



More information

i Get in touch:
8.30am - 4.30pm Monday - Friday
(excluding public holidays)

Community Mental Health Teams:

Southport 📞 (07) 5687 9600

Palm Beach 📞 (07) 5525 5661

Older Persons 📞 (07) 5635 7000

Child and Youth 📞 (07) 5687 9225

Alcohol and Other Drugs Service:

📞 (07) 5687 9119

Acute Care Team 24hrs

📞 1300 MH CALL (1300 642 255)

✉️ GCHFirstNationsYanCoorara@health.qld.gov.au



Use the QR code to
visit our website

Gold Coast Health

Yan-Coorara

Supporting the social and emotional
wellbeing of Aboriginal and Torres
Strait Islander Community.



Yan-Coorara

Yan-Coorara (walk tall in the local Yugambah language) is a program supporting Aboriginal and Torres Strait Islander peoples to keep their social and emotional wellbeing strong.

Yan-Coorara staff work alongside treating teams providing advocacy and culturally capable care for Aboriginal and Torres Strait Islander persons with a social and emotional wellbeing issue.

To feel strong again can take time,
but small steps can become big change.

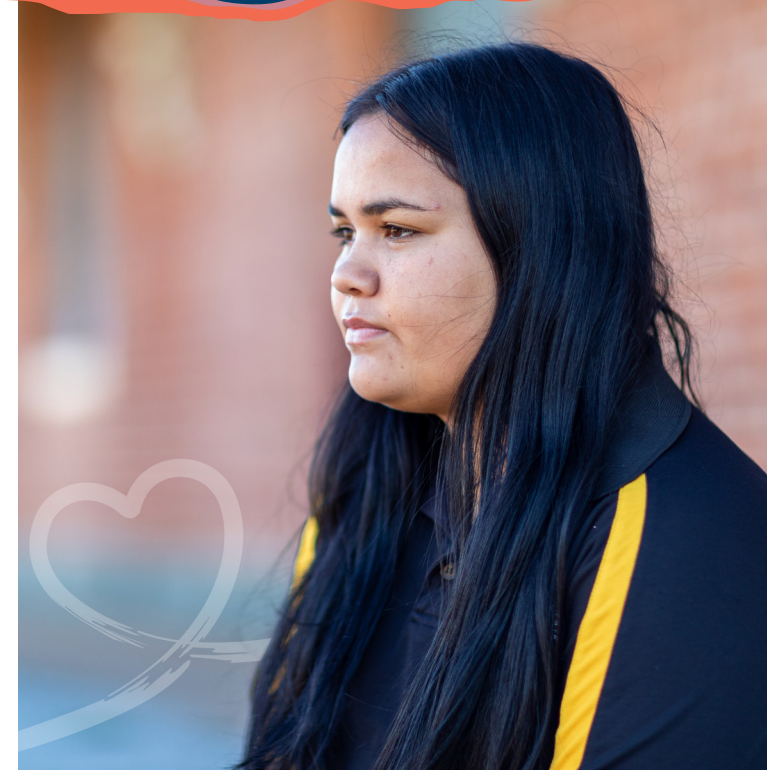


Are you or a loved one:

- feeling overwhelmed by day-to-day challenges
- feeling down a lot of the time
- feeling nervous, anxious or stressed
- struggling to cope with grief, loss, or trauma
- trouble dealing with pressures of family, work, or relationships
- notice a change in appetite or sleep patterns.

Yan-Coorara can help by:

- having a yarn about who can help you or your loved one
- providing support to individuals and families using or thinking of using the Gold Coast Mental Health Service
- helping you to recognise and respond to social and emotional wellbeing issues
- providing information about local Aboriginal and Torres Strait Islander services and programs including Mental Health First Aid and Talking About Suicide workshops.



“These sorts of things can happen to all of us at any time, and there is no shame in asking for help and advice. There are a range of confidential services in the community that can help.”

- Yan-Coorara staff member

