

Mossman Port Douglas Counselling Services

20 Mill Street Mossman QLD 4873 / 8 Blake Street Port Douglas QLD 4877
Ph 0427 807 729 Email: admin@mossmanportdouglascounsellingservices.com.au

CONNECT

Newsletter Edition No 1: December 2020

We provide customised support to empower individuals, families, and our wider community

Welcome to *CONNECT*...the first edition of our newsletter from **Mossman Port Douglas Counselling Services**. *CONNECT* will be published every 2 months, and is intended to enable members of our Shire to make new connections; to learn, share, and embrace community in our beautiful Shire!

Hi, it's Jenny. My husband Shane and I have established '**Mossman Port Douglas Counselling Services**' in the Douglas Shire, with our first day of business, Wednesday 4th November 2020. Our Services is open every Wednesday in Mossman (9am-5pm) and we will commence in Port Douglas Monday afternoons (1pm-6pm) from the Q.C.W.A. premises (8 Blake Street), beginning on 1st February 2021. **Counselling at both locations is by appointment - you can phone, email, or message us through our Facebook page.** It is our passion and desire to provide Professional, Confidential, and Affordable Counselling Services to our community. We also offer Professional Supervision, assorted Workshops, an EAP, and an affordable weekly Support Group for Adults will commence on 1st February 2021 (1:15pm-2:15pm, \$10pp/session). **Mossman Port Douglas Counselling Services is in the unique position to be able to offer our Shire community the choice to see either a female or male Counsellor.**

A little background about us...Shane and I met 31 years ago - in 1989 - in this beautiful Shire. We spent over a year living and working here when the Port Douglas Marina was in its 'heyday,' you could drive right up to the Gorge and had to navigate many river beds when travelling up to Cape Tribulation (no sealed roads back then). It was a very diverse and fun time to live here amongst people of varying backgrounds in a truly beautiful part of Australia. We have yearned to return here so many times over the years. We are now 'empty-nesters' having brought up 3 amazing young adult sons...so, here we are again. We each have a genuine passion to assist others - Counselling is not just what we do; it is a large part of the persons we are. We are in the Helping Profession for all of the right reasons. We bring our qualifications, skills, passion, and experiences to this beautiful Shire. We are who we say we are; we do what we say we can do; we are professionally qualified, registered, skilled and experienced.

Earlier this year, when we were talking about establishing a Private Counselling Practice in our Shire, it was very important for us to choose an appropriate 'logo', especially for a business that is in the Helping Profession. In choosing the beautiful white Dove, we believe we have certainly achieved that.

What does it mean if a dove visits you?



The dove represents peace of the deepest kind. It soothes and quiets our worried or troubled thoughts, enabling us to find renewal in the silence of the mind. The dove's role as spirit messenger, maternal symbol and liaison impart an inner peace that helps us to go about our lives calmly and with purpose.

What does a white dove symbolise?

White doves are symbolic of new beginnings, peace, fidelity, love, and prosperity. Their release is a tradition that has been making ceremonies, rituals and celebrations more powerful and meaningful for thousands of years. The symbol of the pure white dove transcends all cultures and traditions.



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Mossman Port Douglas Counselling Services is committed to ensuring our Services creates and maintains a culturally sensitive and safe environment in which all Clients to our Services is given a voice and actively listened to.

“Love is the absence of judgment.”

— Dalai Lama XIV -

OUR MISSION

Our mission is to provide Professional Counselling Services to children (5+), youth, adults, seniors, couples, and families from diverse backgrounds. We are privileged to walk alongside our Clients as they navigate the uncertainties and challenges of life. We provide support to our Clients with integrity, respect, and compassion. We work collaboratively with our Clients to equip them with the necessary skills to become empowered; and move ahead in healthy and resilient ways; through Counselling, Educational Workshops & Training, and at rates that are Affordable.

OUR VISION

As an experienced and well-rounded team of Registered Clinical Counsellors, Counsellors and Supervisors, we serve our wider community through Confidential Counselling and presenting assorted workshops. We support our Clients growth to realise their potential and dreams in a compassionate, caring, respectful, and friendly environment.

