



Family Law
PATHWAYS
NETWORK

**MACKAY-
WHITSUNDAY
REGION**

Family Law Pathways

Network Directory

Mackay/Whitsunday

This is a resource for people working in the family law system to easily identify appropriate referral options to assist their clients.

Please provide requests for amendment of this directory to Jason at CatholicCareCQFLPNMW@catholiccarecq.com

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Whitsunday Counselling and Support
Women's Services Mackay

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Programs/Services

Emergency Services

Police Contacts - ([Poster](#)). Emergency 000 - Non Emergency 131 444

24 Hour Support

1800Respect - Website: <https://www.1800respect.org.au/> - Phone: 1800 737 732

DV Connect - Website: <https://www.dvconnect.org/> - Phone: 1800 811 811

13 YARN for Aboriginal and Torres Strait Islander people:

Website: <https://www.13yarn.org.au/> - Phone: 13 92 76

Suicide Call Back Service - 1300 659 467

Parenting Programs

Triple P

- **Womens Centre** - 07 4953 1788 - reception@mkywc.org.au
- **Online** - <https://www.triplep-parenting.net.au/qld-en/triple-p/>
- **Debra Goodchild** - 0466 042 470 - goodchildfamilytherapy@gmail.com

Circle of Security

- The Neighbourhood Hub and QueenslandHealth - Term 4 2024, Every Wednesday for 8 weeks. 49 572 626 or 4885 7750 - CYPHReception@health.qld.gov.au
- Queensland Health - Carlyle Community Health Centre (40 Carlyle Street). 2026 Dates to be confirmed - 4885 7750 ([Referral Form](#))
- Mackay Children and Family Centre - 4842 0600 - the course runs each term. Please call to register. Open to those of the ATSI community.
- **Engedi Therapy Hub** - licensed facilitator, Deb Field. Thursday mornings for 8 weeks. Small group and individual program delivery available. Ph: 0424 816 532, Email: debf.teamleader@engedi.org.au . ([Brochure](#))
- **Habitude** - 0408 194 544 - www.habitude.au - suzanne@habitude.au. There is a small fee. Abbreviated courses available for busy parents or shift workers.
- **MARABISDA** - admin@marabisda.org.au - 07 4848 1062 open to those who have a first nation's child.

123 Magic

- **CatholicCare Central Queensland** - 1300 783 544 - <http://catholiccarecq.com/1-2-3-magic-for-parents/> Dates:
- **Habitude** - 0408 194 544 - www.habitude.au - suzanne@habitude.au.



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Anxiety Coaching for Parents

- [CatholicCare Central Queensland](#) - 1300 783 544. How the brain works and how anxiety develops. How loved ones can influence anxiety. Building resilience and reducing anxious symptoms in your child. Practical strategies to use with your child in anxious moments.

Bringing Up Great Kids

-

Engaging Adolescents

- [CatholicCare Central Queensland](#) - 1300 783 544. Common ground shared by parents and reasonable expectations to hold about adolescents. A three-option model and flow chart for decision making. Skills for tough conversations for handling those problems you just can't ignore. How to build a relationship with your teenager and making the best of your non-crisis conversations with them. With your teenager and making the best of your non-crisis conversations with them.

Zones of Regulation

- [Habitude](#) - 0408 194 544 - www.habitude.au - suzanne@habitude.au.

Building Brains

- Playful Possibilities - child development and behaviour management program. www.playfulpossibilities.com - 0499 336 281 - courtney@playfulpossibilities.com

Youth Mentoring

- [Habitude](#) - 0408 194 544 – www.habitude.au – suzanne@habitude.au

Co-Parenting Programs

Parenting Order Program - Post Separation

- [UnitingCare](#) - 1300 761 842 - familylawservices@uccommunity.org.au
- [Relationships Australia Queensland](#) - 1300 364 277 - POPMackay@raq.org.au

Triple P Transitions

- Online - ([Link](#))



Family Support

Family and Child Connect

- [Act for Kids](#) - 13-FAMILY (13-32-64) or 07 4847 0550 - www.familychildconnect.org.au ([Brochure](#))

