



Tablelands Adult Mental Health Services

The Tablelands has a range of highly skilled individuals and services who can support the children and families in our community.

Services correct September 2022

Atherton

- Acute Care Team Community Mental Health
- Better Together
- Breakthru
- Community Mental Health
- Mulungu Aboriginal Corporation Primary Health Care Service
- Tablelands Sexual Assault Service
- Vocational Partnership Group (VPG)
- Salvation Army

Malanda, Millaa Millaa & Yungaburra

- Echo Empowering Services
- Tablelands Sexual Assault Service

Herberton

- Tablelands Sexual Assault Service

Atherton

- ACT Psychology
- Banksia Mental Health Care
- Breathe Easy Counselling
- Jenell Wilke Psychologist
- Silky Oak Psychology
- Time 4 U Psychology

Malanda & Yungaburra

- Birdwing Therapies
- Breathe Easy Counselling
- Malanda Medical Care - Mental Health Services

Ravenshoe & Mount Garnet

- ACT Psychology

Community Services

Local Adult Services

Private Services Medicare registered

At-Risk Adults

Atherton Hospital

Connect to Wellbeing Suicide Prevention

Acute Care Team Community Mental Health

Ravenshoe & Mount Garnet

- Ravenshoe Community Centre
- Tablelands Sexual Assault Service

Alcohol & Other Drugs

Atherton

- Better Together
- Alcohol, Tobacco & Other Drugs

Ravenshoe & Mount Garnet

- Alcohol, Tobacco & Other Drugs
- Better Together

Community Services



Acute Care Team (ACT)
1300 642 255
cairns-hinterland.health.qld.gov.au



Better Together
4091 3850
bettertogether.com.au



Breakthru
1800 767 212
breakthru.org.au



Connect to Wellbeing
1300 020 390
connecttowellbeing.org.au



Echo Empowering Services
4096 6634
echomalanda.org.au



Mulungu Aboriginal Corporation
4086 9200
mulungu.com.au



Ravenshoe Community Centre
4097 6726
ravenshoecommunitycentre.org.au



Salvation Army
4091 1410
salvationarmy.org.au/atherton/



Tablelands Sexual Assault Service
4091 4036
qsan.org.au/support/tablelands

Alcohol & Other Drugs



Better Together
4091 3850
bettertogether.com.au



Alcohol, Tobacco & Other Drugs
4092 9365
tinyurl.com/atodstablelands

At-Risk Adults



Atherton Hospital
4091 0211
cairns-hinterland.health.qld.gov.au



Acute Care Team (ACT)
1300 642 255
cairns-hinterland.health.qld.gov.au



Connect to Wellbeing
1300 020 390
connecttowellbeing.org.au

Private Services (Medicare Registered)



ACT Psychology
4091 7555
actpsychology.com.au



Banksia Mental Health Care
0413 372 044
banksiamhc.com



Birdwing Therapies
0475 618 756
birdwingtherapies.com.au



Breathe Easy Counselling
0482 049 171
breatheeasycounselling.com.au



Jenell Wilkie Psychologist
0439 967 951
tinyurl.com/JenellWilkie



Malanda Medical Care - Mental Health Services
4096 5355
malandamedicalcare.com.au



Silky Oak Psychology
4001 2384
silkyoakpsychology.com.au



Time 4 U Psychology
0408 466 321
time4uppsychology.com