OUR CORE VALUES

ENVIRONMENT

We provide a non-judgmental, confidential, and safe environment in which clients can engage the challenges of life with curiosity, perspective, and creativity. We recognise the courage it can take for clients to engage in the counselling process.

HEALTHY DIVERSE WHOLENESS

We empower our clients to achieve holistic health; emotional, physical, mental, spiritual, and relational. We embrace and value cultural and individual diversity and are respectful of all who access our services.

CHAMPIONING AND RESPECTING STRENGTHS

Respect is a guiding value within our Services, and we treat each person the way we want to be treated. As one's strengths, talents and hopes are uncovered and celebrated, clients are inspired and encouraged to live out change.

INTEGRITY

We are transparent and accountable for our actions and we create safe environments for our clients and staff. We aim for honest dialogue and feedback and we are committed to providing a professional, confidential, and affordable counselling service.



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Culture & Cultural Considerations

Mossman Port Douglas Counselling Services acknowledges the Traditional Owners of the land where we live and work. We pay our respects to Elders past, present, and emerging. Our Services recognises their connection to Country and their role in caring for and maintaining Country over thousands of years. May their strength and wisdom be with us today.



Let's Look At..

Native Australian Food

Before European settlers arrived in Australia, there was a thriving food culture, one that happily sustained the Aboriginal people for tens of thousands of years.

However, that food culture, often referred to as bush tucker, has been largely ignored over the past 200 years. It's estimated there are up to 5,000 native food species (almost 20 per cent of Australia's native flora and fauna) that were utilised by the Aboriginal people. Traditional bush tucker is innovative and unique: food sources extend from the swollen abdomens of honey ants to witchetty grubs; goanna to nectar-bearing flowers such as the bottlebrush. As much of Australia's native fauna is unsafe to be eaten raw, many different techniques were employed to render them palatable. Vegetables and seeds were pounded and sometimes hung in bags under running water to wash them clean of poisonous attributes.

Most of the animal meat is cooked on open fires, while bark troughs are used to boil foodstuffs. The use of these traditional native foods has been severely hampered since the arrival of the European settlers. The loss of traditional land, coupled with the availability of non-native foods, has resulted in a near abandonment of this style of cooking. Up until the 1990s, the only native Australian food product being commercially cultivated was the macadamia nut. Fortunately, Australia's native foods have seen a revival over the past couple of decades. This new industry is based on a number of advantages: native foods are naturally adapted to Australia's environment, they are ecologically sound, and they are more resistant to Australia's extremes in temperature and rainfall. In addition to the botanical produce, there is a wider availability of native Australian animal products on the market.

It's not uncommon to find kangaroo meat in the aisles of the supermarket (the sale of kangaroo meat was only recently legalised; however, it has quickly become popular due to its lean meat).

Many restaurants are also embracing emu, crocodile, yabbies and eels, in addition to flavouring their dishes with bush tucker spices. There are now producers all over the country supporting these new industries, from Tasmanian pepper to Victorian eel farmers and, in particular, an innovative group of growers in South Australia who have initiated significant plantings of quandongs, bush tomatoes, and native citrus.

Reference: <https://www.sbs.com.au/food/cuisine/indigenous-australian>



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Culture & Cultural Considerations

AN INVITATION TO OUR SHIRE COMMUNITY

We respectfully invite individuals or families in our local Shire to provide us with information about your culture – perhaps some history, a recipe, or a day of celebration...and we may publish this in one of our future newsletters. Please ensure that your contribution does not exceed 300 words and if also sending a photo, please reduce pixel size and send a maximum of two photos. Please ensure you reference anything you are not the author of as we will credit the author (we will also credit your contributions, or you can remain anonymous if that is safer or more comfortable for you).

We also extend this invitation to our local Service Providers working with: people living with a disability, Aboriginal and Torres Strait Islander peoples, multi-cultural, gender diverse, youth, and our aging populations. Please email your newsletter contributions for considerations to: admin@mossmanportdouglascounsellingservices.com.au Thank you.

Refugee and Immigrant Legal Services (RAILS)

Provides **FREE** immigration advice, legal assistance and legal education to immigrants, refugees, and asylum seekers in Queensland.

Established in 1980, RAILS are a leading non-profit organisation that strives for access to justice for migrants, refugees, asylum seekers and their families.

