

You're invited to help shape the new Cairns Head to Health service!

Cairns Head to Health is a new approach to supporting people with their mental health and wellbeing. The service provides a 'no wrong door' free service for people experiencing a mental health challenge, living with a mental illness, or wanting support for drug and alcohol matters.

Cairns Head to Health will provide a safe and welcoming space for people for people to receive information, treatment, and support. It will be a free service, with no appointment or referral needed. You can find more information about Head to Health here.

Since August, Northern Queensland Primary Health Network (NQPHN) and Cairns and Hinterland Hospital and Health Service (CHHHS) have been engaging with the Cairns community to codesign Cairns Head to Health. We've connected with 120+ people and heard lots of great perspectives and gained insight into:

- » Who Cairns Head to Health will support
- » What it will look like
- » What it will offer people who attend this service.

We invite you to attend our next session to provide further input on these topics, and to give us more information about how this service should operate.

Who should attend?

- » Anyone with their own experience of mental health challenges, suicide, or alcohol and drug challenges
- » Carers, friends, and kin who have supported someone who experiences mental health challenges, suicide, or alcohol and drug challenges
- » Mental health service provider and sector workers
- » Service providers and workers from other sectors, who have an interest in mental health for the people they work with
- » Community members with an interest in Cairns Head to Health



Thursday 30 November 2023



Cairns Colonial Club
18-26 Cannon St, Cairns



9am registration and networking
9.30am - 1.30pm codesign workshop



A working morning tea and lunch will be provided



To register please scan the QR code or follow the link below.

Register: <https://forms.office.com/r/pgQBRNUBhq?origin=lprLink>

Please feel free to share this information with your networks. If you have any questions or queries, please contact us at mhaodplanning@nqphn.com.au

We look forward to working with you to progress this important initiative.



We acknowledge the Aboriginal and Torres Strait Islander peoples as Australia's First Nation Peoples and the Traditional Custodians of this land. We respect their continued connection to land and sea, country, kin, and community. We also pay our respect to their Elders past, present, and emerging as the custodians of knowledge and lore.

We also acknowledge the lived experience of those with mental illness, those impacted by suicide or substance use, and those in crisis and the contribution support persons and staff make to their recovery. The strength, resilience, and compassion they demonstrate is at the heart of the work we do and a constant inspiration.