

EMERGENCY RELIEF

Regional Housing Limited	1300 642 123
Graham House Community Centre	4169 8400
CTC Youth & Family Services	4162 7788
Salvation Army	1300 371 288
Saint Vincent de Paul	1800 846 643
Grace Community Food (Nanango)	4171 0400
South Burnett Pantry	0438 071 658
Wesleyan Church Hamper Shop (Nanango)	0404 275 239

FINANCIAL COUNSELLING

CTC Money Management	4162 7788
Rural Financial Counselling	
Services South Queensland	4182 1836
Regional Housing Limited	1300 642 123

COMMUNITY CENTERS

Centacare Community Connections	4162 5439
Graham House Community Centre	4169 8400

AFTER HOURS SUPPORT

PHONE

Compassionate Friends	3254 2657
<i>(supports parents, siblings and grandparents grieving the loss of a child.)</i>	
Lifeline	13 11 14
Kids helpline	1800 551 800
Mensline Australia	1300 789 978
Standby Response Service	0429 147 491
Suicide Call Back Service	1300 659 467
Dolly's Dream Support Line	0488 881 033
1800 RESPECT (DV and sexual assault)	1800 737 732
Homelessness Hotline	1800 747 753
Family Drug Support	1300 368 186
RED Nose 24/7 Bereavement Support Line	1300 308 307
RED Nose Safe Sleep Advice Line	1300 998 698
<i>(during business hours)</i>	

WEBSITES

www.blackdoginstitute.org.au
www.beyondblue.org.au
www.mindhealthconnect.org.au
www.mindaustralia.org.au

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.

Values

Respect for the dignity of the individual
Integrity in the delivery of our carer 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.

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



centacare
Care is our calling.

DOMESTIC VIOLENCE SERVICES

CTC D.V Service	4162 7788
DV Connect	1800 811 811
UnitingCare Community	4160 4600
Graham House Men's Behaviour Change Program	4169 8400

SEXUAL ASSAULT COUNSELLING

Centacare Family & Relationship services	4162 5439
Laurel Place	5482 7911

FAMILY SUPPORT SERVICES

CTC Family and Child Connect	4162 5973
Graham House Community Centre	4169 8400
UnitingCare Community	4160 4600
Eva's Place (Pregnancy Support)	1300 560 665

DISABILITY SUPPORT SERVICES

Blue Care	1800 258 322
Centacare Community Services	3324 3799
Carers Queensland	1800 242 636
Endeavour Foundation	1800 112 112
CTC Disability Services	4162 9081
BUSH Kids	0438 862 871
APM	1300 276 522
South Burnett Care	4162 7300
Emerge Supports	0478 706 674
Time Out Disability Services	0457 666 642
QLD Plan Management (NDIS)	0447 963 304
Assist Plan Managers	0478 390 550

RESPIRE SERVICES

Blue Care	1800 258 322
Centacare Community Services	3324 3799
South Burnett Disability Services	4162 9081
Suncare	1800 786 227
South Burnett Care	4162 7300
Commonwealth Respite & Carelink Centres CRCCS	1800 052 222

QUEENSLAND HEALTH

Allied Health (Social Work)	4162 0400
Mental Health and A.O.D.S	4162 0487

HOSPITALS

Cherbourg Fisher St.	4169 8800
Kingaroy Cnr Youngman & Albert Sts.	4162 0200
Murgon Coronation Dve.	4162 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)	1300 642 255
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Patient Travel service available at Kingaroy Hospital Mon.-Fri. from 9am-1pm	4162 0155
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COMMUNITY HEALTH CENTRES

Open from 8:30am-4:30pm Monday-Friday	
Cherbourg	4169 8900
Kingaroy	4162 9290
Murgon	4169 8200
Nanango	4171 6750
Proston	4168 9288
Wondai	4169 2622

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
Haly Health & Skin Medical Centre	4162 7787
OCHRE Medical	4162 3400
Murgon Family Medical Practice	4168 2722
Goomeri Family Medical	4168 4244
Nanango Medical Centre	4163 1777
South Burnett Medical Centre	4162 2122
Taabinga Family Practice	4162 3116
Wondai Family Medical	4168 5050
Wondai Medical Centre/Dr Lipp	4168 5606
Yarraman Medical Centre	4163 8388
Kingaroy Medical Centre	5464 7101

MENTAL HEALTH SUPPORT

Bridges Family & Mental Health Support Service	1300 707 655
Lives Lived Well (New Access)	1300 971 309
STaY Program	4169 8900
EACH	1300 003 224
Country Care Connections	1300 774 042
HealthWISE	3050 4438
Impact Community Services	1800 179 233
RHEALTH Mental Health Service Navigator	1300 012 710
Mind Australia Service Navigator	0498 076 826
	or 0427 947 712

*Please contact your General Practitioner for referrals to specialist Mental Health support.
Urgent interventions go to your local Emergency Department.*

THERAPEUTIC SUPPORT SERVICES

Psychologists

BeeCon Counselling	0411 661 098
Lainie Nicholson (Medicare)	0411 024 834
Darcy McDonald	0455 212 844
Essential Health Services (NDIS)	0455 423 355
Conquer Health Alliance (NDIS)	0408 768 105

Counsellors

C.R.A.I.C.C.H.S	4169 8600
Centacare Family & Relationship Services	4162 5439
Christine Nissan & Assoc.	0414 609 595
Lives Lived Well (Drugs & Alcohol)	1300 727 957
Salvation Army	1300 371 288
UnitingCare Community	4160 4600
Diversity Social Work	0480 361 184
Bunyarra Counselling and Mediation	0402 155 901
Evolve Behaviour Counselling	0437 416 284
Drug.ARM (Drugs & Alcohol)	1300 656 800

Other Health Services

Nadine Hichcliff Therapy Services	0408 369 103
VitalHealth	4162 7272
Conquer Health Alliance (NDIS)	0408 768 105
Allied Health Therapy Group	4190 7063
Essential Health Services (NDIS)	0455 423 355
Barambah Physiotherapy (Paediatric)	0457 674 113

MEDIATION SERVICES

Family Relationship Centre	1300 885 373
Edenvale Mediation	0477 010 181
Bunyarra Counselling and Mediation (Corporate)	0402 155 901