RAILS provides **FREE** legal advice in all immigration and refugee matters. RAILS also takes on legal casework in a variety of matters, including:

- Protection Visas
- Refugee family reunion
- Family Violence and Visas
- Temporary Protection Visas (TPV) and Safe Haven Enterprise Visas (SHEV)
- Community Support Program (CSP)

RAILS provides legal education through:

- Continuing Professional Development
- Community Legal education

RAILS strives for a better, fairer legal system through:

- Policy and Law Reform

RAILS is accredited with Community Legal Centres Australia and is a member of Community Legal Centres Queensland (CLCQ)

Phone: (07) 3846 9300

Aboriginal and Torres Strait Islander Legal Service (ATSILS)

ATSILS (Cairns) – Ph: (07) 4046 6400 or 1800 012 255

A Duty Solicitor is available at Mossman Magistrates Court every Wednesday



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Counselling & General Information for your Interest

(1) What is Counselling? (2) When do you 'need' Counselling? (3) What are the reasonable expectations a Counsellor and Client can agree on?

These are a few of the many questions we get asked.

- (1) Counselling is often referred to as 'Talk Therapy'. Defining Counselling: *"Professional counselling is a safe and confidential* collaboration between qualified counsellors and clients to promote health and wellbeing, enhance self-understanding, and resolve identified concerns. Clients are active participants in the counselling process at every stage. Counsellors are trained in a range of modalities to work with clients from diverse backgrounds. Counselling may be short term, long term, or over a lifetime, according to clients' needs."* Ref: <https://www.pacfa.org.au/definition-of-counselling/>
- (2) You may be referred to counselling by a concerned support worker, your GP, a family member or friend, your school, or you may even self-refer. Counselling can be broad or focused. Clients may explore: aspects of identity, spirituality, relationships with self and others, past experiences, parenting, grief and loss, trauma, domestic violence, child abuse, use of alcohol and other substances, depression, anxiety, and other experiences.
- (3) Expectations can often present some particular challenges. First of all it is very important to realise that Counsellors do not have a magic wand. They cannot 'fix' you, your child, or your situation. Counsellors can assist you in setting and working on goals, but it is you (the client) that has to commit to the process and be willing to put in efforts to work on what it is that you want to change or manage better. If you expect to have a weekly, fortnightly, or monthly counselling session to be all that is required to see changes in your life, you will likely be very disappointed. It is the work that you put in between your counselling sessions that results in the counselling process succeeding. Counselling can be very helpful as long as you understand what it is and what it is not. Counsellors are fully present with their clients, using empathy and deep listening to establish positive working relationships. Counselling is effective when clients feel safe, understood, respected, and accepted without judgement as it then that a client feels safe to tell their story. **Reasonable expectations = reasonable outcomes.**

Mossman Port Douglas Counselling Services recognises the courage it can take for people to ask for assistance and to engage in the counselling process.

- All clients accessing our Services, regardless of race, religion, gender, social standing, ability, and/or need will be treated with dignity and respect, and be warmly welcomed.
- All clients accessing our Services will have their rights clearly explained and be provided with a respectful, safe environment in which to engage in the counselling process.

Mossman Port Douglas Counselling Services is open 9am to 5pm every Wednesday in Mossman and we will be open in Port Douglas every Monday afternoon 1pm to 6pm from the Q.C.W.A. premises, from 1st February 2021.

Our schedule of fees is on our website, or available at our Services.



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Mental health access line: 1300 MH CALL – 1300 642 255

1300 MH CALL (1300 642 255) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders. 1300 MH CALL is available 24 hours a day, 7 days a week and will link to the caller's nearest Queensland Public Mental Health service. The 1300 MH CALL service:

- * Is the main point of access into public mental health services
- * Can provide support, information, advice and referral
- * Can provide advice and information in a mental health emergency or crisis
- * Is staffed by trained and experienced professional mental health clinicians
- * Will provide a mental health triage and refer to acute care teams, where appropriate

