

Networking mental health services for better recovery

Country to Coast, QLD's network of mental health, alcohol and other drugs services means there's 'no wrong door' for anyone seeking support.

Contact one of our in-person, phone and virtual services in your area and take the first step to better mental health.

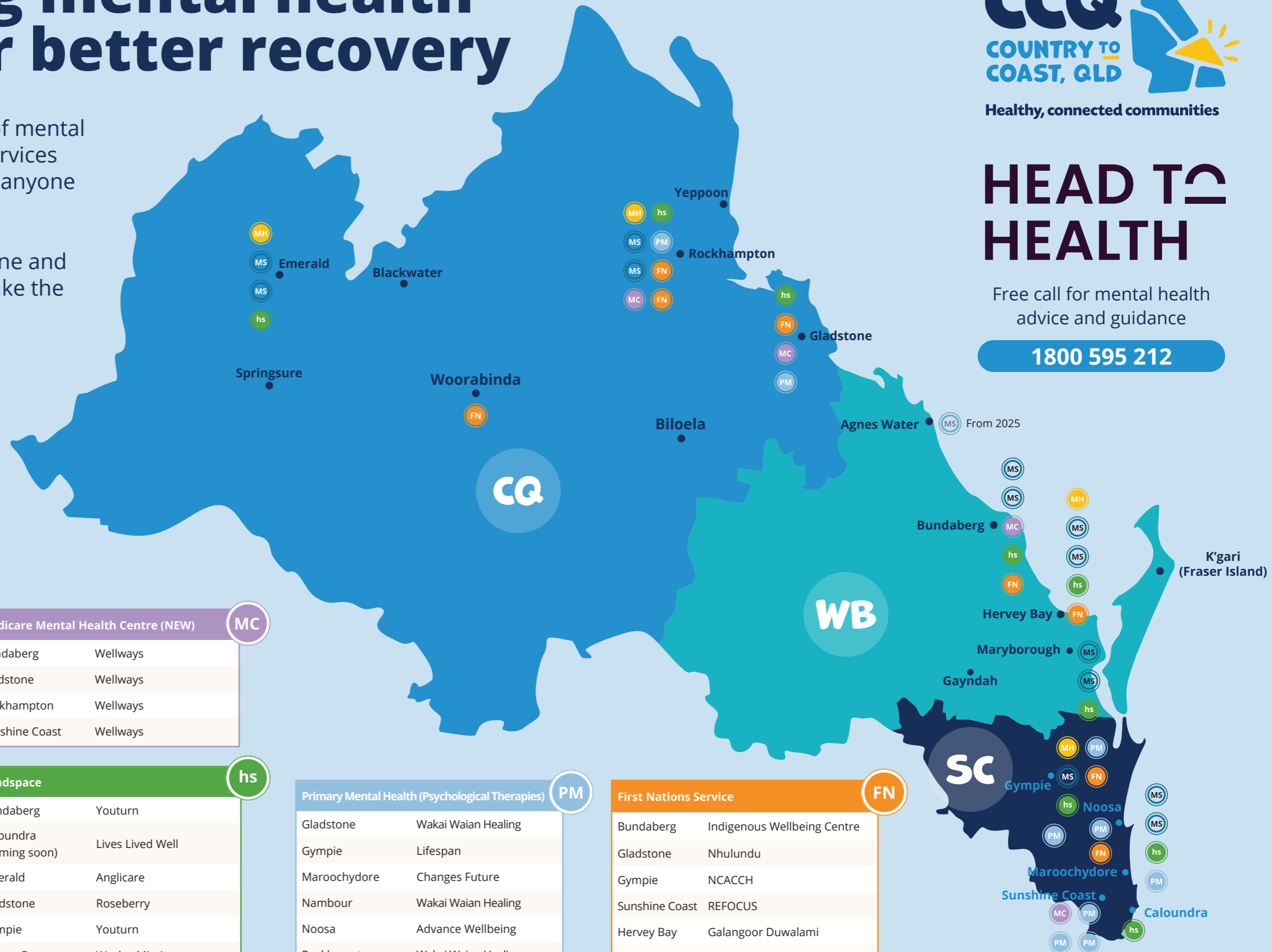


Healthy, connected communities

HEAD TO HEALTH

Free call for mental health advice and guidance

1800 595 212



MHAOD Hub (Established by EACH) MH	
Emerald	EACH
Gympie	EACH
Hervey Bay	EACH
Rockhampton	EACH

MHAOD Spoke (Coordinated by EACH) MS	
Agnes Water	(from 2025)
Bundaberg	CQID
Bundaberg	OPEN MINDS
Bundaberg	Wellways
Emerald	OPEN MINDS
Emerald	CQID
Gympie	Gympie Womens Health
Hervey Bay	CQID
Hervey Bay	FLOURISH
Maroochydore	OPEN MINDS
Maroochydore	QuiHN
Maroochydore	Wellways
Maryborough	OPEN MINDS
Maryborough	CQID
Rockhampton	OPEN MINDS
Rockhampton	CQID
Rockhampton	Wellways

Medicare Mental Health Centre (NEW) MC	
Bundaberg	Wellways
Gladstone	Wellways
Rockhampton	Wellways
Sunshine Coast	Wellways

headspace hs	
Bundaberg	Youturn
Caloundra (Coming soon)	Lives Lived Well
Emerald	Anglicare
Gladstone	Roseberry
Gympie	Youturn
Hervey Bay	Wesley Mission
Maroochydore	Youturn
Maryborough	Wesley Mission
Rockhampton	Roseberry

Primary Mental Health (Psychological Therapies) PM	
Gladstone	Wakai Waian Healing
Gympie	Lifespan
Maroochydore	Changes Future
Nambour	Wakai Waian Healing
Noosa	Advance Wellbeing
Rockhampton	Wakai Waian Healing
Sunshine Coast	Ocean Grace
Sunshine Coast	Lifespan
Sunshine Coast	Reminded

First Nations Service FN	
Bundaberg	Indigenous Wellbeing Centre
Gladstone	Nhulunlu
Gympie	NCACCH
Sunshine Coast	REFOCUS
Hervey Bay	Galangoor Duwalami
Rockhampton	Gumbi Gumbi
Rockhampton	Helem Yumba
Woorabinda	Yoonthalla
CQID	5 x MHAOD spoke sites