

National Psychosocial Support Measures (NPSM)



Do you need some extra support with your mental health?

Gallang Place is delivering extra supports for:

- ✓ Aboriginal and Torres Strait Islander people
- ✓ Aged 18 or older
- ✓ With severe and persistent mental health issues
- ✓ Who are not eligible for NDIS
- ✓ Brisbane South Region (including South Brisbane, Redlands, the Bay Islands and Beaudesert)

We can help to navigate the health system and connect to services, supports and community, particularly if you're dealing with things like:

- Anxiety, stress and OCD
- Depression and bi-polar
- Transitioning back into community (e.g. from prison or hospital)
- Social phobias, and other (non permanent) psychosocial conditions

What to expect

Gallang Place can provide culturally appropriate staff to help you improve and maintain your mental health by:

- identifying your needs and goals,
- working with you to build a plan
- finding the best services and supports for you. These might include things like
 - cultural groups
 - counselling
 - community activities
 - GP and other health services
 - employment and training
 - engaging with government agencies like Centrelink, Housing, Tribunals and Courts
 - support to maintain housing

Where is this available?

We can support Aboriginal and Torres Strait Islander people living in Brisbane South Region (see map).

Our workers can visit you at home, in the community at a place you feel comfortable, or in our office at Cannon Hill. They can sometimes help you attend meetings or make appointments with you.

How do I get involved?

You can call us on **3899 5041**

Or you can complete an intake referral form online at www.gallangplace.org.au

We can accept referrals from individuals, organisations, health services, GP's, and family or friends.

Brisbane South Region



This service is supported by the Australian Government through Brisbane South PHN

Gallang Place Aboriginal and Torres Strait Islander Corporation is a healing organisation providing counselling, support services and training for Aboriginal and Torres Strait Islander peoples

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