Seniors Enquiry Line

This is a state-wide information and referral service. *Seniors Enquiry Line* gives Queensland seniors, their family, friends, grandparents, and carers access to information on topics of interest to seniors. For further information, please phone **1300 135 500**. One call will put you in touch with information on: concessions, social services, household assistance, retirement accommodation, financial and legal matters, health, education, transport and many other issues. *This service is funded by the Queensland Government Department of Communities.*

How to use the internet for your emotional well-being

- Make use of the wealth of knowledge, services and resources offered on the internet to improve your wellbeing and seek help when it's needed.
- Avoid spending too much time in "internet world" and too little in the "real world". Meaningful face-to-face relationships are very, very important!
- Don't let your time online distract from other important things in your life e.g. if playing games or shopping online is distracting you from work, family, study or other commitments it may be a sure sign to reduce your time online!
- Be aware of the dangers on the internet such as, breaches of privacy, cyber-bullying, disturbing/ inappropriate content and internet scams. Getting into a difficult situation online can be a very big risk to your personal, financial and emotional safety!
- Don't let the internet rule your life 24/7! Constantly checking work emails in the middle of the night on your iphone or being permanently glued to your facebook account, does not allow time to unwind.
- Keep an eye out for vulnerable family and friends (particularly children) to ensure their personal and emotional safety is protected during their online activities.
- Seek help if you are feeling overly anxious or down about your online experiences or relationships.



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Education & Tips for Parents, Children and Youth

‘TWEENS’ – Have you heard this term?

A **tween** is a child between the ages of 9 and 12. A tween is no longer a little child, but not quite a teenager. They are in between the two age groups and their behavior and emotions reflect that. These kids are often in middle school and are quickly approaching puberty and all the challenges that come with adolescence.

The tween years are a time of transition and change. A tween is maturing into a teenager physically, emotionally, and socially and they are learning to take on new responsibilities at school and home.

Parents of tweens notice a lot of changes in their children over these few years. They are no longer your *little* girl or boy, but they still need you. While your tween may be showing increased independence and skill-building, they rely on you to help them with all of the new challenges they face. (ref: <https://www.verywellfamily.com/what-is-a-tween-3288580>)

‘FRENEMY’ – What does this mean and how can we deal with it?

A **FRENEMY** refers to “*a person with whom one is friendly, despite a fundamental dislike or rivalry. A person who combines the characteristics of a friend and an enemy. The term describes a competitive friendship.*” (ref: <https://en.wikipedia.org/wiki/Frenemy>). Frenemy is a mix of friend & enemy.

Frenemy relationships can be very confusing, frustrating and hurtful for our adolescents (tweens). Our tweens need our support to navigate these types of relationships. Frenemies are in the schoolyard, the workplace, sports clubs, etc. Frenemies do not discriminate for age, gender, race, culture, ability, etc. Don’t suffer in silence. You are not alone and you are not the only one suffering a frenemy! Please ask for support if you are struggling.

BULLYING

Bullying is more than a fight or disliking someone. It’s being mean to someone over and over again. Bullying is an ongoing or repeated misuse of power in relationships, with the intentions to cause deliberate (on purpose) psychological harm. Bullying can happen anywhere – at home, online, with friends, in a group, on the bus or at school. There are different types of Bullying, including: verbal, physical, social, and cyberbullying.

Responding to Bullying:

<https://bullyingnoway.gov.au/responding-to-bullying>

<https://kidshelpline.com.au/teens/issues/bullying>

<https://www.helpguide.org/articles/abuse/bullying-and-cyberbullying.htm>

<https://humanrights.gov.au/our-work/commission-general/what-bullying-violence-harassment-and-bullying-fact-sheet>

<https://www.beyondblue.org.au/media/news/news/2018/01/11/are-you-being-bullied>

<https://healthyfamilies.beyondblue.org.au/age-13/raising-resilient-young-people/bullying-and-cyberbullying>



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Christmas

Christmas means different things to different people and for some; it is a very stressful time of the year

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen." – Elisabeth Kübler-Ross

Coping With the Stress of Christmas

Christmas is meant to be a time of celebration, but the 'season of goodwill' can easily slip into ill-will and a tonne of stress. If you're feeling overwhelmed and on edge, or if you're spending Christmas away from home, there are things you can do to make dealing with the holiday season easier.