Legal Services

- [Legal Aid](#) - 1300 651 188
- [Mackay Regional Community Legal Centre](#) - 07 4953 1211
- [North Queensland Women's Legal Service](#) - 07 4772 5400
- [Queensland Indigenous Family Violence Legal Service](#) - 07 4721 0600
- [Aboriginal and Torres Strait Islander Legal Service](#) - 07 4953 4058

General Counselling

- [CatholicCare Central Queensland](#) - 1300 523 985 - ([Book online](#))
Costs dependant on income. First one hour session is free.
- [Selectability](#) - 07 4951 2973
- [Mackay Baptist Care Counselling Service](#) - 07 4944 0268
- [WellMinds](#) - Adults who have suffered from Trauma - www.wellminds.com.au
- [Debra Goodchild](#) - 0466 042 470 - goodchildfamilytherapy@gmail.com

Counselling for Children

- [Hearspace Mackay](#) - 07 4898 2200 - Mackayhearspace@nwrh.com.au
Free counselling. Ages 12 - 25.
- [CatholicCare Central Queensland](#) - 1300 523 985 - ([Book online](#))
Costs dependant on income. First one hour session is free.
- [The Courage Project](#) - 1800 272 831. (For children under 14 that have experienced trauma related issues). ([Brochure](#)) ([Referral form](#))
- [Relationships Australia Queensland](#) - 1300 364 277 - rlcmackay@raq.org.au - for any child aged over 6.
- [WellMinds](#) - Children who have suffered trauma - www.wellminds.com.au
- [Natalie Phayer Psychologist](#) - Children aged 0 - 10 years. phayerpsychology@gmail.com - 0408 738 280.
- **Whitsunday Community Health Cannonvale Campus** - Child and Youth Mental Health - 07 4948 7633
- **Whitsunday Kids Counselling** - (Paid Service) - 0421 704 840 - info@whitsundaykidscounselling.com.au
- **HMM Health** - (Whitsunday - Paid Service) - 07 4946 4021
- **Proserpine Youth Space** - 0458 438 169 - proserpineyouthspace@gmail.com
- [Debra Goodchild](#) - 0466 042 470 - goodchildfamilytherapy@gmail.com



Minds Alive

- [UnitingCare](#) - 1300 096 203 - ([Brochure](#)) - Available to 0 to 18 year olds that are affected or at risk of mental health concerns.

Counselling for Women

- [Mackay Womens Centre](#) - 07 4953 1788 - reception@mkywc.org.au.
- [Whitsunday Counselling and Support](#) - 07 4346 2999 - admin@whitsundaycs.com.au
- [Habitude](#) - 0408 194 544 – www.habitude.au – suzanne@habitude.au
- [Debra Goodchild](#) - 0466 042 470 - goodchildfamilytherapy@gmail.com

Couples/Family Counselling

- [Relationships Australia Queensland](#) - 1300 364 277
- [Whitsunday Counselling and Support](#) - 07 4346 2999 - admin@whitsundaycs.com.au
- [Debra Goodchild](#) - 0466 042 470 - goodchildfamilytherapy@gmail.com

Crisis Care

- [Safe Harbour Crisis Support Space](#) - [Brochure](#)

Mens Behavioural Change

Mens Choosing Change

- [UnitingCare](#) - 1300 096 203 - A Men's Stopping Violence Program - Email: ccm@uccommunity.org.au ([Brochure](#)) ([Court Assistance Brochure](#)) 16 Week Behaviour Change Group Program for men who use violence in their relationships. This is a free service.

