

Who we are

Our extensive range of services assist people in the community with mental health needs and psychosocial disabilities to reach their goals and live a fulfilling life.

We believe every individual deserves personalised support and we can work with you to make and sustain positive change in your life.

We are there when you need it most

With a multidisciplinary team of people with lived experience, clinical and non-clinical backgrounds, our team can work with you during key moments of change to enhance your mental health and wellbeing.

We understand that your support needs may vary from time to time. Through our individual and flexible approach, we are committed to helping you plan and work towards your goals.

Our Purpose

Enabling an independent and positive future for people living in the community with mental health needs and psychosocial disabilities.

Our Values

Integrity

We are accountable and do what is right

Curiosity

We ask questions, are interested and never stop learning

Together

We are stronger as a team

People Centred

Nothing for you, without you

Respect

Each person and their experiences are unique

PART OF **vertaview** group



1300 673 664
openminds.org.au



We support all Australians



MAC-170 OM



Community mental health services



Over 110 years of support

We began supporting the community in 1912 as the Queensland Wattle Day League. In 2003, with a firm focus on mental health, the League changed its name to Open Minds.

For over a century, our dedicated team have worked to meet the needs of the community. We are proud to have supported thousands of people across Queensland and New South Wales to enable an independent and positive future for people living in the community with mental health needs and psychosocial disabilities.

Services Overview



Psychosocial Disability Supports



Service	Location	Referral
Community Access Support		
Support for people to live independently and actively participate in their community.	Queensland	Self-referral (with NDIS plan)
In Home Support		
Support people in their home to assist with activities of daily living, such as meal preparation, personal care, financial access, and more to build independence, confidence and wellbeing.	Queensland	Self-referral (with NDIS plan)
Supported Independent Living		
Support for people aged 18-65 to live independently by assisting with shopping, cleaning, personal care, meal preparation, nutrition and community participation.	Queensland	Self-referral (with NDIS plan)



Suicide Prevention and Response

Service	Location	Referral
Family and Friends Program		
Free psychosocial services focused on providing support to people caring for someone who has experienced a suicidal crisis and/or suicide attempt.	Sunshine Coast, Wide Bay and Central Queensland	Self-referral
Suicide Prevention Response		
Additional support for other providers clients are experiencing an elevated risk of suicide.	North Queensland	Provider referral
The Way Back Service		
An aftercare service for those who have attempted or are a risk of suicide.	Sunshine Coast	Local Hospital and Health Service



Adult Mental Health

Service	Location	Referral
Clinical Care Coordination		
Evidence-based, integrated, and person-centred care for individuals with severe and complex mental health needs for up to 12 months. The program facilitates long-term recovery utilising a multi disciplinary approach to support.	Sunshine Coast, Wide Bay, Central Queensland; with hubs in Gympie, Hervey Bay, Rockhampton, and Emerald	Self-referral or Medicare Mental Health Centre's phone line
Community Living Supports (CLS)		
Assist people with complex mental health needs to manage their mental health, strengthen independence, access services, and integrate into their community.	Northern NSW (offices in Tweed, Lismore and Grafton)	Community Mental Health at the Local Health District
Housing and Accommodation Support Initiative (HASI)		
Assist people with ongoing mental health needs to access and maintain suitable housing as a foundation to sustain and make positive changes to their life.	Northern NSW (offices in Tweed, Lismore and Grafton)	Community Mental Health at the Local Health District
Medicare Mental Health Centres		
Free, short and medium-term support to people experiencing mental health concerns and/or significant distress.	Kingaroy, Ipswich, Coffs Harbour, Lismore and Kempsey	No referral required
Specialist Homeless Services		
Support people with mental health needs to access short-term accommodation and transition into sustainable housing.	Redcliffe	Department of Housing referral
Distress Brief Support (DBS)		
Community-based service supporting people feeling overwhelmed, stressed or unsure where to turn. With practical, non-clinical support that connects you to people, services and community.	Ipswich	Self-referral



Youth Mental Health

Service	Location	Referral
headspace		
Support young people aged 12-25 with free or low cost clinical and psychosocial support. This includes face-to-face mental health and telehealth services, sexual health services, alcohol and other drug services, youth programs, as well as work and study support.	Redcliffe, Indooroopilly and Strathpine	Self-referral and/or GP referral
Youth Bloom		
Support young people who have been under guardianship of child safety or have a disability or mental health needs with specialised and tailored supports to transition to independence.	Logan and Gold Coast	Self-referral or Child Safety Services referral