This can help if:

- You're worried about the Christmas holiday
- You aren't spending Christmas with family
- Parents have recently split up

Why people get stressed at Christmas

Christmas and the holidays can be a massively busy time. Some of the reasons people get super-stressed, tired and argumentative with family at this time include:

- Working long hours to get things finished before the holidays
- Worrying about the financial cost of buying Christmas presents
- Getting all the Christmas shopping done in time
- Overdoing it with too many family, work or social events

Get some space

Because Christmas is usually jam-packed with family visits and activities, it's worthwhile making sure you have time out just to relax and be in your own space. Try a few of these tips as a way to dodge family conflicts:

- Go for a walk
- Do something that makes you happy (read a book, take a bubble bath, etc)
- Put your headphones on and close your eyes
- Find a quiet space to relax
- Phone a friend



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Talk out the tension

If you find that things are getting on top of you, talk to someone you trust about how you feel. You might even talk to the person or people causing you stress to see if you can work something out together.

Some things to consider:

- They might not be aware that they are upsetting you – let them know in a non-confrontational way
- Choose a time when everyone feels calm
- Check out some tips for communicating in difficult conversations

Spending Christmas away from the family

Celebrating Christmas away from the people you love can be lonely. If you're spending it overseas or with people other than your family, plan for some fun activities:

- Spend the day with friends who are also away from home
- Plan a special Christmas menu with your favourite food
- Line up some festive films to watch
- Take a scenic walk, or play a fun game

Volunteer to help with a charity/community Christmas lunch

Helping others is a great way to feel the joy of Christmas. Look online for charity Christmas lunches happening nearby. Church groups or organisations like Mossman Support Services often put on Christmas lunches and are usually looking for volunteers.

Dealing with a split family

If you have to divide your time between your parents' places, these suggestions might help.

- **Work out a Christmas plan**

Talk to your parents about how you're going to split your time at Christmas. If they live close to each other, you might do lunch at one place and dinner at the other (swapping each year). If they live further apart, then you can swap who you spend Christmas with each year.

- **Take time out**

Spending a lot of time with someone you don't often see can be tough. Taking some time out from them might help you to have more fun when you're together. Maybe chill out by listening to some music, going for a walk or chatting with a friend.

Need someone to talk to?

If you're finding it hard to cope, you might like to talk to someone who's not so close to the situation. Kids Helpline 1800 55 1800 or Lifeline 13 11 14 both have counsellors who are available 24 hours a day, so feel free to call them if you feel overwhelmed.

Reference: <https://au.reachout.com/articles/coping-with-the-stress-of-christmas>



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Keeping our Brains Healthy...



Sudoku

		7		1				4
6		3			8			7
		2	4					
						9		6
		6				2		
5	8							
3			8	7		1		
2					4			
			3		5			



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New Year

10 Inspirational Quotes for the New Year

As you prepare to begin the first day of another round of 365 days, we at **Mossman Port Douglas Counselling Services** wish you the courage, strength, motivation, determination, and inspiration to reach your goals in the New Year.

Here are some inspirational quotes that may help you get in the spirit!

1. "What you do makes a difference, and you have to decide what kind of difference you want to make." – Jane Goodall
2. "Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." – Carl Brad
3. "You are never too old to set another goal or to dream a new dream." – Aristotle
4. "Coming together is a beginning, staying together is progress, and working together is success" – Henry Ford
5. "A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action makes your dreams come true." – Greg S. Reid
6. "There comes a day when you realize turning the page is the best feeling in the world, because you realize there is so much more to the book than the page you were stuck on." – Zayn Malik
7. "This year believe that anything is possible. Start each day with goals. Eat more real food. Buy good books and make time to read them. Drink water. Exercise daily even when it sounds like a terrible idea. Shop for quality, not quantity. Purge the unnecessary and decrease clutter. Hug the ones I love. Find the best in others. Show others the best in me." – Unknown
8. "An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves." – Bill Vaughn
9. "The journey of a thousand miles begins with one step." – Lao Tzu
10. "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." – Martin Luther King, Jr.

New
Year,
New
Beginnings

Bring on 2021!
365 new days,
365+ new chances!