Shifting Gears

- [Mike Fry](#) - 0427 579 683 - mike@dvrs.org.au

Youth Mentoring

- [Habitude](#) - 0408 194 544 – www.habitude.au – suzanne@habitude.au

Support Lines

- **Men's Line** - 1300 789 978
- **DV Connect** - 1300 737 732



- **1800 RESPECT** - 1800 732 732
- **Lifeline** - 13 11 14
- **Aboriginal & Torres Strait Islander Crisis Support 24/7** - 13YARN 13 92 76

Alcohol/Drug Programs

- [Alcohol and Other Drug Service](#) -
 - [Lives Lived Well](#) - 62 Victoria Street, Mackay - 1300 727 957 - ([Brochure](#))
 - Counselling** – Mackay and Outreach to Sarina and Moranbah (12 years and over)
 - Withdrawal support team** - low to medium level community-based ambulatory withdrawal support - (18 years and over)
 - Day Program** - 3-week intensive program - (18 years and over)
 - Life Back Groups** – Currently Postponed 1pm - 2:30pm - (18 years and over)
 - Family Support Counsellor** – Family and carers support (12 years and over)
 - Family Support Monthly Group** – The second Monday of every month at 5.30pm
- 0417 866 809
- [DRUG ARM](#) - 07 4944 1173
 - Breakthrough Our Way
 - Breakthrough for Families Qld - Information, referral and support for family members, significant others and loved ones of people who are experiencing challenges with alcohol and drugs use.
 - Our family support facilitators also run free community information sessions on alcohol and drugs on location with a weekly on-line session every Wednesday at 2pm.
 - Creating Options - Twelve week treatment program for people who want help to address issues related to their use of alcohol and other drugs
 - [St Vincent de Paul Rehabilitation Service](#) - 07 4957 9500 or 0418 331 939 - ([Brochure](#)) ([Referral](#))
 - 12-week Residential Recovery Service program
 - Therapeutic elements and supports to and individual recovery
 - Pre and Post Care support offered

Gambling Help Program

- [Relationships Australia Queensland](#) - 1300 364 277 or 1800 858 858
- [UnitingCare Community](#) - 1300 096 203
- [Alcohol and Other Drug Service](#) - Gambling Counsellor - 07 4968 3858

Post Incarceration Support

- [Alcohol and Other Drug Service](#) - 07 4968 3858

Elder Abuse Prevention

- **Elder Abuse Prevention Unit** - 1300 651 192 statewide service (not local).
<https://eapu.com.au/>



- **Mackay Regional Community Legal Centre** (07) 4953 1211 <https://mrclc.com.au/admin@mrclc.com.au>
- **Relationships Australia Queensland** - Elder Abuse Prevention and Support 1300 063 232 <https://www.raq.org.au/services/elder-abuse-prevention-and-support-service>

NDIS Support

- **Feros Care Mackay** - 1300 986 970
- **Southern Cross Support Services** - 1300 727 701
- **Unique Directions** - 07 4942 7727
- **Cootharinga** - 1800 266 842
- **UnitingCare** - 0448 011 565. Intake Phone: 1800 543 354
- **Phoenix Place Inc** - 07 4953 5222
- **CatholicCare Central Queensland** - 1300 523 985
- **Habitude** - 0408 194 544 – www.habitude.au – suzanne@habitude.au
- **Debra Goodchild** - 0466 042 470 - goodchildfamilytherapy@gmail.com

Fostering Services

- **Churches of Christ Care** - 07 4953 6100
- **Life Without Barriers** - 07 4965 4800 - info@lwb.org.au
- **Marabisda** - 07 4848 1062

Supervised Visitation

- **Mackay Children's Contact Centre** - 07 4944 1733 - admin@mackayccs.net.au
- **Habitude** - 0480 13 13 93 - admin@habitude.au - provides supervised visits for Dept Child Safety Clients and can support other families.

Family Dispute Resolution (Family Mediation)

- **Family Relationship Centre** (CatholicCare Central Queensland) - 1300 783 544 - frcmackay@catholiccarecq.com - ([brochure](#))
 - Also facilitate **property mediation** - ([brochure](#))
 - Both are free for those under \$50,000 and maximum cost of \$60 for those over \$50,000.
- **Relationships Australia Queensland** - 1300 364 277
- **Resolution Journey** - ([Brochure](#)) 0426 982 455 - resolutionjourneymediations@gmail.com. Paid service.

