



Services For YOUNG People

Is your body Feeling Dodgy?



Alcohol, Tobacco and Other Drugs Services – 4778 9677

24 Hour telephone service – 1800 177 833 – free and confidential

Hours 8am – 4.30pm Monday to Thursday, 8am – 12pm Friday

Alcohol, Tobacco and Other Drugs Services (ATODS) provides individual assessment, counselling, support and referral for people concerned about their use of alcohol or other drugs. Counselling is available for families or friends affected by another person's alcohol or other drug use. The service provides drug withdrawal management as well as a free needle and syringe program to reduce the risk of catching a blood borne disease (eg. Hepatitis C, HIV/Aids). The opioid substitution program is also available through ATODS. Services are CONFIDENTIAL and FREE OF CHARGE. No appointment is required during the following times: Monday – Friday 9.30am – 12pm. Monday – Thursday 1pm – 3.30pm (closed Friday afternoon). For support to quit smoking call the 24 hour Quitline on 137 848.

Family Planning Queensland – 4771 2005

Hours 8.30am – 5pm Tuesday & Wednesday, 8.30am – 4.30pm Thursday & Friday – closed daily for lunch between 1pm – 1.30pm

Web www.fpq.com.au

Email tvladmin@fpq.com.au

Family Planning Queensland offers quality specialised care in the areas of reproductive and sexual health. It provides doctor and nurse practitioner clinical services in relation to sexual and reproductive health including preventative health care checks. Family Planning Education Services include – education to schools, community groups, professionals and individuals, including disability education services. This service is open to self referrals or referrals from a doctor for procedures. A Well Women's Clinic is also available each Thursday between 9am – 12pm at the Women's Centre.

Sexual Health – 4778 9600

Hours 8am – 8pm Monday, 8am – 4.30pm Tuesday to Friday

The Sexual Health service provides counselling, education, testing and treatment for sexually transmissible infections, reproductive health advice and sexual relationship problems. They also provide free condoms. All services are CONFIDENTIAL and FREE OF CHARGE.

Queensland Association for Healthy Communities – 4729 2263

Hours 9am – 5pm Monday, Tuesday, Thursday & Friday

www.qahc.org.au

Email tw@qahc.org.au

The Queensland Association for Health Communities (QAHC) is a community based health promotion organisation providing HIV and Hepatitis C prevention and sexual health promotion to gay and other men who have sex with men as well as Indigenous communities. They also promote the health of lesbian, gay, bisexual and transgender Queenslanders.

SNAP – Syringe and Needle Exchange – 0427 627 377

SNAP is a harm minimisation health program targeting young intravenous drug users through the provision of clean, sterile injecting equipment, safe syringe disposal facilities, opportunistic education, referral and the imparting of information on vein care, safe usage and safe sex practices in a supportive, non-judgemental environment.

Townsville Aboriginal and Islander Health Service – 4759 4000
Hours 8.30am – 5pm Monday to Friday, 8.30am – 12.30pm Saturday
Mums and Babies 8.30am – 12.30pm Monday to Friday
www.comcon.taihs.net.au

Townsville Aboriginal and Island Health Service (TAIHS) is a community based and controlled health care service that is culturally appropriate to the indigenous community. They promote the medical, health and welfare of A&TSI people in the Townsville Region. They offer a range of services including General Practice, Diabetic Clinic, Eye Health Assessments and Referrals, Maternal and Child Health, Hearing Health, Outreach Programs, Dental Services, Mental Health, Stolen Generation Counselling and Counselling and Allied Services.

TAIHS VSM Safe Place – 4772 7850
24 hour Service – 0417 628 717

The TAIHS VSM Safe Place is for those that need somewhere safe to go because they have been sniffing, taking drugs or consuming alcohol. The Safe Place provides a supportive environment to rest and recover whilst intoxicated. This service is provided for young people under the age of 18 years. Our friendly staff will monitor health and safety to ensure wellbeing. They offer support and intervention as well as information and education relating specifically to substance misuse.

Child, Youth & Family Services – Child Hotline – 4799 9000
Hours 8am – 4pm Monday to Friday
Advice Hotline – 1800 177 279 – 8am – 10pm 7 days per week

Child, Youth and Family Services is a free community based service provided to families by qualified health professionals specialising in child and adolescent and family health issues (0 – 18 years). Services include information phone line, self-service clinic – self weigh/measure your baby and access educational resources – available any time, Developmental Assessment Sessions – as per baby's Personal Health Record Book, breastfeeding assistance, Individual Consultations – by appointment, Lactation Clinic and Hearing Clinic – hearing assessments offered to children aged 4 – 18 years.

Other Services Available

Abortion Grief Counselling – 1300 363 550

Pregnancy Helpline – 1300 139 313

Sexual Assault Helpline – 1800 010 120

24 Hour Drug & Alcohol Phone Line – 1800 177 833

School Based Youth Health Nurse – Located at all State High Schools