

## Alternative Therapies

Blooms Chemist ..... 4162 3777

*Naturopath*

Blue Healer ..... 4163 0752

*Other*

Bushland Therapies.....4164 1173

*Reflexology, other*

Donna Seymour Bowen Therapy 0427 062 993

*Bowen therapy*

Energy Field .....0429 624 342

*Reiki, other*

Ian McKinnon Bowen Therapy. .... .4171 0635

*Bowen therapy*

JJ's Massage and Wellbeing Centre .. 41621122

*Other*

Kingaroy Wholistic Health Centre .... .4162 1512

*Acupuncture, naturopathy, other*

Murgon Soul Pattinson Chemist. .... 4168 1022

*Naturopath*

South Burnett Bowen Therapy ..... 0419 675 722

*Bowen therapy*

The Dolor Clinic ..... 4169 5213

*Reflexology, other*

The Freedom Clinic ..... 4162 8040

*Acupuncture, other*

Total Relaxation Massage ..... 4162 5484

*Other*

Some people find massage, yoga, tai-chi  
and other activities helpful

## Helplines

Centacare Flood Counselling 1300 699 344

Compassionate Friends ..... 3254 2585

*Support for bereaved family and friends*

DV Connect Mensline ..... 1800 600 636

DV Connect Women ..... 1800 811 811

Kids Helpline ..... 1800 551 800

Lifeline (24/7) ..... 13 11 14

Mensline Australia ..... 1300 789 978

Parent Helpline ..... 1300 301 300

Queensland Health ..... 13HEALTH

Qld Poisons Information Centre .. 131 126

Salvo Care Line ..... 1300 363 622

Salvos Disaster Assistance Line 1300 662 217

Salvos National Hope Line .. 1300 467 354

Suicide Helpline ..... 1300 651 251

## Websites

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

[www.livingisforeveryone.com.au](http://www.livingisforeveryone.com.au)

[www.psychology.org.au](http://www.psychology.org.au)

[www.ruokday.com.au](http://www.ruokday.com.au)

[www.sane.org](http://www.sane.org)

[www.suicideprevention.salvos.org.au](http://www.suicideprevention.salvos.org.au)

Prepared by South Burnett Community Development Program  
For South Burnett Suicide Prevention Working Group  
Current February 2011

## Where to go for help in the South Burnett

sometimes it helps to talk to  
someone....



The recent floods have affected a large part of our community.

The likelihood of hardship, duress & loss greatly increases ones chances of developing a stress related disorder or depression – both of which can lead to thoughts of suicide.

Suicide claims more lives each year than motor vehicle accidents. (ABS 2008)

If you have concerns for yourself, a family member, a friend or work colleague, don't become a statistic – **get help!**

## General Practitioners

Barambah Regional Medical Service ....	4169 8600
Bunya Pines Family Practice .....	4162 2033
Dr Bruce Carr Surgery .....	4163 8388
Drayton Street Family Practice .....	4171 0711
Eduardstrete Medical Centre .....	4162 1903
Glendon Street Family Practice .....	4162 3830
Golden Pines .....	4163 1203
Markwell Medical .....	4162 3400
Murgon Family Medical Practice .....	4168 2722
Proston .....	4168 9288
Wondai .....	4168 5050
Goomeri.....	4168 4244
Nanango Medical Centre .....	4163 1777
South Burnett Medical Centre .....	4162 2122
Timbertown Medical .....	4163 0023
Wondai Medical Centre .....	4168 5606

## Local Hospital

Cherbourg Hospital .....	4169 8800
<i>Fisher St, Cherbourg</i>	
Kingaroy Hospital .....	4162 9200
<i>Cnr Youngman St &amp; Albert St, Kingaroy</i>	
Murgon Hospital .....	4169 9600
<i>Coronation Drive, Murgon</i>	
Nanango Hospital .....	4171 6700
<i>Brisbane St, Nanango</i>	
South Burnett Private Hospital .....	4162 1444
<i>Markwell St Kingaroy</i>	
Wondai Hospital .....	4169 2600
<i>Bramston St, Wondai</i>	

## Community Health Centres

*Community Health Centres offer a range of services, including social worker, mental health, early childhood, alcohol & other drugs workers, and community nurses*

*8.30am to 5pm Monday-Friday*

Cherbourg .....	4169 8900
Goomeri .....	4168 4466
Kingaroy .....	4162 9220
Murgon .....	4169 9600
Nanango .....	4171 6750
Proston .....	4168 9288
Wondai .....	4169 2600

## Counsellors, Psychologists & Support Services

Balance Psychotherapy .....	4162 3934
BeeCon Counselling & Career Coaching.....	0411 661 098
Bev McDonald .....	0417 747 035
Carers Queensland .....	1800 242 636
Centacare South Burnett .....	4162 5439
Excellent Choices Counselling .....	0448 475 359
Graham House .....	4168 2828
Healthrise .....	1300 467 599
Lifeline Kingaroy .....	4160 4600
Salvation Army Kingaroy (Support) .....	4162 5246
Shane Bell Counselling .....	0409 275 338
South Burnett Counselling .....	0417 102 084
South Burnett CTC .....	4162 9000
Therapeutic Care Solutions .....	0420 105 829

## Mental Health & Respite Services

*Some eligibility criteria apply*

Centacare Fraser Coast Family Mental Health Support .....	4194 0172
Centacare Holiday Options .....	4162 7363
Centacare Responsive Connections .....	4162 5469
Commonwealth Carelink and Respite Centre .....	1800 059 059