Mediation (General)

- **Mackay Dispute Resolution Centre** - 07 4889 8402 / 1800 501 576



Financial Counselling

- [UnitingCare](#) - 1300 096 203 - National Debt Helpline - 1800 007 007 ([Brochure](#))
- [The Neighbourhood Hub](#) - 07 4957 2626 - admin@tnhub.org.au

Family Support Program

- [The Neighbourhood Hub](#) - 07 4957 2626 - admin@tnhub.org.au

Migrant Settlement Program

- [The Neighbourhood Hub](#) - 07 4957 2626 - admin@tnhub.org.au

Housing

- **QSTARS** - 1300 744 263 - <https://qstars.org.au/>
- **Community Accommodation and Support Agency (CASA)** - 4951 4299
- **Rent Connect** - 4953 4952
- **Department of Housing** - 1300 300 734

Family and Domestic Violence Services

- **Domestic Violence Resource Service** - 07 4953 1888
- **Mackay Women's Service** - admin@dvrs.org.au

Weaving Stories

- [MARIBISDA](#) - 8 week Domestic and Family Violence program - 07 4848 1060, 0487065061 - lee@marabisda.org.au

Child Safety

- **Child Safety Services Centre** - 07 4864 1400

Emergency Housing/Accommodation Services

- **Community Accommodation and Support Agency (CASA)** - 07 4951 4299
- **Community Rent Scheme** - 07 4957 6292
- **Connect Housing Group** - 4953 4952
- **Kalyan Youth Services** - 07 4951 4352
- **Mackay Hostel** - [Aboriginal Hostel Limited](#) - 07 3151 8710 - 53/49 Boddington St, Mackay - mackay.hostel@ahl.gov.au



Emergency Relief

- [The Neighbourhood Hub](#) - 07 4957 2626 - admin@tnhub.org.au

Other Service Directories

- My Community Directory - <https://www.mycommunitydirectory.com.au/queensland/mackay>
- Mackay Family Safe Intervention Directory - https://drive.google.com/file/d/1LFE4zuKx8wniZoT3wciA7qRGzfDvY15k/view?usp=share_link
- Whitsunday Directory - https://drive.google.com/file/d/1UHz2buQG6RI6P-3jGHAmKp09rt7PcTo/view?usp=share_link
- Collaboration Portal - [Mackay Family Support Alliance \(groupsite.com\)](#)



Organisations

Aboriginal and Torres Strait Islander Legal Service

Phone: 07 4953 4058

Act for Kids

Phone: 13-FAMILY (13-32-64) or 07 4847 0550

Location: 15 Peel Street, Mackay

Website: www.familychildconnect.org.au

Program Details:

- Family & Child Connect ([Brochure](#))

Alcohol and Other Drug Services

Phone: 07 4968 3858

Clients to call: 1300 727 957

Service provider referral: <https://www.liveslivedwell.org.au/service-provider-referral/>

Client self referral: <https://www.liveslivedwell.org.au/personal-referral/>

Program Details:

- Getting Ready for Change
- Brain pathways, cravings and triggers
- Health and Wellbeing
- Road to recovery

ATSICHS

Phone: 07 4957 9400 and Bucasia 07 4957 9479

Location: 31-33 Victoria St, Mackay

Services: providing a holistic health care to raise the health and wellbeing of Aboriginal and Torres Strait Islander people.

CatholicCare Central Queensland

Email: frcmackay@catholiccarecq.com

Phone: 1300 783 544

Address: 58 Sydney Street, Mackay Qld 4740

Program Details

- Family Dispute Resolution - free service for those earning under \$50,000, or maximum \$60 for those earning over \$50,000. Clients do 2 individual sessions prior to completing mediation. ([brochure](#))
- Property Mediation - free service for those earning under \$50,000, or maximum \$60 for those earning over \$50,000. Clients do an individual sessions prior to completing mediation. ([brochure](#))
-
- 1-2-3 Magic: Dates available -



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Churches of Christ Care

Email: childandfamilyplus@cofcqld.com.au

Phone: 07 4953 6100

Program details:

Coastal Community Development Service Neighbourhood Centre

Service Area: Ilbilbie to St Lawrence

Phone: 07 4846 3449

Website: www.isaac.qld.gov.au

Services: Emergency Relief Funding

The Courage Project

Phone: 1800 272 831

Cyclic Konnectionz

Phone 0488 550 270

Address: 4 Jason St, Andergrove

Through circle work, find connectedness, healing and strength to celebrate positive movement in your life. Unravel and understand the interwoven strands of your life. Strengthen your inner self through healing and build resilience. Through reflective conversations, together we will reweave the fibres of your life to create an unbreakable mat

