

Help for Mental Health in Gladstone

Help in the community:

Meeting in a safe space with other people who are experiencing challenges provides connection and support. There are many groups like this in the community. In these groups there will be no pressure to share personal information, but you will be welcome to talk honestly about your experience.

Groups in Gladstone:

Community Solutions - Peer Support Group

167 Auckland Street, Gladstone

Phone: 4977 8111

Meets once a week, please call for more information

Participation is free

Anglicare – Healthy Minds program

One-on-one services, peer support and self-help groups, and group outings and activities for people living with mental illness and their family.

Phone: 4972 8220

Please call for more information

All Anglicare services are free

HopeLINK: inSight Men's Circle

Every 2nd Thursday at 6:30pm

Run by men for men, this group is for men in the Gladstone region who are experiencing the hardship associated with family crisis.

Phone: 4979 3626

Please call for more information

HopeLINK: inSight Women's Circle

Every 2nd Thursday at 6:30pm

Run by women for women, this facilitated support group is for any women who are seeking encouragement, nurturing and support.

Phone: 4979 3626

Please call for more information

Help for Mental Health in Gladstone

Help from a doctor:

Doctors can help you to find the right services for you. With a referral from a doctor, you may be able to use Medicare to have 10 free sessions with an appropriate mental health specialist. Other treatment options are also available.

If you decide to visit a doctor for this reason, tell the person booking your appointment it is for a mental health care plan. If you need language support for your doctor's appointment, tell the person who takes your booking.

Doctors in Gladstone:

Gladstone Central Medical Centre

Suite 22 Nightowl Centre
Dawson Highway, Gladstone
Phone: 4972 8689
Fees charged

GP Gladstone Superclinic

206-214 Philip Street, Gladstone
Phone: 4978 7868
You can make an appointment online
Bulk billing available

Port Curtis Medical Centre

8 Tank Street, Gladstone
Phone: 4972 1111
Fees charged

Toolooa Family Practice

119 Toolooa Street, Gladstone
Phone: 4972 0188
Bulk billing available

Harbour City Family Practice

121 Toolooa Street, South Gladstone
Phone: 4972 6470

Boyne Island Family Medical Centre

Cnr Centenary Drive and Wyndham Avenue
Phone: 4973 7717
Bulk billing available

Gladstone Medical Centre

Shop 2/6 Ballantine Street, Gladstone
Phone: 4978 1133

Gladstone Valley Medical

172 Goondoon Street, Gladstone
Phone: 4972 5666

Help for Mental Health in Gladstone

Help from a Counsellor:

Counselling is the process of talking to a professional about things that are troubling you. It is normal in Australia to talk to a professional if you are overwhelmed by things that are causing you stress and worry and which make you feel unhappy or powerless.

A doctor may refer you to a counsellor or counselling psychologist, but you can also choose to visit one yourself without a doctor's referral

If you need language support for this appointment, tell the person who takes your booking.

Counsellors in Gladstone:

Anglicare

50 Young Street, Gladstone

Phone: 4972 8220

No fees charged

Centacare

2/1 Glenlyon Street, Gladstone

Phone: 1300 523 985

First session is free.

After the first session, fees are charged according to level of income. No client will be refused a service based on an inability to contribute a fee.

Gladstone Women's Health Centre

9 Derby Street, Gladstone

Phone: 4979 1456

No fees charged

Relationships Australia

10 Tank Street, Gladstone Central

Phone: 1300 364 277

Fees charged

Integrative Wellbeing Solutions

94 Glenlyon Street, Gladstone

Fees charged

HopeLINK

Shed 19, 19 Dalrymple Drive, Gladstone

Phone: 4979 3626

No fees charged

Paige Psychology

Shop 2, 37 Goondoon Street, Gladstone

Phone: 4972 0763

Fees charged

Help for Mental Health in Gladstone

Help for young people:

Headspace

Level 3, 93 Goondoon Street, Gladstone
Phone: 4903 1921
facebook.com/headspacegladstone

These services do not cost

Help from the hospital:

In a mental health emergency, always call 000.

You can call 13 42 584 for 24 hour assessment, referral and advice

The local hospital has two community mental health units which provide care for people experiencing acute mental health problems.

Gladstone Hospital
Mental Health Services Building
Flinders Street, Gladstone

Phone: 4976 3244

These services do not cost.

Help if you have a mental health diagnosis:

If a doctor has diagnosed you with a severe and persistent mental health problem you may be eligible for support from **Partners in Recovery**.

Partners in Recovery facilitators in Gladstone:

Community Solutions

167 Auckland Street, Gladstone
Ph: 4977 8111

Anglicare

50 Young Street, Gladstone
Phone: 4972 8220

These services do not cost.