

WEBSITES

www.blackdoginstitute.org.au
www.beyondblue.org.au
www.unitedsynergies.com.au
www.sane.org.au
www.sosbsa.org.au
www.partnersinrecovery.net.au
www.ruokday.com.au
www.mindhealthconnect.org.au
www.mindaustralia.org.au

RESPIRE SERVICES

Centacare St. Mary's 4162 5096
C.R.O.S.B. 4162 9081
Commonwealth Respite and
Carelink Centres (CRCCs) 1800 052 222
Suncare 4124 7288
Blue Care 1300 986 461
SB Care 4162 7300

EMERGENCY RELIEF

Centacare Community Connections 4162 5439
Graham House Community Centre 4169 8400
South Burnett CTC 4162 7788
Salvation Army 1300 371 288
Saint Vincent de Paul 1800 846 643
South Burnett Pantry 0438 071 658
Grace Community Food
Hamper Shop 4171 0400

Our vision

Communities will be built on justice and transformed through faith, hope and love

Mission Statement

To provide high quality care services to support people, strengthen families and build communities in the spirit of the Gospel

Values

Respect for the dignity of the individual
Integrity in the delivery of our care services
Equity and justice for those we support

1300 CENTACARE (1300 236 822)
www.centacarebrisbane.net.au

EMERGENCY ONLY (24/7)

FIRE 000
AMBULANCE 000
POLICE 000

When you ring 000 you will be asked, "do you want Fire, Police or Ambulance?"

Stay calm, don't shout and speak clearly and calmly.

Give as much information as possible

DO NOT hang up unless directed to do so.



Queensland
Government

CFRS11/17

Where to get help in the South Burnett



"Ask for help.
Not because you are
weak. But because you
want to remain strong".
– Les Brown



family & relationship services

COMMUNITY CENTRES

Centacare Community Connections 4162 5439
Graham House Community Centre 4169 8400
DV Connect Women 1800 600 636
DV Connect Men 1800 811 811
Kids Helpline 1800 551 800
Suicide Call Back Service 1300 659 467
Lifeline 13 11 44
Standby Response Service 0407 766 961
Compassionate Friends 3254 2857
(Supports parents, siblings and grandparents grieving the loss of child.)
Mensline Aust. 1300 789 978

GENERAL PRACTITIONERS

Blackbutt Medical Centre 4163 0023
Bunya Pines Family Practice 4162 2033
C.R.A & I.C.C.H.S. 4169 8600
Drayton St. Family Practice 4171 0711
Eduardstrete Medical Centre 4162 1903
Golden Pines / Dr Robinson 4163 1203
Haly Health & Skin Medical Centre 4162 7787
Markwell Medical 4162 3400
Murgon Family Medical Practice 4168 2722
Goomeri Family Medical Practice 4168 4244
Nanango Medical Centre 4163 1777
South Burnett Medical Centre 4162 2122
Taabanga Family Practice 4162 3116
Wondai Family Medical Centre 4168 5050
Wondai Medical Centre / Dr Lipp 4168 5606
Yarraman Medical Centre 4163 8388

SEXUAL ASSAULT COUNSELLING

Laurel Place 5482 7911
Centacare Community Connections 4162 5439

QUEENSLAND HEALTH

HOSPITALS

Cherbourg Fisher St. 4169 8800
Kingaroy Cnr Youngman & Albert Sts. 4162 9200
Murgon Coronation Dve. 4169 9600
Nanango Brisbane St. 4171 6700
Wondai 80 Scott St. 4169 2600

EMERGENCY DEPARTMENTS are located at Cherbourg, Kingaroy and Murgon Hospitals.

TOOWOOMBA Mental Health Acute Care Team (after hours only) 4616 5215

COMMUNITY HEALTH CENTRES

Community Health Centres offer a range of services, including social work, mental health, early childhood, alcohol & other drugs and, community nurses.

Open from 8:30am – 4:30pm Monday- Friday
Cherbourg 4169 8900
Kingaroy 4162 9220
Murgon 4169 8200
Nanango 4171 6750
Proston 4168 9288
Wondai 4169 2622

FAMILY SUPPORT SERVICES

Family & Child Connect 4162 5973
13 32 64
Graham House Community Centre 4169 8400
UnitingCare Community 4160 4600

DOMESTIC VIOLENCE SERVICES

CTC D.V. Service 4162 7788
UnitingCare 4160 4600

MENTAL HEALTH SUPPORT

Bridges Family & Mental Health Support Service 1300 707 655
On Track Vocational Support for carers 4162 3022
Partners in Recovery (P.I.R.) 1300 991 443
Personal Helpers and Mentors 1800 179 233
Please contact your General Practitioner for referral to specialist Mental Health support.
Urgent interventions go to your local Emergency Department.

COUNSELLORS, PSYCHOLOGISTS

C.R.A. & I.C.C.H.S. 4169 8600
BeeCon Counselling 0411 661 098
Bev McDonald 0417 747 035
Care for Carers 4150 1900
Carers Queensland 1800 242 636
Centacare Community Connections 4162 5439
Christene Nissen & Assoc. 0417 609 595
Errol Rodrigues 0420 105 829
Graham House Community Centre 4169 8400
Lain'e Nicholson 0411 024 834
Lives Lived Well (Drug & Alcohol) 1300 727 957
Nadine Hinchcliff
Therapy Services 0408 369 103
Robyn Brownlee Counselling 4163 3773
Ruth Dukes Counselling & Family Therapy 0447 812 789
Salvation Army 1300 371 288
Shane Bell Counselling 0409 275 338
Scuth Burnett Counselling 0417 102 084
UnitingCare Community 4160 4600