

Christelle Withers- Mayne (Psychologist) – (07) 4168 4942

Christelle is a psychologist who provides grief and loss counselling and family mediation. You can ring to make an appointment however there may be a cost involved, if you get a referral from your doctor it is likely you will not need to pay.

Church Groups: contact through your nearest church

Community Health: (Monday to Friday 8:30am to 5:00pm)

• Cherbourg:	Barambah Avenue	4169 8900
• Goomeri:	Moore Street	4168 4466
• Kingaroy:	Glendon Street	4162 9220
• Murgon:	Stephen Street	4168 1661
• Nanango:	Brisbane Street	4171 6750
• Proston:	Brigooda Road	4168 9288
• Wondai:	Bramston Street	4168 5558

CTC Youth Services: (07) 4162 7788

Doctors: contact your local doctor

School Nurse – contact through your school

School Chaplin – contact through your school

School Guidance Officers – contact through your school



Practical and Financial Support Organisations: People who can help if you need money to pay bills or food:

Cancer Helpline: (Monday to Friday 8:00am to 8:00pm): 13 1120
www.qldcancer.com.au

The Queensland Cancer Fund can provide financial help in some situations if a person in the family has cancer.

Centrelink:

<http://www.centrelink.gov.au>

Centrelink offers financial support if you are caring for someone who is frail aged, ill or has a disability. Disability, Sickness and Carers Benefits ring 132717 Youth and Students benefits ring 13 2490

Leukaemia Foundation: 1800 620 420

<http://www.leukaemia.org.au>

The Leukaemia Foundation can provide financial help if a person in the family has leukaemia or a related disease.

Transport:

South Burnett Community Integrated Transport Service: (07) 4169 5040

This service provides transport support for people who are ill or disabled and their carers. Services cover the shires of Kilkivan, Murgon, Wondai, Kingaroy, Nanango and town of Yarraman

Websites about grief and loss:

www.childbereavement.org.au

The site offers support school-aged children and young people aged 5 - 17 years who have been through the experience of a close family member dying from a terminal or long-term illness.

<http://www.skylight.org.nz/>

Skylight provides unique support to children, young people and their families through tough times of change, loss and grief - whatever the cause.

<http://www.grievingchild.org/default.asp?pid=7736932>

The Dougy Centre for Grieving Children provide support in a safe place where children, teens and their families grieving a death can share their experiences as they move through their grief process.

http://www.planetcreature.com.au/planet_creature/default.asp

A website aimed at younger children – resources relating to grief and loss and other activities.

Websites offering support and advice for young people:

<http://www.understandingmoney.gov.au/content/default.asp>

This website offers you advice about how to manage your money and make a real difference to your future.

<http://www.reachout.com.au/home.asp>

Reach Out is a web-based service that inspires young people to help themselves through tough times. The aim of the service is to improve young people's mental health and well being by providing support information and referrals in a format that appeals to young people.

<http://www.yac.net.au/>

The youth advocacy centre offers free confidential legal and welfare assistance to young people under 17.

Websites offering information about health and wellbeing for young people:

<http://www.cyh.com.au/SubDefault.aspx?p=159>

This site has lots of info on health and wellbeing for teenagers for people under the age of 17

<http://www.cyh.com.au/SubDefault.aspx?p=160>

This site provides info on health issues, lifestyle choices and relationships for people aged 18-25.

<http://www.justlook.org.au/about.asp>

Just look is a comprehensive online national database of low cost or free health and community services offered throughout Australia.

<http://www.southburnett.com.au/health>

This site lists health related services within the South Burnett and other useful weblinks.

<http://www.southburnett.com.au/health>

This site offers information about health services within the South Burnett region.

Websites offering services, resources and entertainment for young people:

<http://www.funsites.com/fsmenu.html>

A directory of safe websites especially for teens offering information, education, games etc

<http://www.thesource.gov.au/>

The source is a gateway to youth information, programmes, services, resources and entertainment for young people between the ages of 12 and 25

<http://www.yarn.gov.au/>

An interactive website designed for young people in rural industries. News, events, links, discussions, people, organisations, and a gateway to opportunities for young people in rural areas.

<http://youth.sbctc.com.au/links.php>

CTC Youth Services is a division of the South Burnett Community Training Centre. CTC Youth Services has an office at the Youth Park in Somerset St Kingaroy, and another office located in Palmer St Murgon. CTC Youth Services has programs that cater for young people in the 12 to 25 age group.

Websites offering information about sex and relationships:

<http://www.likeitis.org.au/>

This site tells you everything you need to know about sex exactly like it is, with no frills, no judgments and definitely no holds barred.

http://www.somazone.com.au/content.asp?Document_ID=1

This site offers an anonymous and professional Q&A service that provides clear, unbiased, non-judgmental answers to any questions you may have about drugs, sex, sexual health, mental health issues, harassment/abuse, relationships, body image and eating disorders.

