Resources for Parents & Young People

Mareeba/ Tableland District

Websites, books and local services
Correct as of August 2012.

Brought to you by your School Based Youth Health Nurse
Queensland Health
General Parenting

Websites
- Raising Children-  http://raisingchildren.net.au/  Australian Parenting Website
- Dr Michael Carr-Gregg-  http://www.michaelcarr-gregg.com.au/index.shtml - Dr Michael Carr Gregg’s website- he is a leading child and adolescent psychologist, and is considered a ‘parenting expert’; his site has a number of links to other useful websites and all Michael’s books can be bought through this site (under publications)
- Andrew Fuller-  http://www.andrewfuller.com.au/ - Andrew is another leading leading psychologist specializing in the wellbeing of young people and their families, his site has a number of free resources that can help young people
- ParenTalk-  http://www.tnpc.com/parentalk/adoles.html - website with tips on how to talk to your teen about various issues

Books
- ‘Surviving Adolescents’ by Dr Michael Carr-Gregg
- ‘Tackling Teens’ by Denise Bewert- can be purchased at school office
- ‘Troubled teens’- by Denise Bewert- can be purchased at school office
- ‘Preparing adolescents for success in school and life’- by Constance Jenkin and John Winston Toumbourou
- ‘Repartnered Families’- by Jan Rodwell
- Parenting Boys  - ‘Raising Boys’- by Steve Biddulph
  - ‘Mothers Raising Sons’ – by Nigel Latta
- Parenting Girls - ‘Princess Bitchface’- By Dr Michael Carr-Gregg

Services
- Community Health Mareeba – Mareeba Hospital – Past Helicopter Pad. Services provided are Child Health, Immunization catch up on Fridays 1.30pm to 3.30pm, Indigenous Health workers, Palliative Care services, Diabetic information, Social Worker, Incontinence assistance, Audiology appointments, Nutritionist, Dietition
- Dental clinic for Adults 40921202 – Adult Clinic at Hospital
- Child and Youth Mental Health (cymhs) – Provide services for parents and children on mental health wellbeing. - Lloyd Street Mareeba - 40929171
- Mareeba Information and Support Centre. – Provides information and services available in the local area for residents and families… -122 Walsh Street Mareeba - 40921948
- Tableland Counselling and Support Services (TCASS) – 212 Walsh Street Mareeba, - Provide counseling and family support for families who have children suspected of having been sexually abused or difficulty maintaining the safety of their children. - 40926899

- Counselling Services Unit – Life Line – Provides services to adults, couples, young people, children and families. By appointment for counselling in Atherton, Mareeba and Mossman – 40504955

- Family Support Programs- run through Uniting Care (LifeLine)- offers parenting courses, workshops, playgroups and counseling services- 98 Birch St, Manunda- 40326800

- Triple P Parenting Courses run through Community Health Centres- Smithfield Community Health- 42264800, Edmonton Community Health- 42264900, Cairns North Community Health- 42264333

**General Youth** - covers numerous topics relating to young people

**Websites**
- Reachout- [http://au.reachout.com/](http://au.reachout.com/-) info about everything a young person is interested in

**Services**
- Child Youth and Mental Health – Mareeba Monday to Friday.– Lloyd Street Mareeba across street from Ambulance Service – Provides counseling and support for youth and parents of youth with social workers and psychologist and health workers available. – 40929171
- PCYC – Walsh Street Mareeba – 40924231
  - Youthlink-- [http://www.youthlink.org.au/home.htm](http://www.youthlink.org.au/home.htm) - Youthlink provides a variety of services for young people; 305 Severin St, Cairns, 4031 6179
  - Yeti- [http://www.yeti.net.au/](http://www.yeti.net.au/-) - Yeti also provides a variety of services for young people, including counseling 258 Draper St, Cairns, 4051 4927

**General Health**

**Websites**
- Cairns Health Online- [http://www.cairnshealthonline.com/](http://www.cairnshealthonline.com/-) - list of all local health services

**Mental Health** - stress, anxiety, depression, low self esteem, finding someone to talk to etc.

**Websites**
- Reachout- [http://au.reachout.com/](http://au.reachout.com/-) - youth focused and covers all issues

**Books**
- ‘When to Really Worry’- by Dr Michael Carr- Gregg-
- ‘From Surviving to Thriving: promoting Mental health in young people’- by Andrew Fuller
- ‘All Blacks Don’t Cry’- by John Kirwan

Services
- Child & Youth Mental Health Service- (CYMHS) Assessment, treatment and referral service for young people experiencing mental health issues- opposite side from ambulance - Lloyd Street Mareeba 40929171
- Headspace Cairns- National Youth Mental Health Service- one stop shop for 12-25 yr olds- regarding mental health issues- 45 Spence St (Cnr Spence & Grafton St), 2nd Floor, 1800 455 652
- Time Out Program- support for young people experiencing mental health issues- 40375700
- Centacare- provides a range of services including mental health services and youth and family counseling- 195 Abbott St, Cairns, 40440130
- YETI- Youth Empowered Towards Independence- Youth Support Centre offering a range of services including counseling- 258 Draper St, Cairns, 40514927
- All General Practitioners- your local Dr can assist with referrals and plans to allow you to seek psychological counseling services. A GP can arrange a plan to allow you to access these services for free, or a reduced cost.

