

# Yan-Coorara

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

## Are you or a loved one:

- 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?

## Yan-Coorara

Yan-Coorara (walking tall) is a program supporting Aboriginal and Torres Strait Islander peoples to keep their social and emotional wellbeing strong.

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

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 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.

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



## Get in touch:

8.30am - 4.30pm Monday - Friday

✉ [Yancoorara@health.qld.gov.au](mailto:Yancoorara@health.qld.gov.au)

### 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)  
1300 668 936

