



**Struggling with
life? Mental
health matters.**

**Reach out for
help. You're not
alone.**

**Yeah, my
mental health's
not great.**

Introducing Supporting Minds - your fully funded mental health service!

At Supporting Minds, we know that taking care of yourself means knowing when to seek support. That's why we're here to provide you with the help you need to get back on track.

We offer TWO services:

1) Our short-term (up to 3 months) clinical and non-clinical, individual and group recovery-focused interventions are fully funded, meaning you won't have to worry about the cost. We cater to adults aged 16-65 residing in the Gold Coast region who are experiencing a moderate emergent decline in mental health due to situational distress, such as homelessness or at risk of homelessness, domestic violence, or current legal procedures, and significant financial hardship.

2) We also offer culturally specific support for those aged 12-65 living in the Gold Coast region who identify with the LGBTIQAP+ community and/or are questioning sexuality or gender identity.

When you access Supporting Minds, you'll be assigned a dedicated Wellbeing Consultant who will be with you every step of the way. They'll work with you to develop a goal-focused service plan tailored to suit your individual needs.

Don't wait until it's too late. Take the first step towards better mental health and reach out to Supporting Minds today.

07 3151 3828

supportingminds@wmq.org.au

Monday to Friday, 8.30am to 5.00pm (except public holidays)

Scan the QR code and fill out the form to connect with the Supporting Minds team. They'll get in touch with the information you need.



www.wmq.org.au/supportingminds

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GOLD COAST

An Australian Government Initiative

Mental Health