Debra Goodchild

Phone: 0466 042 470

Email: goodchildfamilytherapy@gmail.com

Website: www.debragoodchild.com.au

Registered Clinical Counsellor offering counselling and psychotherapy services to children, individuals, families. Services can benefit clients across all ages and genders; couples, whole family groups; subsets of families or individuals

Over 40 years of experience in the Mackay/Moranbah region. Worked in rural mining communities, hospital, community, child health and volunteer work.

Private practice since 2013 .



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Dispute Resolution Centre - Mackay Whitsunday

Phone: 07 4889 8402 or 1800 501 576

Email address: drc.mkywhit@justice.qld.gov.au

We are part of the Department of Justice and Attorney General and are located in the Mackay Courthouse.

We provide a free (exception is referred workplace mediations), confidential, community mediation service to community.

We assist people in dispute with matters such as neighbourhood disputes, workplace disputes, family matters, commercial and public interest disputes as well as many other disputes.

You can apply for mediation on line : www.qld.gov.au/applymediation

Further, you may also like to use the tool available through the Queensland Government website to learn more about [how to resolve neighbourhood disputes](http://www.qld.gov.au/resolvedisputes) (www.qld.gov.au/resolvedisputes).

DRUG ARM

Suite 204, 45 Victoria Street, Mackay. (07) 4944 1173.

Drug ARM General enquiries : 1300 656 800

Drug ARM Central Intake : (07) 3620 8880.

<https://www.drugarm.com.au>

Programs:

- Breakthrough Our Way
- Breakthrough for Families QLD- Information, referral and support for family members, significant others and loved ones of people who are experiencing challenges with alcohol and drugs use.
- Our family support facilitators also run free community information sessions on alcohol and drugs on location with a weekly on-line session every Wednesday at 2pm.

Joyce Murphy, Family support facilitator. 0414 085 494. joycem@drugarm.com.au
Moranbah, Clermont, Dysart, Middlemount, Nebo, Mirani, Mackay.

Bevan Mackie, Family support facilitator. 0448 255 487. bevanm@drugarm.com.au
Collinsville, Bowen, Proserpine, Cannonvale, Sarina, Mackay.

Program:

- Creating Options
Twelve week treatment program for people who want help to address issues related to their use of alcohol and other drugs.

Self-referral or agency referrals welcome.

Petra de Jong, Case worker. 0448 610 295. petrad@drugarm.com.au
(07) 4944 1173.



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Engedi Therapy Hub

Email: debf.teamleader@engedi.org.au
Phone: 0424 816 532
Website: <https://www.engedi.org.au/therapy-hub/>
Programs: Circle of Security

Habitude Behavioural Health and Wellbeing Centre

Email: admin@habitude.au
Phone: 0480 13 13 93
Website: www.habitude.au
Address: 2/13 Wellington Street, Mackay Qld 4740

Parenting programs

- Circle of Security
- 123 Magic
- Zones of Regulation

NDIS funding may be available under *Training for carers in matters related to caring for a person with disability 15_038_0117_1_3* . Please check with your NDIS team for eligibility confirmation.

Habitude provides supervised visits for Dept Child Safety clients, and have capacity to support other families. Currently expanding early childhood intervention and support services in Mackay and Rockhampton.

Headspace Mackay

Email: Mackayheadspace@nwrh.com.au
Phone: 07 4898 2200
Website: [headspace Mackay | Youth Mental Health Centre & Services](#)

Headspace Sarina

Email: sarinaheadspace@nwrh.com.au
Phone: 07 4842 6750
Website: [headspace Sarina | Youth Mental Health Centre & Services](#)

Headspace Whitsundays

Email: whitsundaysheadspace@nwrh.com.au
Phone: 07 4842 6760
Website: [headspace Whitsundays | Youth Mental Health Centre & Services](#)

Headspace offers **FREE** confidential counselling services for young people aged 12 - 25 across Mackay/Sarina/Whitsundays region.



