

SEXUAL HEALTH

True Relationships & Reproductive Health (Windsor).....	3250 0200
Brisbane Youth Service.....	3620 2400
Stonewall 🏳️🌈.....	3057 1222
Biala.....	3837 5611
EmbraceU 🏳️🌈.....	embraceu.shq.org.au

PREGNANT? NOT SURE? PARENTING?

Children by Choice.....	1800 177 725
Young Parent's Program.....	3357 9944
Young Women for Young Families.....	3394 9100
Centre for Young Families.....	3620 2400

LGBTQIAP+ 🏳️🌈

Open Doors (12-24) 🏳️🌈.....	3257 7660
QC (18+) 🏳️🌈.....	3017 1777

JUST REMEMBER

If you are still at school, you can talk to the guidance officer, school counsellor, school nurse and other supports too.

NOTES

MENTAL HEALTH SUPPORT

Head to Health.....	1800 595 212
1300 MHCALL.....	1300 642 255
CYMHS (Child & Youth Mental Health Service)	
Keperra.....	3335 8888
Nundah.....	3146 2693
headspace Nundah.....	3370 3900
ReachOut 🗣️.....	au.reachout.com
Beyondblue 🗣️.....	beyondblue.org.au
Butterfly Foundation 🗣️.....	1800 33 4673

USING TOO MUCH?

Alcohol & Drug Information Service 🗣️.....	1800 177 833
Hot House.....	3837 5633
Clarence Street.....	3163 8400
BYS Needle Exchange.....	3620 2400
Biala/Needle Exchange.....	3837 5600
Quitline.....	13 78 48
Alcohol and Drug foundation.....	adf.org.au
Old Injectors Health Network (QIHN) (18yrs+).....	3620 8111

Produced by members of Brisbane North Youth Alliance.



For more cards please call 3266 5199

Proudly supported by Brisbane City Council

ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITIES

13VARN 24/7 🏳️🌈.....	13 92 76
Mobink (MUIH) 🏳️🌈.....	1800 254 354
Aboriginal & Torres Strait Legal Centre 🏳️🌈.....	3025 3888
Aboriginal & Torres Strait Islander Community Health Service (ATSICHS) Northgate 🏳️🌈.....	3240 8900
Kurbingu Youth Development 🏳️🌈.....	3156 4800
The Boss Boxing 🏳️🌈.....	thebossboxingbb@gmail.com
2Spirits 🏳️🌈.....	3017 1777

MIGRANT & REFUGEE COMMUNITIES

Translating and Interpreting Service (TIS) National.....	131 450
QPASTT (Qld Program of Assistance to Survivors of Torture & Trauma).....	3391 6677
Multicultural Australia.....	3337 5400
Immigrant Women's Support Service.....	3846 3490

BORED? GET OUT THERE!

Visible Ink.....	3403 0136
The Edge.....	slq.qld.gov.au/plan-my-visit/spaces-visit/edge
Brisbane City Council Info Line - Chill Out, Park & Library activities.....	3403 8888
PCYC.....	www.pcy.org.au
St Vinnies.....	qld.vinnies.org.au

services with webchat

YOUTH INFO CARD

North Brisbane

2023



2nd Edition
Artwork by
Young People
from Visible Ink

EMERGENCY!

Police, Ambulance and Fire (24hrs).....	000
Poisons Information Centre (24hrs).....	13 11 26
CYMHS - Acute Response Team (24hrs, 7 days).....	3068 2555

NEED TO TALK NOW?