Make way
for the
new



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SOLUTION TO SUDOKU

9	5	7	6	1	3	8	2	4
6	4	3	9	2	8	5	1	7
8	1	2	4	5	7	6	9	3
7	2	4	5	8	1	9	3	6
1	3	6	7	4	9	2	5	8
5	8	9	2	3	6	4	7	1
3	6	5	8	7	2	1	4	9
2	7	8	1	9	4	3	6	5
4	9	1	3	6	5	7	8	2

*“BE CAREFUL WITH YOUR WORDS, ONCE THEY ARE SAID,
THEY CAN ONLY BE FORGIVEN, NOT FORGOTTEN”*

- Anonymous -

Therapy - Mandalas

Drawing and/or colouring Mandalas as a form of art therapy can reduce anxiety, tension, depression and overall stress. Mandalas generally have one identifiable centre point, from which emanates an array of symbols, shapes and forms. Drawing stimulates creativity and is a way to release emotional blockages. Mandala Art is considered both therapeutic and symbolic. While the circle in the centre of Mandala is believed to ground oneself, the shapes, design, colours and symbols reflect the inner realms of the person who is making it. For those diagnosed with posttraumatic stress disorder (PTSD), drawing a personal Mandala can also be a useful tool to decrease the PTSD trauma symptoms. Mandalas are great tools for meditation and increasing self-awareness. Different forms of Therapy exist and are available because what works for one person may not work for another. So...of course, Mandalas are not for everybody. Mandalas are a form of Art Therapy - for anyone of any age.

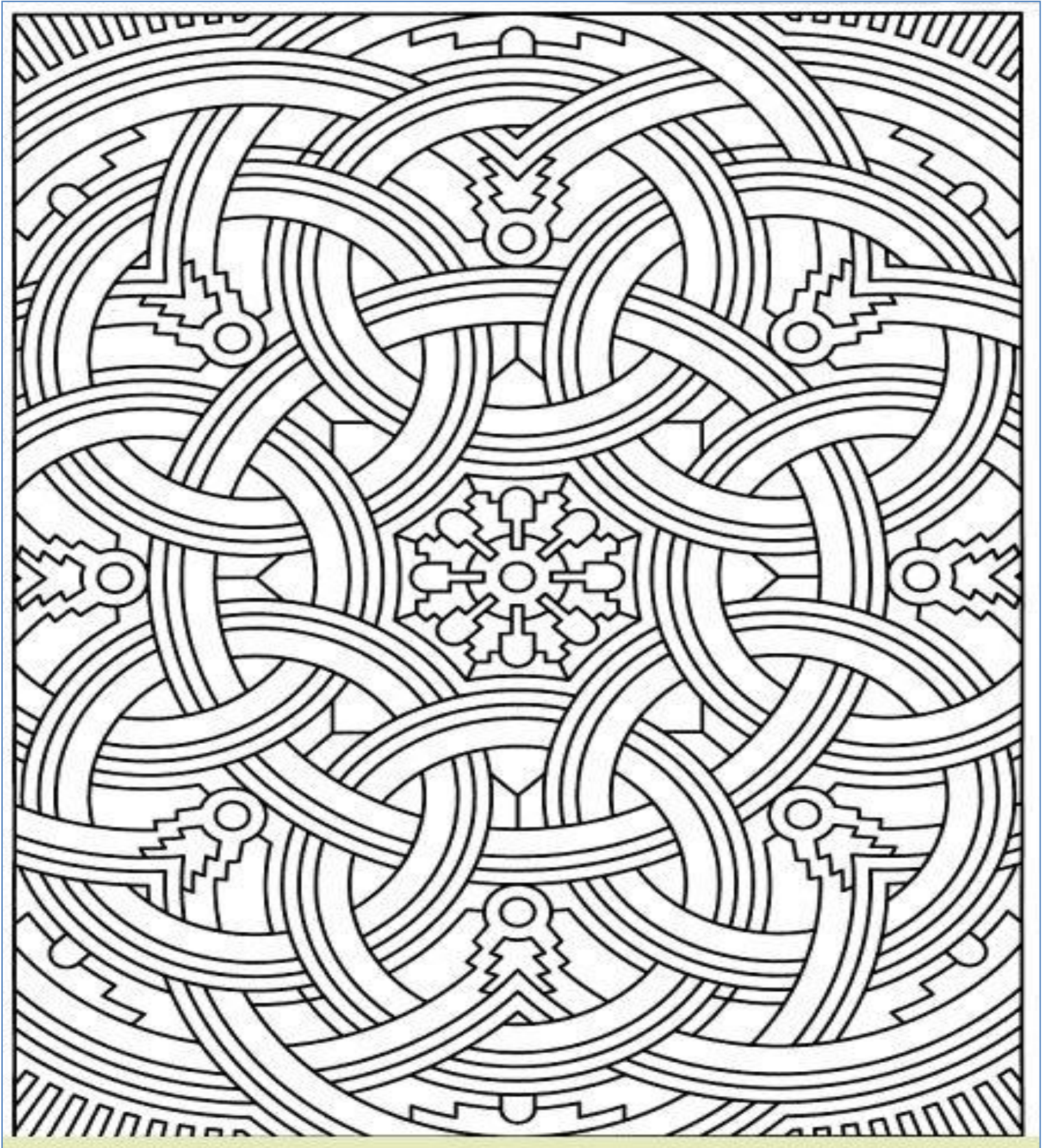
For the purpose of offering **affordable, professional therapy and supports** within our Shire - from a multi disciplinary framework - we will often publish a **FREE** Mandala colouring page in future editions of **CONNECT**. We hope that individuals of our Shire community will engage in and enjoy the benefits of colouring Mandalas - in your own home or workplace - all you need are some colouring pencils, crayons, paint, or markers.