<http://www.kidshealth.org/teen/>

Teens Health is for teens looking for honest, accurate information and advice about health, relationships, and growing up.



SQRDGP



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Disclaimer: This brochure is current at the time of printing – October 2006. The information contained in this brochure is for general guidance only and does not replace advice from a health professional or lawyer.

Support Services for Young Carers

IN THE SOUTH BURNETT

This brochure has been designed for young people within the South Burnett Region who are caring for someone who is unwell, disabled, has a mental illness or is suffering from alcohol or substance abuse.

This brochure lists services and people who can help.

You don't have to go it alone - there are lots of people willing to help if you just ask...



Employment Services - Helping you to get a job:

Get Set For Work Program: (07) 4162 7788

<http://youth.sbctc.com.au/programs/gsfw.php>

This program provides support for unemployed young people and assists them achieve sustainable transition into employment, training or further education.

Job Placement, Education and Training (JPET): (07) 4162 7788

<http://youth.sbctc.com.au/programs/jpet.php>

JPET can offer case management towards accommodation, finances, and education, training, employment, and life skills for young people aged 15-21 years old, who are homeless or at risk of homelessness, leaving the juvenile justice system, young refugees of particularly disadvantaged because of geographic isolation.

Social Programs - Helping you to have fun and meet other people:

FIGJAM: (07) 4164 2311 or (07) 4164 2326

Fig Jam is a group of muso's getting together to jam and pass on experience to other interested muso's.

Kingaroy Youth Council: (07) 4162 7788

The Kingaroy Youth Council gives you the opportunity to have YOUR say and to assist the Kingaroy Shire Council determine how to change things for the better for young people in your local area.

OZONE: (07) 4162 2400 or 0428 382 682

Ozone is a program aimed at helping young people meet new friends have fun and gain a new perspective on life. Activities include music, sporting activities, life inspiring guest speakers and free food!

Emergency Services Cadets: (07) 4163 5101 or (07) 4152 2645

The course for the Emergency Services Cadets is open for students of High School age, from grade 8 and above. Cadets can be sponsored by the Queensland Ambulance Service, Queensland Fire and Rescue Service or State Emergency Service.

Support Programs - Help if you have an alcohol or drug problem:

Alcohol Diversion Program: (07) 4162 7788

<http://youth.sbctc.com.au/programs/aerf.php>

The Alcohol Diversion program for the South Burnett aims to reduce the harm caused to young people by alcohol and licit substance abuse through prevention strategies.



Support Programs - Helping families get back together:

Connections Program: (07) 4169 5940

stacey@sbctc.com

<http://youth.sbctc.com.au/programs/connections.php>

The Connections program has an indigenous focus and is specific to the communities of Murgon, Cherbourg, Goomeri and Wondai. The service works with 10-18 year olds to retain connectedness with their family, community, education/training/work in the South Burnett.

Accommodation - Helping you find somewhere to live:

Supported Accommodation Assistance Program (SAAP): (07) 4162 7788

<http://youth.sbctc.com.au/programs/saap.php>

The SAAP program provides support for young people 16-25 in the south Burnett who are in crisis and assists with providing stable, safe long term accommodation.

Practical Support Services - Helping you with your education, housework, cooking and giving you a break to spend time with your friends:

Carer Respite Centres: 1800 059 059

<http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/ageing-carers-respcent.htm>

Carer Respite Centres have been set up to help assist carers so they can have a break. You need a referral from a doctor if you wish to access this service.

Meals on Wheels: (07) 4162 3728

<http://www.qmow.org>

Meals on Wheels assist with providing meals for people who are unable to cook for themselves - there is a small charge for meals.

Young Carers Project: 1800 059 059

<http://www.youngcarer.com>

This project assists young people to continue studying while maintaining their caring responsibilities. Types of assistance that can be provided include basic housework, cooking and cleaning; support with training and education, eg one to one tutor; ensuring correct Centrelink payments; activities and outings with other young carers; advocacy and counselling and referral to other services.

Young Carers: 1800 242 636

www.youngcarers.net.au

This program helps young people who are the main carer for a friend or relative that has an ongoing health problem, disability, alcohol or substance abuse or mental illness. This program offers people to talk to, someone to help take the pressure off so you can catch up on school work, or hang out with friends or someone to help with housework, cooking meals etc.

24 Hour Telephone Counselling Services - People to talk to if you feel down or need advice:

Abortion Grief Counselling: 1300 363 550

<http://www.prolife.org.au/support.htm>

The Abortion and Grief Counselling line offers confidential, free information and support relating to abortion and pregnancy.

Alcohol and Drug Information Service: 1800 177 833

<http://www.health.qld.gov.au/atods/helplines.asp>

Alcohol and Drug Information Service (ADIS) offers a 24 hour alcohol and drug information service

Kids Help Line: 1800 55 1800

www.kidshelp.com.au

Kids Help Line is a free, confidential and anonymous, 24-hour telephone and online counselling service specifically for young people aged between 5 and 18.

