

External Support for Children, Adolescents and Families

COVID – 19 Information and Support		Contacts	
Queensland Health <i>Queensland Health is leading the response to COVID-19 in Queensland and should be your first source for accurate, up to date information.</i>		https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/industry/resources-and-fact-sheets-for-industry/covid-19-cleaning-and-disinfection-recommendations	
Head to Health <i>Head to Health helps you find mental health information, resources, and services that most suit your needs. Whether you want to improve your overall sense of wellbeing, or you need help with something that is concerning you, or you are helping someone you care about—Head to Health can point you to great online mental health resources.</i>		https://headtohealth.gov.au/ COVID-19 Specific information and support https://headtohealth.gov.au/covid-19-support	
Beyond Blue <i>Looking after your mental health during the coronavirus outbreak</i>		https://www.youthbeyondblue.com/	
Youth and Family Assistance		Contacts	
Lifeline		13 1114	
Kids Helpline		1800 55 1800	
Kids Helpline for Parents		1300 301 300	
Youth Beyond Blue		1300 224 636 https://www.youthbeyondblue.com/	
Online Counselling Support for Students - Headspace (12 to 25 years old, friends and families) - Kids Helpline Webchat Counselling - Youth Beyond Blue		https://www.eheadspace.org.au/ Kids Helpline Webchat Counselling YouthBeyondBlueChatOnline	

Chaplain and Church Support

Chaplain Mark Green	5478 5896
Kawana Uniting Church	5493 8739
Kawana Baptist Church	5437 6332
Kawana Anglican Church	5493 4774
Historymakers Church	5493 1622

Emergency Financial Relief & Cheap Groceries

Gateway Care - Cheap groceries and emergency financial relief	5491 5604
Suncoast care - Cheap groceries and emergency financial relief	5443 2166
Salvation Army - Counselling, emergency financial relief	5491 8653
St. Vincent de Paul - Counselling, emergency financial relief	1800 846 643
Shine Community Care - Counselling, Cheap groceries and emergency financial relief	5493 1243