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We are an inclusive service for all young people. We are about making sure young people have the best support, information, and services for their health and wellbeing including physical health, mental health, drug and alcohol issues, employment, and education support.

Legal Aid Queensland

Phone: 07 4889 8600 or 1300 651 188

Website: <https://www.legalaid.qld.gov.au/Home>

Primarily assists with some family law, DV, child protection and criminal law matters. Means and merits test usually applies. Some civil law assistance from Brisbane.

Life Without Barriers

Phone: 07 4965 4800

Email: info@lwb.org.au

Lives Lived Well

62 Victoria Street, Mackay - 1300 727 957 - ([Brochure](#))

Counselling – Mackay and Outreach to Sarina and Moranbah (12 years and over)

Withdrawal support team - low to medium level community-based ambulatory withdrawal support - (18 years and over)

Day Program - 3-week intensive program - (18 years and over)

Life Back Groups – Currently Postponed 1pm - 2:30pm - (18 years and over)

Family Support Counsellor – Family and carers support (12 years and over)

Family Support Monthly Group – The second Monday of every month at 5.30pm
0417 866 809

Mackay Baptist Care Counselling Services

Phone: 07 4944 0268

Mackay Children's Contact Centre

Email: admin@mackayccs.net.au

Phone: 07 4944 1733

Mackay Children and Family Centre

Email: admin.mackaycfc@candk.asn.au

Phone: 07 4842 0600

The Mackay Children and Family Centre is an Aboriginal and Torres Strait Islander service which provides access to integrated early childhood education and care, parenting



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and family support and child maternal health services. The centre incorporates a Long Day Care Centre and a Hub, that are designed to work together as an integrated unit



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Mackay Regional Community Legal Centre

Phone: 07 4953 1211

Email: admin@mrclc.com.au

Website: <https://mrclc.com.au/>

MRCLC provides free legal advice and ongoing assistance to financially disadvantaged people primarily in the Mackay, Whitsunday and Isaac regions. MRCLC also provides presentations on various legal topics.

Areas of law include residential tenancy (but call QSTARS first and ask for a referral), elder abuse, family law (but if likely eligible for Legal Aid try them first), domestic violence, consumer protection, debt, neighbourhood disputes and employment. MRCLC does not provide advice on criminal law or personal injuries.

MARABISDA

Phone: 07 4848 1062

Email: admin@marabisda.org.au

Website: <https://marabisda.online/>

Programs:

- Weaving Stories - 8 Week Domestic and Family Violence program.
0748481060 or 0487065061 lee@marabisda.org.au

Mike Fry

Email: mike@dvrs.org.au

Phone: 0427 579 683

Natalie Phayer Psychologist

Email: phayerpsychology@gmail.com

Phone: 0408 738 280

Business hours: Monday to Friday 7am -4pm, excluding public holidays

- Children 0 - 10 years of age
- Home visiting service within Mackay area. Includes daycares, kindergartens, Prep and schools
- Challenges include Behaviour Problems, Anxiety, Autism Spectrum Disorder, big emotions and more
- Medicare rebates available
- Therapy purchased using NDIS plan and self-managed funds

Playful Possibilities

Email: courtney@playfulpossibilities.com

Phone: 0499 336 281

Website: [Playful Possibilities | Mackay | Child and Youth Mental Health](#)

Programs:

- Building Brains

Building Brains is a program designed to transform how you approach the children and young people in your life. Parents, carers, educators and more are all welcome as you learn how simple interactions guided by neuroscience can improve relationships, promote positive mental health, limit challenging behaviours and support positive lifelong health outcomes. Available for delivery in a range of modalities including 6 week programs, one day intensives, tailored educator and age group options and 2hr abridged versions.

Playful Possibilities also has a range of other ready to offer programs available both for professionals and parents, Playing Our Way to Felt Safety (toys and games to promote emotional regulation), Regulating Rooms (childcare centre environment design), Communicating with Neurodiverse Populations, Paediatric Anxiety, & Birth Trauma. As well as therapeutic groups for young people using art and expressive therapies that could be delivered through contracting arrangements.

