

# FLOOD RECOVERY SERVICE

## Have you been affected by the recent floods?

We know that people across the region are experiencing increased stress and worry because of the impact of the floods. Many people including children have had traumatic experiences and some will be feeling sadness, grief and loss, hopelessness and despair.

### HOW CAN WE HELP

Change Futures offers psychology and counselling services for children, young people, adults and older adults across the community. We can offer individual or group services either face to face or by telehealth.

### WHO CAN ACCESS IT

If you have been impacted or your home, school or work was affected by the floods in Brisbane South region (anywhere in the area on the map) you are eligible to receive free psychology and counselling services.

We have an office at Springwood and provide services at a number of alternative locations across the community as we know many people are not able to travel far as a result of the floods.

### WHAT IS THE COST

This service is free to anyone across this region and is funded by the Brisbane South Primary Health Network.



Brisbane South Primary Health Network area map

Face to Face and  
Telehealth  
appointments  
available.

Scan the QR Code to organise  
a referral or Contact Us on -  
(07) 3153 1093  
[intake@changeutures.org.au](mailto:intake@changeutures.org.au)  
for more information.



SCAN ME

# PSYCHOLOGY + COUNSELLING

We work with people of all ages to support positive change and enhance psychological and emotional well-being.

## WHO WE ARE

We are psychologists and mental health practitioners with a focus on excellence in service delivery. As a charity, we focus on people, not profit.

We believe that if we **heal** the past and **live** in the present, we can **change** the future.

## WHO WE WORK WITH

Children, young people, adults and older adults with depression, anxiety, relationship issues, grief and loss, intimacy issues in partner relationships, gender and identity issues, sexual dysfunction, adjustment issues and coping with change. You can be referred by a GP or self refer. Some programs are funded and free to clients, some have rebates through Medicare and private health insurance.

## LOCATIONS

We have offices in Brisbane (**Aspley, Gordon Park, Springwood**) on the Sunshine Coast (**Maroochydore, Nambour and Caloundra**) and Gold Coast (**Palm Beach**). We also offer Telehealth (telephone or video counselling).

## HOW TO MAKE A REFERRAL

Anyone interested in one of our services can self-refer by contacting our intake team:

**Phone (07) 3153 1093**, or email **intake@changeutures.org.au**; or, complete our online booking form at **<https://www.changeutures.org.au/bookings/>**  
GPs and other health professionals are welcome to send referrals by fax **(07) 3357 8215**, or by Medical Objects.

OR SCAN THE QR CODE!

