

## What is the problem?

The link between drug use and mental health problems is common and well known. The link can be a very powerful one that adds risk to a person's physical, social, emotional, spiritual and mental wellbeing.

If you have a mental health, alcohol or other drugs problem and are unable to get help, it can affect your identity, your sense of belonging and your purpose in life.

Getting the right kind of support will likely lead to a better outcome for you, your family and your community.

## Why is there a problem?

Drug use and mental health problems can be due to many things. Family and social issues, social disadvantage, lack of support, as well as stress, can all play a part in someone developing mental health, alcohol or other drugs issues. The two problems affect each other negatively and can create a cycle that keeps making both conditions worse.

## How can I get support?

It is important to reach out and get help. Call Nhulundu Health Service on phone 4979 0992 and talk to our friendly staff today.



## Let us walk with you

Contact us now for more information. Drop in to Nhulundu Health Service in Goondoon Street or phone us on **4979 0992** to make an appointment.

**Your feedback matters** to make our services even better. For compliments, suggestions or complaints scan this QR code to complete our online form or talk to our friendly staff on 4979 0992.



27-29 Goondoon St,  
PO Box 5158  
Gladstone Q 4680  
**Ph. 4979 0992**  
Email. [reception@nhulundu.com.au](mailto:reception@nhulundu.com.au)  
[www.nhulundu.com.au](http://www.nhulundu.com.au)

Gladstone Region Aboriginal and Islander  
Community Controlled Health Service Ltd

ACN. 610 044 641



# Supporting Social & Emotional Wellbeing

for Aboriginal & Torres Strait Islander people



## A step in the right direction

Providing support for mental health,  
alcohol or other drugs use



Gladstone Region Aboriginal and Islander Community Controlled Health Service Ltd



For Aboriginal and Torres Strait Islander Australians, good health is not just the physical wellbeing of an individual but the social, emotional and cultural wellbeing of the whole community.



National Aboriginal Health Strategy (NAHS) 1989



NHULUNDU  
HEALTH SERVICE



Take a step in the right direction

# Culturally safe & appropriate services

for mental health, alcohol or other drugs use



## How can our services help?

We provide culturally responsive and appropriate counselling including therapeutic and spiritual healing pathways for Aboriginal and Torres Strait Islander people and mainstream mental health, alcohol or other drugs (MHAOD) services.

Our MHAOD support team can facilitate referral pathways to other specialised services for support with legal services, housing, disability, youth, sexual assault, and domestic violence. Referrals for support can also be made with the families or carers of individuals affected by mental health issues and problematic substance use.

Our service is available free of charge for Aboriginal and Torres Strait Islander people. The service is available in Gladstone with outreach services in Biloela and the Banana Region. Telehealth is available for people living in other areas.

Get the best support possible through individual sessions with a therapist, group programs, telehealth, or outreach to community. Our professional team will work with you to support your mental and physical health through our integrated service delivery.

## What services can we provide?

Nahulundu Health Service can provide culturally safe and appropriate specialist mental health, alcohol or other drugs support. Our experienced team of GP's, social workers, counsellors, psychologists and psychiatrists can provide the professional guidance and support you need to successfully maintain your social and emotional wellbeing and manage mental health, alcohol or other drugs issues.