</p> <p>W www.tomnet.org.au</p>
<p>Community Education for Mental Health and Suicide Prevention Program</p> <ul style="list-style-type: none"> Delivered by Rural and Remote Mental Health Program offers the following programs and training: Rural Minds, SafeTALK, Rural Minds Train the Presenter, Applied Suicide Intervention Skills Training and the small community grants program for anti-stigma activities 	<ul style="list-style-type: none"> 18+ year olds living in the Darling Downs and West Moreton region SafeTALK is open to 16+ year olds 	<ul style="list-style-type: none"> Self-refer by phone 	<p>P 0428 983 011</p> <p>E debbiesmith@rrmh.com.au</p> <p>W www.rrmh.com.au</p>