

## Contact us

Ipswich Suicide Prevention  
and

### Awareness Network

PO Box 434

Ipswich Qld 4305

[ipswichsuicideprevention@gmail.com](mailto:ipswichsuicideprevention@gmail.com)

Network meetings are held  
on the second Tuesday of each month  
2pm – 3:30pm.

## For support

## please contact:

### Lifeline

13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)

### Suicide Call Back Service

1300 363 622

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### Beyond Blue

1300 22 4636

[beyondblue.org.au](http://beyondblue.org.au)

### Floresco

3280 5670

### Headspace

3280 7900

## Crisis and Community Information

### 24-HOUR CRISIS SERVICES

Emergency-Police, Ambulance, Fire Brigade.....	000
Emergency Mobile Contact.....	112
Mental Health Acute Care Team.....	3817 2577
1300 MH CALL.....	1300 64 2255
Lifeline.....	13 11 14
Suicide Call Back Counselling Service.....	1300 659 467
Kids Helpline (5-25yrs).....	1800 551 800
Mensline Qld.....	1800 000 636
Mates in Construction.....	1300 642 111
Domestic Violence Connect Womensline.....	1800 811 811
1800RESPECT (Domestic violence).....	1800 737 732
Beyond Blue.....	1300 22 4636
QLife Gay and Lesbian GLBTI.....	1800 184 527
Asca (Adults surviving Child Abuse) 9-5/7dys...	1300 657 380

### Counselling and Support Services

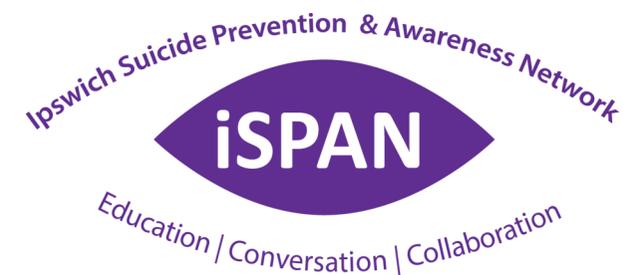
Floresco 3 Wharf St Ipswich.....	3280 5670
Headspace (12-25yrs) 26 East St Ipswich.....	3280 7900
Mental Health Acute Care Team.....	3817 2555
Ipswich Community Mental Health, 21 Bell St.....	3817 2444
Goodna Community Mental Health, 81 Queens St.....	3818 4800
Lifeline Ipswich Counselling 38 Limestone St.....	3816 9600
Lifeline Suicide Bereavement Support .....	3816 9600
Hilda's House/Hospice Grief Counselling.....	3812 1163
STANDBY Response Service .....	3250 1856
ARAFMI Carers Support.....	3254 1881
Artius Psychological Services.....	1300 278 487

### Hospital and Medical Services

Ipswich Hospital Chelmsford St Ipswich.....	3810 1111
Boonah Hospital 11-17 Leonard St.....	5463 3300
Esk Hospital 30 Highland.....	5424 4600
Gatton Hospital 97-103 William St.....	5468 4188
Laidley Hospital 75 William St.....	5466 8100

Kambu Medical Centre (ATSI) 28 Roderick St.....	3812 3843
Grange Rd Medical Centre 92 Grange Rd.....	3281 9133
Limestone Medical Centre 10 Brisbane St.....	3281 4622
Priority Health Springfield Orion 1 Main St.....	3470 1599

If you are feeling depressed we encourage you to speak to a doctor for appropriate referral.



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ABN 28 959 493 201

## What is ISPAN?

The Ipswich Suicide Prevention and Awareness Network consists of health care and community welfare professionals – as well as other individuals and groups – working together to help build a stronger culture and community and reduce the incidence of suicide in the Ipswich and West-Moreton Region.

We provide suicide prevention and awareness through education, conversation and collaboration.

Our goal is to reduce the stigma around suicide through providing resources, opportunities for conversations and professional development around suicide prevention awareness.

We also aim to improve access to and awareness of services for carers and those bereaved by suicide.

## What do we do?

- ⇒ We collaborate with service organisations to strengthen the support we can offer to the community.
- ⇒ We provide education on strategies to support those suffering from suicidal depression.
- ⇒ We aim to provide a safe space for people to find out information and resources about services and support in the Ipswich and West-Moreton region.
- ⇒ We build awareness of services and resources available to people in our community who might be suffering from suicidal depression and anxiety
- ⇒ We help reduce the stigma around suicidal depression and mental illness through organising local events related to World Suicide Prevention Day held on 10th September each year. Events include RUOK Day and Lifeline's Out of the Shadows Walk.

## How to get involved?

We encourage as many people in the community as possible to be involved in our network.

Please send us your details if you require any further information

Name: .....

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Address: .....

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Email: .....

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Ph: .....

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- ◇ Please send me more information
- ◇ Please put me on your mailing list
- ◇ I would like to attend a network meeting
- ◇ I would like to donate

The Ipswich Suicide Prevention and Awareness Network is a non-for-profit organisation.

All funds donated go directly towards activities aimed at suicide prevention in the Ipswich and West-Moreton Region.

**Member of Wesley Lifeforce  
Suicide Prevention Networks**  
[www.wesleymission.org.au](http://www.wesleymission.org.au)