The Neighbourhood Hub

Phone: 07 4957 2626

Email: admin@tnhub.org.au

Services:

- Financial Counselling/Financial Wellbeing Program
- Family Support Program
- Targeted Family Support Program
- Migrant Settlement Program
- Multicultural Communities Program
- Integrated Family Support Hub
- Emergency Relief
- Food Diversion Program

North Queensland Women's Legal Service

Phone: 07 4772 5400

Queensland Indigenous Family Violence Legal Service

Phone: 07 4721 0600



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Relationships Australia Queensland

Email:

Phone: 1300 364 277

Programs:

- Family Dispute Resolution
- Gambling Help Program
- Parenting Orders Program
- Relationship Counselling
- Elder Abuse Prevention and Support Service
- Senior Financial Protection Service

Resolution Journey

Email: resolutionjourneymediations@gmail.com

Phone: 0426 982 455

Mediator: Janine Baldwin

Website: www.resolutionjourney.com.au

Services Cannonvale, Airlie Beach, Bowen, Proserpine and surrounding areas.

Fees apply. ([Brochure](#))

Safe Harbour Crisis Support Space

[Brochure](#)

As a reminder we are;

- Ages 16+
- 365 day a week service including weekends and all public holidays
- Open from 2pm to 9pm
- no referrals needed
- Peer led
- Located between the Emergency Department and J ward

Exclusion criteria;

- People who are actively suicidal (plan with means and intent)
- Currently needing or receiving medical treatment in the Emergency Department
- On the general or mental health wards
- Under the age of 16

What we don't do;

- accommodation
- Transport
- Food supplies
- Medication
- Admissions to Hospital



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Salvation Army

Email: janet.good@salvationarmy.org.au

Phone: 0438 758 292

Brochure - ([link](#))

Programs:

- Doorways - ([Brochure](#))
- Positive Lifestyle Program ([Brochure](#))
(Referral process is simply to contact via email, phone or drop into The Salvation Army at 48 Gregory Street, Mackay)
- Doorways Phone Assistance Line (PAL) – If you require financial assistance to support you through a crisis, please call the Salvos Phone Assistance Line on 07 3001 6288.
- Community Mornings: 10am – 12pm. Thursday morning we provide a free meal for people in the community.
- The Salvation Army Office is open 9:00am-2:30pm Tuesday and Thursday.
- Worship Service: 10am Sunday
- Kids Homework Club- Primary School Age: Wednesday 3:30pm – 4:30pm
- Bible Study: Thursday 10am
- Family Stores
 - City: 48-50 Gregory Street, Mackay
 - Northern Beaches: 839 Mackay Bucasia Road, Bucasia

St Vincent de Paul

Phone: 07 4957 9500 or 0418 331 939 - ([Brochure](#)) ([Referral](#))

Programs:

- 12-week Residential Recovery Service program
- Therapeutic elements and supports to and individual recovery
- Pre and Post Care support offered

Selectability

Email: mackay@selectability.com.au

Phone: 07 4864 3000

UnitingCare Queensland

Email: Mackay-Whitsunday@uccommunity.org.au

Phone: 1300 096 203

Location: 287 Shakespeare St

Programs:

- Parenting Order Program - Post Separation
- Mens Choosing Change - A Men's Stopping Violence Program
- Financial Counselling



Family Law
PATHWAYS
NETWORK



Australian Government

- Minds Alive
- Financial Counselling & Wellbeing
- Standby - Support After Suicide - Ph: 1300 727 247
- Family Intervention Service
- Remote Areas Families Service

WellMinds Counselling & Consultancy Service

Website: www.wellminds.com.au

Email: admin@wellminds.com.au

Trauma-informed practice for Adults and children

MHSW, Psychologists and Mental Health Nurses

NDIS, Mental Health Care plans and ECP plans are accepted.

Whitsunday Counselling and Support

Email: admin@whitsundaycs.com.au

Phone: 07 4346 2999

Women's Services Mackay

Email: admin@dvrs.org.au

Phone: 07 4953 1788

Programs:

- Counselling
- Shark Cage
- Enhancing Emotional Health