

## Townsville Wellbeing & Support Services

Find a list of key wellbeing, counselling, crisis, housing, financial and domestic violence support services available to students and staff in Townsville.

### headspace Townsville

**Description:** Youth mental health support (12–25). Counselling, physical health, AOD, work & study support.

**Phone:** (07) 4799 1799

**Address / Notes:** headspace Townsville (see headspace site)

**Website:** <https://headspace.org.au/headspace-centres/townsville/>

### Townsville Medicare Mental Health Centre (Neami)

**Description:** Free walk-in mental health and wellbeing support, service navigation and short-term support.

**Phone:** Call 1800 595 212 or local: 07 4766 8444 (Neami listing)

**Address / Notes:** Townsville (see Neami / Medicare Mental Health listings)

**Website:** <https://www.neaminational.org.au/services/townsville-medicare-mental-health-centre/>

### Townsville Hospital & Health Service — Mental Health Services / Social Work

**Description:** Public hospital mental health and social work services; referral via 13 MH CALL for mental health/crisis.

**Phone:** Social Work: 07 4433 2170. For mental health access: 13 MH CALL (1300 64 22 55)

**Address / Notes:** Townsville Hospital and Health Service

**Website:** <https://www.townsville.health.qld.gov.au/services/mental-health/>

### Lifeline (national) — Crisis Support

**Description:** 24/7 crisis telephone counselling and online chat.

**Phone:** 13 11 14 (24/7) — Lifeline Australia

**Address / Notes:** National service (QLD local info available)

**Website:** <https://www.lifeline.org.au/>

### Suicide Call Back Service

**Description:** 24/7 professional counselling for people at risk of suicide, carers and bereaved.

**Phone:** 1300 659 467

**Address / Notes:** National service

**Website:** <https://www.suicidecallbackservice.org.au/>

### DVConnect (Womensline / Mensline) — Queensland domestic & family violence support

**Description:** Free confidential support for people experiencing domestic, family or sexual violence.

**Phone:** Womensline (QLD) and general contact via DVConnect site

**Address / Notes:** Queensland helpline (serves Townsville)

**Website:** <https://www.dvconnect.org/>

### Neami National — Townsville (community mental health support)

**Description:** Community-based mental health support, psychosocial support, and programs (local contact).

**Phone:** 07 4766 8444

**Address / Notes:** Townsville (see Neami site)

**Website:** <https://www.neaminational.org.au/>

### Relationships Australia — Townsville

**Description:** Counselling, family/relationship support, separation services and DFV programs.

**Phone:** 1300 364 277 (Townsville centre)

**Address / Notes:** 745 Riverway Drive, Thuringowa Central QLD 4812

**Website:** <https://raq.org.au/locations/townsville/>

### The Salvation Army — Townsville (Moneycare, Recovery Services)

**Description:** Financial counselling (Moneycare), recovery programs, emergency relief and community services.

**Phone:** See local Salvation Army contacts (Moneycare / Recovery Services pages)

**Address / Notes:** Townsville locations (see Salvation Army site)

**Website:** <https://www.salvationarmy.org.au/locations/queensland/>

### **St Vincent de Paul (Vinnies) — Townsville / QLD**

**Description:** Hardship relief, welfare support, housing referrals and community assistance.

**Phone:** State contact: 1800 846 643 or 07 3010 1000

**Address / Notes:** Vinnies QLD (local Townsville support via state contacts)

**Website:** <https://www.vinnies.org.au/>

### **Mission Australia — Townsville Youth Foyer & Homelessness Services**

**Description:** Supported housing, tenancy support and services for young people at risk of homelessness.

**Phone:** See Mission Australia Townsville listings

**Address / Notes:** Townsville Youth Foyer (see Mission Australia site)

**Website:** <https://www.missionaustralia.com.au/find-support/housing-and-homelessness/supported-housing/youth-foyer-townsville/>

### **Beyond Blue (national) — Counselling & mental health support**

**Description:** 24/7 telephone and online counselling for anxiety, depression and mental health concerns.

**Phone:** 1300 224 636

**Address / Notes:** National service

**Website:** <https://www.beyondblue.org.au/>

### **Northern Queensland Primary Health Network (NQPHN) — Mental health programs**

**Description:** Commissioner of local mental health and AOD programs; information on stepped-care and local services.

**Phone:** See NQPHN contact page

**Address / Notes:** Northern Queensland region

**Website:** <https://nqphn.com.au/>