Kids Helpline (5-25yrs, 24hrs) 🗣️.....	1800 55 1800
Suicide call back line (24hrs).....	1300 659 467
Q life (3pm-midnight) 🗣️.....	1800 184 527
Child Safety After Hours (24hrs).....	1800 177 135
Lifeline (24hrs) 🗣️.....	13 11 14
13 Health (24hrs).....	13 43 25 84
DV Connect:	
Womensline (24hrs) 🗣️.....	1800 811 811
Mensline (9am-12am) 🗣️.....	1800 600 636
1800 Respect (24hrs) 🗣️.....	1800 737 732
E headspace (7 days 9am-1am) 🗣️.....	1800 650 890

SEXUAL VIOLENCE SUPPORT SERVICES

Sexual Assault Hotline (7 days 9am-12am) 🗣️.....	1800 010 120
Brisbane Sexual Assault Service (24hrs).....	3646 5207
Zig Zag (Female, Non-Binary & Trans 12-25).....	3843 1823
BRISCC (15+, 9-12noon).....	3391 0004

DOMESTIC & FAMILY VIOLENCE

BDVS Brisbane Domestic Violence Service (Female, Non-Binary & Male).....	3217 2544
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LEGAL ISSUES? NEED ADVICE?

Youth Advocacy Centre (under 18).....	3356 1002
Legal Aid Qld (Youth Legal Advice Hotline).....	1800 527 527
Women's legal service.....	1800 957 957
LGBTI legal service 🏳️🌈.....	3124 7160
Sisters Inside.....	1800 003 242
Youth & Family Support Service(9am-9pm).....	3097 1305

LEARNING TO DRIVE

Drive for Life YDS Stafford 16-25.....	0418 245 654
PCYC - Breaking the Cycle	
Arana Hill.....	3855 1980
Fortitude Valley/Lang Park.....	3369 2647
Sandgate.....	3269 5358
Zillmere.....	3633 0244

IS HOME, SCHOOL OR LIFE STRESSFUL?

Safe & Connected Futures (BYS) (Fortitude Valley).....	3620 2400
Community Connections (Nundah).....	3264 5199
Jabiru Community Services (Bracken Ridge).....	0438 542 840
Picabeen Youth Support (Mitchelton).....	3354 2555
Zillmere Young People Support Service.....	0448 584 833

ANY QUESTIONS?

Ask Izzy: <https://askizzy.org.au>

NO MONEY FOR FOOD OR BILLS?

National Debt Helpline.....	1800 007 007
St Vinnies.....	1800 846 643
Aspley Care.....	3862 7145
Nexus Care (Everton Park & Sandgate).....	3353 7230
Community Pantry.....	3198 4410
Food Vans and Kitchens.....	voiks.org.au
Red Cross Night Café (Tue & Thur 6.30-8.30pm).....	64 Adelaide Street, Brisbane City QLD 4000

NEED MONEY OR WORK?

Centrelink - Youth Allowance.....	13 24 90
Workforce Australia.....	1800 805 260
Fair Work (info about pay, rights, etc).....	fairwork.gov.au
Picabeen - No Interest Loans Scheme (17+).....	3354 2555

WANT TO KEEP LEARNING?

Albert Park Flexible Learning Centre (16+).....	3071 9010
Arethusa College (Yr 7+).....	1300 720 371
BUSYSchools Brisbane City Campus (Yr 11 & 12).....	1300 176 472
Jabiru Community College (15+).....	office@jcc.qld.edu.au
QLD Pathways College (16+).....	0476 840 898
TAFE Qld.....	1300 308 233

services with webchat

RENT TROUBLES?

Rental Tenancy Authority.....	1300 366 311
OSTARS.....	1300 744 263
Sustaining Young Tenancies & Transitions (BYS).....	3620 2400

PLACES TO STAY

Homeless Hotline (16 yrs+, 24hrs).....	1800 474 753
Qld Youth Housing Coalition.....	qyhc.org.au
Brisbane Youth Service (16-25).....	3620 2400
New Hope House (Kelvin Grove) (males 16-25 yrs).....	3356 6824
Carinity Youth Orana Blad Hills (16-21).....	3261 3969
Chameleon Housing, Redcliffe (16-25).....	3284 4805
The Lodge Youth Support Service, Northgate (16-25).....	3266 2155
Youth Care Pine Rivers (16-19).....	3881 2823
North West Youth Accommodation (Mitchelton) (16-25yrs).....	3855 5233
Youth Housing Project, Albion (16-21).....	3256 0241

CALLS TO AUSTRALIAN MOBILES & LANDLINES ARE **FREE** FROM TELSTRA PUBLIC PHONES