Health Line (13 HEALTH): 13 43 25 84

<http://www.health.qld.gov.au/13health/default.asp>

Qualified health professionals give you confidential, free advice 24 hours per day on what you should do and how quickly you should do it.

Lifeline: 13 11 14

<http://www.lifeline.org.au>

Lifeline's 24-hour telephone counselling service is staffed by trained volunteers.

Pregnancy Help Line: 1300 139 313 (24 hours)

www.pregnacysupport.com.au

The Australian Federation of Pregnancy Support Services Inc. provides professional services for all pregnancy issues as well as support for women, their partners and families when they are experiencing distress or hardship as the result of pregnancy.

Salvo Care Line: 1300 363 622

<http://www.salvationarmy.org.au/wa/homeless/SalvoCareLine/default.asp>

The Salvo Care Line provides a listening ear for people experiencing a crisis. Services including: referral to emergency accommodation; food and welfare referral, telephone counselling; information and referral for other material needs.

Statewide Sexual Assault Helpline: 1800 010 120

<http://www.health.qld.gov.au/violence/sexual/services.asp>

The sexual assault helpline offers free, confidential information and support for people who have experienced past or recent or sexual assault.

Counselling and Information Services (Business Hours) - People to talk to if you feel down or need general advice or advice about health related matters:

Cancer Counselling Service: 13 11 20

The Queensland Cancer Fund Cancer Counselling Service is a free and confidential cancer counselling service.

Cancer Helpline: (Monday to Friday 8:00am to 8:00pm): 13 1120

www.qldcancer.com.au

The Cancer Helpline provides information about cancer, and provides, support and referrals to other services.

Carers Queensland: 1800 242 636

www.carersqld.asn.au

Carers Queensland (also known as the Queensland Council of Carers) provides carers with information and services to support them in their caring role.

Carer Allowance and Carer Payment: 13 27 17

<http://www.centrelink.gov.au>

Centrelink offers financial support if you are caring for someone who is frail aged, ill or has a disability.

Children and Young People's Bereavement Centre: (07) 3891 9783

www.childbereavement.org.au

The Centre offers support school-aged children and young people aged 5 - 17 years who have been through the experience of a close family member dying from a terminal or long-term illness.

Community Health: (Monday to Friday 8:30am to 5:00pm)

Community Health has nurses, mental health services and social workers who can provide you will support and advice if you are caring for someone who is ill. A nurse can come out to your house if necessary.

• Cherbourg:	Barambah Avenue	(07) 4169 8900
• Goomeri:	Moore Street	(07) 4168 4466
• Kingaroy:	Glendon Street	(07) 4162 9220
• Murgon:	Stephen Street	(07) 4168 1661
• Nanango:	Brisbane Street	(07) 4171 6750
• Proston:	Brigooda Road	(07) 4168 9288
• Wondai:	Bramston Street	(07) 4168 5558

Crisis Care- Child Protection: (24 hour service): 1800 177 135

www.childsafety.qld.gov.au

The Department of Child Safety responds to families in crisis across Queensland 24 hours a day, seven days a week. The Department also assists in situations where children and young people need to be removed from their parents for their own safety.

Home and Community Care: 1800 052 222

www.health.qld.gov.au/hacc/

Provides eligible people with services such as home help, personal care, home maintenance, delivered food services, transport etc.

Leukaemia Foundation: 1800 620 420

<http://www.leukaemia.org.au>

The Leukaemia Foundation provides information about leukaemia and related diseases, counselling and practical support including accommodation, transport or in special circumstances, financial assistance.

Medicines Line: (9:00am -6:00pm): 1300 888 763

www.nps.org.au/consumers

The Medicines Line provides information and advice relating to the best use of medicines.

Palliative Care Information Service: (Mon to Fri 9:00am to 5:00pm): 1800 772 273

www.pcis.org.au

A free telephone information and referral service for Queenslanders living with a life threatening illness and those who care for them.

SANE Mental Illness Helpline: (Mon to Fri 9:00am to 5:00pm): 1800 688 382

www.sane.org

SANE Australia is an independent national charity helping people and families affected by mental illness improve their lives. It also operates a Helpline and website.

Survivors of Suicide Bereavement Association (SOSBA): 1300 767 022

www.geocities.com/sosbsa

This association provides grief counselling for those who have been affected by suicide and counselling for those at risk of suicide.

Young Carers Telephone Counselling: (Mon to Fri 5:00pm to 7:00pm): 1800 242 636: www.youngcarers.net.au

This service provides a telephone counselling line for young people who are the main carer for a friend or relative that has an ongoing health problem, disability, alcohol or substance abuse or mental illness.

Local Support People - People you can talk to face to face if you feel down or advice:

Barambah Aboriginal Community Care Agency Inc (BACCA): (07) 4168-2757

This agency provides information, support, counselling and referral services.