



# Tablelands Child & Youth 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

- Better Together
- Breakthru
- Child & Youth Mental Health Services
- Headspace
- Mulungu Aboriginal Corporation Primary Health Care Service
- Tablelands Sexual Assault Service
- Vocational Partnership Group (VPG)

## Malanda, Millaa Millaa & Yungaburra

- Echo Empowering Services
- Headspace
- Tablelands Sexual Assault Service
- Vocational Partnership Group (VPG)

## Ravenshoe & Mount Garnet

- Headspace
- Ravenshoe Community Centre
- Tablelands Sexual Assault Service
- Vocational Partnership Group (VPG)

## Atherton

- Better Together
- Mulungu Aboriginal Corporation Primary Health Care Service
- Vocational Partnership Group (VPG)

## Herberton

- Headspace
- Tablelands Sexual Assault Service

## Atherton

- ACT Psychology
- Banksia Mental Health Care
- Breathe Easy Counselling
- Jenell Wilke Psychologist
- Silky Oak Psychology
- The Whole Child

### Community Services

### Private Services Medicare registered

### Malanda & Yungaburra

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

### Ravenshoe & Mount Garnet

- ACT Psychology

## Local Child & Youth Services

### At-Risk Families

### Ravenshoe & Mount Garnet

- Better Together
- Mulungu Aboriginal Corporation Primary Health Care Service
- Ravenshoe Community Centre

### At-Risk Young People

Atherton Hospital

Connect to Wellbeing Suicide Prevention

Child and Youth Mental Health Service

## Community Services



Better Together  
4091 3850  
[bettertogether.com.au](http://bettertogether.com.au)



Breakthru  
1800 767 212  
[breakthru.org.au](http://breakthru.org.au)



Child & Youth Mental Health Service  
1300 642 255  
[cairns-hinterland.health.qld.gov.au](http://cairns-hinterland.health.qld.gov.au)



Echo Empowering Services  
4096 6634  
[echomalanda.org.au](http://echomalanda.org.au)



Headspace  
4041 3780  
[headspace.org.au/headspace-centres/cairns](http://headspace.org.au/headspace-centres/cairns)



Ravenshoe Community Centre  
4097 6726  
[ravenshoecommunitycentre.org.au](http://ravenshoecommunitycentre.org.au)



Tablelands Sexual Assault Service  
4091 4036  
[qsan.org.au/support/tablelands](http://qsan.org.au/support/tablelands)



Vocational Partnership Group  
4091 6411  
[vpginc.com.au](http://vpginc.com.au)



Mulungu Aboriginal Corporation  
4086 9200  
[mulungu.com.au](http://mulungu.com.au)

## At-Risk Families



Better Together  
4091 3850  
[bettertogether.com.au](http://bettertogether.com.au)



Mulungu Aboriginal Corporation  
4086 9200  
[mulungu.com.au](http://mulungu.com.au)



Ravenshoe Community Centre  
4097 6726  
[ravenshoecommunitycentre.org.au](http://ravenshoecommunitycentre.org.au)



Vocational Partnership Group  
4091 6411  
[vpginc.com.au](http://vpginc.com.au)

## At-Risk Young People



Atherton Hospital  
4091 0211  
[cairns-hinterland.health.qld.gov.au](http://cairns-hinterland.health.qld.gov.au)



Child & Youth Mental Health Service  
1300 642 255  
[cairns-hinterland.health.qld.gov.au](http://cairns-hinterland.health.qld.gov.au)



Connect to Wellbeing  
1300 020 390  
[connecttowellbeing.org.au](http://connecttowellbeing.org.au)

## Private Services (Medicare Registered)



ACT Psychology  
4091 7555  
[actpsychology.com.au](http://actpsychology.com.au)



Banksia Mental Health Care  
0413 372 044  
[banksiamhc.com](http://banksiamhc.com)



Birdwing Therapies  
0475 618 756  
[birdwingtherapies.com.au](http://birdwingtherapies.com.au)



Breathe Easy Counselling  
0482 049 171  
[breatheeasy counselling.com.au](http://breatheeasy counselling.com.au)



Jenell Wilkie Psychologist  
0439 967 951  
[tinyurl.com/JenellWilkie](http://tinyurl.com/JenellWilkie)



Malanda Medical Care - Mental Health Services  
4096 5355  
[malandamedicalcare.com.au](http://malandamedicalcare.com.au)



Silky Oak Psychology  
4001 2384  
[silkyoakpsychology.com.au](http://silkyoakpsychology.com.au)



The Whole Child  
0481 099 874  
[thewholechild.com.au](http://thewholechild.com.au)