

Additional resources

Legislation supporting risk assessment, management, reporting and information sharing

Mental Health Act 2016

<https://qheps.health.qld.gov.au/mentalhealth/mha/mha>

Domestic and Family Violence Protection Act 2012

<https://www.legislation.qld.gov.au/view/html/inforce/current/act-2012-005>

Child Protection Act 1999

<https://www.legislation.qld.gov.au/view/html/inforce/current/act-1999-010>

Department of Home Affairs - Immigration and Citizenship

<https://immi.homeaffairs.gov.au/>

Hospital and Health Boards Act 2011

<https://www.legislation.qld.gov.au/view/pdf/inforce/current/act-2011-032>

Information Privacy Act 2009

<https://www.legislation.qld.gov.au/view/html/inforce/current/act-2009-014>

Guidelines to support risk management

Please note your local Hospital and Health Service will have specific guidelines in addition to these Queensland guidelines.

Better Care Together: A plan for Queensland's state-funded mental health, alcohol and other drug services to 2027

https://www.health.qld.gov.au/_data/assets/pdf_file/0032/1178744/BetterCareTogether_HR.pdf

Achieving balance: The Queensland Alcohol and Other Drugs Plan 2022-2027

<https://6232990.fs1.hubspotusercontent-na1.net/hubfs/6232990/Achieving%20balance%20The%20Queensland%20Drug%20and%20Alcohol%20Plan%202022-2027.pdf>

Memorandum of Understanding between Queensland Health and Queensland Police Service Mental Health Collaboration

https://www.health.qld.gov.au/data/assets/pdf_file/0034/573991/MOU_MHC_2017_publication.pdf

Managing ligature risks in Queensland public mental health alcohol and other drug inpatient units 2016

https://qheps.health.qld.gov.au/_data/assets/pdf_file/0030/581943/ligaturerisk2016.pdf

Co-occurring substance use disorders and other mental health disorders: policy statement for Mental Health Alcohol and Other Drugs Services 2021

https://www.health.qld.gov.au/_data/assets/pdf_file/0023/1118246/qh-gdl-964.pdf

Therapeutic Visual Observation for Mental Health Alcohol and Other Drugs

Service https://www.health.qld.gov.au/_data/assets/pdf_file/0018/1004670/qh-gdl-479.pdf

National Health and Medical Research Council Australia (NHMRC) (2012) *Clinical practice guidelines for management of personality disorder*

https://bpdfoundation.org.au/images/mh25_borderline_personality_guideline.pdf

Working with parents with mental illness – Guidelines for mental health clinicians 2010

https://www.health.qld.gov.au/_data/assets/pdf_file/0016/1104613/qh-gdl-963.pdf

Australian Clinical Guidelines for Early Psychosis

<https://www.orygen.org.au/Campus/Expert-Network/Resources/Free/Clinical-Practice/Australian-Clinical-Guidelines-for-Early-Psychosis/Australian-Clinical-Guidelines-for-Early-Psychosis.aspx?ext>

Domestic and family violence resources

Telehealth and domestic and family violence Factsheet - suggested script

https://www.health.qld.gov.au/_data/assets/pdf_file/0023/1163804/telehealth-and-dfv-suggested-script.pdf

Telehealth and domestic and family violence guideline | Queensland Health

<https://www.health.qld.gov.au/system-governance/policies-standards/guidelines/telehealth-domestic-family-violence>

Domestic and Family Violence: Referral to Specialist Support Services Model

https://www.health.qld.gov.au/_data/assets/pdf_file/0021/465132/dv-referral-model.pdf

Domestic and Family Violence: Common Risk and Safety Framework (CRASF)

<https://www.publications.qld.gov.au/dataset/f0ba187e-7206-4353-bdaa-450916c50307/resource/c927ea9b-6973-4912-966e-dc11d1d46a67/download/common-risk-safety-framework-2022.pdf>

Keeping People Safe from Domestic and Family Violence Report 2022

<https://express.adobe.com/page/Sn51Y9qD5P59y/>

Domestic and Family Violence Death Review and Advisory Board

https://www.courts.qld.gov.au/_data/assets/pdf_file/0019/747100/domestic-and-family-violence-death-review-and-advisory-board-annual-report-2021-22.pdf

Aboriginal and Torres Strait Islander resources

Aboriginal and Torres Strait Islander Mental Health Strategy 2016- 2021

https://www.health.qld.gov.au/_data/assets/pdf_file/0030/460893/qhatsi-mental-health-strategy.pdf

Aboriginal and Torres Strait Islander Patient Care Guideline

https://qheps.health.qld.gov.au/_data/assets/pdf_file/0020/581141/patient-care-guidelines.pdf

Aboriginal and Torres Strait Islander Adolescent Sexual Health Guideline

https://qheps.health.qld.gov.au/_data/assets/pdf_file/0031/639517/adolescent_sexual_health_guideline.pdf

Sad News, Sorry Business: Guidelines for caring for Aboriginal and Torres Strait Islander people through death and dying

https://qheps.health.qld.gov.au/_data/assets/pdf_file/0026/523754/sorry_business.pdf

Support services and information sites

Aboriginal and Torres Strait Islander Community Health Service (ATICHS)

<https://atsichsbrisbane.org.au/human-services/social-health/>

ADIS – The alcohol and Drug Information Service (ADIS) provide a wide range of resources such as counselling, information and advice 24/7