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Mandala - Art Therapy



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We are not a crisis service
In an emergency, please call 000

Suggested Supports, available 24/7:

1800RESPECT – 1800 737 732
Alcohol & Other Drugs, On-line FREE Counselling - 1800 177 833
beyondblue - 1300 22 46 36
Brother to Brother (for Aboriginal men) – 1800 435 799
DV Connect (Qld) Statewide Domestic Violence Hotline - 1800 811 811
Gambling Helpline - 1800 858 858
Homeless Hotline – 1800 474 753
Kids Helpline (aged between 5 and 25) - 1800 551 800
Lifeline - 13 11 14
MensLine Australia - 1300 78 99 78
Poisons Information - 13 11 26
Policelink (non-urgent matters) - 13 14 44
Suicide Call Back Service - 1300 659 467
STANDBY (support after suicide) 0459 299 147 (Cairns & surrounds)
Veterans and Veterans Families Counselling Service - 1800 011 046

Other support and information services

Alcohol and Drug Information Service - 1800 177 833
Butterfly Foundation (eating disorders) - 1800 334673
Centrelink:

- Youth/Students - Ph: 13 24 90
 - Families - Ph: 13 61 50
 - Seniors - Ph: 13 23 00
 - Disabilities - Ph: 13 27 17
 - Multilingual - Ph: 13 12 02
 - Employment Services - Ph: 13 28 50
- Counselling online (drug and alcohol) - 1800 888 236
Crimestoppers – 1800 333 000
Elder Abuse Helpline - 1300 651 192
Griefline -1300 845 745
Grow Australia (support through peer groups) - 1800 558 268
headspace - 1800 650 890
Legal Aid - 1300 651 188
PANDA (perinatal anxiety and depression) - 1300 726 306
Parent line (8am to 10pm, 7 days) - 1300 301 300
Poisons Information - 13 11 26
Queensland Health 13 HEALTH - 13 43 25 84
QLife (LGBTI) - 1800 184 527
Quitline - 13 78 48
SANE Australia - 1800 18 7263
Statewide Sexual Assault Helpline (7.30am to 11.30pm 7 days) - 1800 010 120
Women's Info link (Mon-Fri, 8am to 6pm) -1800 177 577
Women's Legal Service (9am to 3pm, Mon-Fri) - 1800 677 278
youthbeyondblue - 1300 22 46 36



*Thank you for reading
the 1st edition of our
newsletter, CONNECT.
Feedback is welcome!
Connections are very
important for our
overall well-being. Keep
connecting with family,
friends and community.
The 2nd edition of
CONNECT will be
published in February
2021. Stay safe!*

