

Anglicare's Mental Health and Family Wellbeing team provides a range of services to assist young people, individuals and families through life's challenges.



Anglicare
Southern Queensland

Funded by



Australian Government



Queensland Government

To find out more about our Mental Health and Family Wellbeing programs, contact us today.

**Call 1300 114 397 or visit
anglicaresq.org.au**

Anglicare Southern Queensland acknowledges the Traditional Owners of the lands on which our services now stand. We pay our respect to Elders – past, present and emerging – and acknowledge the important role of Aboriginal and Torres Strait Islander people in caring for their own communities.



MHW0536 Information correct as of August 2021.

**Mental Health and
Family Wellbeing**



By your side
for over 150 years

Mental Health and Family Wellbeing

Anglicare
Southern Queensland

We understand that your mental health and the wellbeing of your family is important.

We're here to provide practical support and care so you can overcome challenges you're facing and live a more fulfilling life. We work in collaboration with our communities and in partnership with other organisations to provide a wide range of services.

We are dedicated to improving the lives of individuals, families and children, through individual and group programs available at service centres across southern Queensland. We can also provide some services online or by phone. Our counselling and support programs focus on prevention, early intervention and specialised support.



Our mission

- Enrich people's lives through compassionate service and advocacy for social justice in partnership with communities.
- Respond with innovation and courage to the needs of our community, especially those most at risk.
- Demonstrate a passionate and determined commitment to excel as leaders in quality caring service.

Our programs include:

- family, children and relationship counselling
- online counselling
- children, parent and family case management support services
- domestic and family violence programs
- early intervention for youth homelessness
- alcohol and drug counselling
- support for male survivors of sexual abuse
- family law counselling
- community inclusion
- emergency relief.

To find out more or access our services, call 1300 114 397, visit anglicaresq.org.au or betterrelationships.org.au