<http://adis.health.qld.gov.au/>

Alcohol and Drug Foundation

<https://adf.org.au/about/> and <https://adf.org.au/drug-facts/>

Alcohol and Other Drug Service

<https://www.health.qld.gov.au/cq/services/alcohol-and-other-drugs-service>

Beyond Blue – information and support to help Australians achieve their best possible mental health <https://www.beyondblue.org.au/home>

Black Dog Institute – dedicated to understanding, preventing and treating mental illness

<https://www.blackdoginstitute.org.au>

Blue Knot – National centre of Excellence for Complex Trauma

<https://www.blueknot.org.au/>

Bringing Up Great Kids – parenting resources

<https://professionals.childhood.org.au/bringing-up>

[great-kids-resources/](https://professionals.childhood.org.au/great-kids-resources/)

Community – mental health, disability support and NDIS

<https://community.org.au/mental-health-disability-support-and-ndis/>

COPMI – Children of Parents with a Mental

Illness <http://www.copmi.net.au/>

Deadly Thinking - is a social and emotional well-being and suicide prevention workshop designed by Indigenous people for Indigenous people to be delivered to remote Indigenous communities; natural helpers; Elders; 'at risk' individuals; 'at risk' groups:

<https://www.rrmh.com.au/programs/deadly-thinking/>

E-Mental Health in Practice – digital or emental health programs, services, tools or applications

<http://www.emhprac.org.au/>

Emerging Minds – Aboriginal and Torres Strait Islander people service

<https://emergingminds.com.au/>

EPPIC (Early Psychosis Prevention and Intervention Centre)

<https://oyh.org.au/our-services/clinical-program/continuing-care-teams/eppic-early-psychosis-prevention-intervention>

Footprints – Not for profit organisation working with people with complex needs

<https://footprintscommunity.org.au/mental-health/>

Head to Health – digital mental health resources include pathways, tools and guided searches. Includes apps, and other digital mental health services.

<https://headtohealth.gov.au/>

LGBTIQ+

<https://www.vic.gov.au/sites/default/files/2019-06/LGBTIQ-Inclusive-Language-Guide.pdf>

<https://mhfa.com.au/sites/default/files/considerations-when-providing-MHFA-to-an-LGBTIQ-person.pdf>

Lives Lived Well – Not for profit Organisation helping people impacted by drugs or alcohol as well as mental health concerns.

<https://www.liveslivedwell.org.au/>

Mensline Australia – mental health and wellbeing resources including counselling

<https://mensline.org.au/>

Mental Health First Aid – for several resources that support mental health care for a range of population groups

<https://mhfa.com.au/mental-health-first-aid-guidelines>

National Rural Health Alliance Ltd - <https://www.ruralhealth.org.au/>

Neami National – Not for profit community based mental health service

<https://www.neaminational.org.au/>

Openminds – Non-Government Organisation for people living with mental illness and disability

<https://www.openminds.org.au/>

Orygen – The National Centre for Excellence in Youth Mental Health

<https://www.orygen.org.au/>

PANDA – Perinatal Anxiety and Depression Australia

<https://www.panda.org.au/>

Peachtree – perinatal wellness

<https://peachtree.org.au/>

QNADA – representation and support to AOD sector

<https://qnada.org.au/>

Queensland Centre for Perinatal and Infant Mental Health

<https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/>

Raising Children – Australian Parenting Website

<https://raisingchildren.net.au/>

Reach Out – online mental health support for young people and their parents

<https://au.reachout.com/>

Rural Adversity Mental Health Program – community support skills short

course: <http://www.ramhp.com.au/training/community-support-skills/>

Suicide Call Back Service

<https://www.suicidecallbackservice.org.au/>

Transcultural Mental Health Centre

<https://metrosouth.health.qld.gov.au/qtmhc>

Applications (APPS)

Note: We acknowledge that whilst use of downloadable applications provide a unique opportunity to expand the availability and quality of mental health resources, the efficacy of mental health applications remains undecided.

Head to Health – Australian Government Department of Health site provides searches for mental health apps <https://headtohealth.gov.au/>

Snapshot – Black Dog Institute. Measure and monitor your mental health and wellbeing <https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/snapshot>

myCompass – Black Dog Institute. Personalised online self-help tool to improve mental health <https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps/mycompass>

Bite Back program – By Black Dog Institute. Online mental fitness challenge <https://www.biteback.org.au/>

Beyond Now – Beyond Blue suicide safety planning <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

Stay Strong App – AIMHi tablet-based therapy designed to support Indigenous people improve their wellbeing App https://www.menzies.edu.au/page/Resources/Stay_Strong_iPad_App/

Mood Mission – helps learn better ways of coping with low mood and anxiety <http://moodmission.com/>

Calm Harm – provides tasks that help you manage the urge to self-harm <https://au.reachout.com/tools-and-apps/calm-harm>

iBobbly – Black Dog Institute. Promotes wellbeing and suicide prevention in Indigenous people <https://www.blackdoginstitute.org.au/research/digital-dog/programs/ibobbly-app>

Headspace – meditation made simple <https://www.headspace.com/>

Reach Out breathe – helps reduce stress and anxiety <https://au.reachout.com/tools-and-apps/reachout-breathe>

Calm – guided meditation <https://au.reachout.com/tools-and-apps/calm>

Reach out website includes 60 professionally reviewed mobile apps and tools which can help with health and wellbeing. <https://au.reachout.com/tools-and-apps>