

GALLANG PLACE
Aboriginal and Torres Strait
Islander Corporation
57 Southgate Avenue
Cannon Hill Qld 4170
07 3899 5041

GALLANG PLACE



email: reception@gallangplace.org.au
www.gallangplace.org.au



Counselling Support for Aboriginal
and Torres Strait Islander People

Our Promises to You

We promise to do all we can to:

- ✓ Value you and treat you as an individual
- ✓ Listen to you without judgement
- ✓ Protect your safety
- ✓ Treat you with dignity and respect
- ✓ Provide the best services we can, regardless of your age, gender, sexual preferences, marital status, your beliefs or your disabilities.
- ✓ Empower you to make good choices, and respect those choices
- ✓ Protect your privacy and not share your confidential information without your permission (unless we are required to by law)

Those thoughts will pass



LIVE LONG
LIVE STRONG

Speak-up
Reach-out



About Our Name

"Gallang" is a word from the Jagera Nation and means "healing". Permission was granted by Jagera Elder, the late Senator Neville Bonner AO to use this word for our counselling service.

NEGATIVE turn into POSITIVE



LIVE LONG LIVE STRONG

SPEAK UP!

Sometimes it can be Tough...

- × Sometimes things just seem too hard
- × You can feel like no one is listening and no one cares
- × It's like no one understands how you feel
- × There are many things that can get you down:
 - Feeling sad about losing a loved one
 - Having trouble with alcohol and drugs
 - Struggling with your relationships
 - Dealing with bullying and abusive people
 - Confused about who you are and your identity
 - Overwhelmed by money problems
 - Feeling angry and frustrated
 - Feeling worthless
 - Feel isolated and alone

We Understand...

- ✓ We know you are STRONG and we will work with you to find that strength
- ✓ Everyone's situation is different but we know we can help you find your way to LIVE STRONG
- ✓ We know you CAN get through tough times and LIVE LONG, and we are here to help
- ✓ We will give YOU the skills to find your strength so you can fix things, now and into the future
- ✓ We will help you, but YOU make the decisions about your future

Who can we help?

- ✓ To use this great service you must be:
 - An Aboriginal or Torres Strait Island person (male or female)
 - Aged between 10 and 25 years
 - Live in the Brisbane and surrounding area

How Much will it Cost?

There is no charge to get our help.
This service is funded by the Australian Government Department of Communities.

Don't give up - you're too important

Why Gallang Place?

- ✓ We are a team of Aboriginal and Torres Strait Islander counsellors and we understand our young people
- ✓ Gallang Place is a community organisation controlled and managed by Aboriginal and Torres Strait Islander people
- ✓ We are not part of the government or any religious organisation
- ✓ We will respect you and work with you, and we won't tell you what to do
- ✓ We have male and female culturally appropriate counsellors
- ✓ We know your community and culture because it's also our community and our culture

How Do I Get Help?

You can contact us using our website, email or phone:

- www.gallangplace.org.au
- info@gallangplace.org.au
- 07 3899 5141 in business hours
- ✓ Our program coordinator will work out the best person to help you and arrange to meet with you.
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