Bullying and Cyber Safety

Websites

Books
- ‘Real wired Child’ by Dr Michael Carr-Gregg

Domestic Violence

Services
- Tablelands Women’s Centre – 0740915100
- Tableland Sexual Assault Service – 0740914036
- Mensline Australia - 1300789978
- Domestic violence Support Centre- Cairns- 4033 6100; 1800 811 811; http://www.dvcairns.org/
- Domestic Violence Help- 1800 737 732

Alcohol, Tobacco and other Drugs

Websites
- Oxygen- http://www.oxygen.org.au/- website for young people about tobacco
- Drinking Nightmare- http://www.drinkingnightmare.gov.au/internet/drinkingnightmare/publishing.nsf/Content/home - this website has information for young people and parents about drinking alcohol
- Australian Drug Foundation- http://www.druginfo.adf.org.au - website comprehensive and includes information and resources about all drugs
- National Cannabis Prevention & Information Centre - http://ncpic.org.au/ - info and support relating to cannabis
- Parenting Strategies- http://www.parentingstrategies.net/- Preventing adolescent alcohol misuse
- Reachout- http://au.reachout.com/ - youth issues website
  Program run by Qld Police; provides info and support in regards to holding safe parties

Services
- TCASS - Mareeba – Fortnightly Wednesday for Indigenous youth and families. – Drop in and make appointment. - 212 Walsh Street Mareeba - 409296899
- Alcohol, Tobacco & Other Drug Services –(ATODS) – Local – situated at the back of the Mareeba Hospital past Helicopter Pad. – Support, counseling related to all drug and alcohol. - 40929365
- Alcohol, Tobacco & Other Drug Service- local service providing information, counseling and support related to all drug use- 31 Sheids St, Cairns- 42263900
- Yeti- Youth Service which can provide counseling for young people in regards to drug use- 258 Draper St, Cairns, 40514927

Sexual Health- Sexuality, Sexually Transmitted Infections, Contraception, Pregnancy Options, Counselling etc

General

Websites
- I Stay Safe- http://www.istaysafe.com/istaysafe/ - Website for young people about safe sex, safe behaviour and looking after yourself
- Reachout- http://au.reachout.com/ - youth issues website

Services
- Womens Health Clinic – Monthly – Mareeba Hospital – Lloyd Street – No costs for services – Pap Smears, Sexual Health Screening, Education/Information on Breast health, Nutrition, Contraception, Bowel health and Healthy Lifestyles. – Ring for next available appointment -40929322
- Tablelands Sexual Assault Service – (TSAS) – tsas@tsas.net.au -Text a Question and answer you only confidential -0487594074 - 9am – 5pm. – not emergency helpline. – Land line – 40914036
- Tablelands Womens Centre – 40915100
- Domestic Violence 24 Hour Help Line - 1800811811
  Solander Centre, 182 Grafton St, 40513788
- Sexual Assault Service (local)- 4031 3590 or 1800 010120 - 24hr assistance
- Statewide Sexual Assault Helpline- 1800 010 120
- Pregnancy support hotline- 1800422213

Gay, Lesbian, Bisexual, Transgender

Websites
- QYouth- [http://www.qyouth.net.au/](http://www.qyouth.net.au/) - for young people
- OMG I’m Queer- [https://minus18.org.au/](https://minus18.org.au/) - youth support group and on line magazine by young people, for young people
- Open Doors- [http://www.opendoors.net.au/](http://www.opendoors.net.au/) - Supporting young lesbian and gay people-3257 7660

Services
- Gay & Lesbian Helpline 1800184 527 – 24hr Freecall.
- SSAYIT – Local Same Sex Attracted Youth Support Group- contact Yeti – 40514927

Counselling or someone to talk to

For young people
- Headspace- [https://www.eheadspace.org.au/](https://www.eheadspace.org.au/) - 1800650 890

For Parents or young people
- Make an appointment with your GP who can refer you to a psychologist for counseling. If you ask for a mental Health plan you can access a number of free sessions.

Laws for young people
Schoolies

Indigenous Support in Mareeba
- Mulungu Medical Service (Aboriginal Medical Service) – Assistance available for families
  Sutherland Street  Mareeba – 40923428
- Acute health clinic with Dr’s available
- Mums and Bubs – with clinic and health nurses
- Hearing health and Immunizations
- Child and Family Centre – 0 – 8yrs of age
- PACE – (Parents and Community Engagement) – Support for parents and students in schools.
- Well being Clinic – Chronic Diseases.
- ATODS service – at TCASS (Tablelands Counselling &Support Service) - fortnightly Wednesday for
  Drug and Alcohol concerns support for family and students. – 212 Walsh Street Mareeba
  (roundabout corner of Herberton Street and Walsh Street) - 40926899