

Just in Case

Services that are here to help.



The information in this booklet is current as at June 2025



Waves of Kindness Care Centre

25 Production St Noosaville
Tue: 9am - 3pm
Wed: 12:30pm - 3:30pm
Thu - Fri: 9:00am - 3:00pm
Ph: 0499 091352
51 Maple St, Cooroy
Assisting with welfare support and counselling referrals for mental health

headspace

12-25 years Mental Health

Caloundra

Ph: 07 5222 4009
Mon, Wed & Fri 8.30am to 4.30pm
Tues 7.30am - 5.00pm
Thurs 8am to 6pm

Gympie

Ph: 07 5482 1075
Mon, Wed, Fri: 8.30am - 4.30pm
Tue, Thu: 8.30am - 8pm

Maroochydore

Ph: 5409 4900
Mon & Fri: 8.00am - 4.30pm, Tues, Wed,
Thurs 8am - 6pm
1/27 Evans St Maroochydore

St Vincent de Paul

4 Eenie Creek Rd, Noosaville
Ph: 5459 5281 or 5459 5282
Mon, Wed, Fri: 9.30am - 12pm
olps4565@svdpqld.org.au

Making Lives Matter

4 Venture Dr, Noosaville Ph: 07 5238 8181
Mon - Fri: 9am - 4pm Sat - Sun: 10am - 3pm
Emergency food & petrol vouchers

Pomona & District Community House

House Tues - Fri 9:30am - 2:30pm
Access to computers, Wi-Fi, phone charging and a place for a cuppa & chat.

The Little Community Pantry

Located Inside Noosa Civic Shopping Centre near Woolworths

Legal Services

Legal Aid

www.legalaid.qld.gov.au
Ph: 1300 65 1188 Aboriginal and Torres Strait Islander Information Line
Ph: 1300 65 0143

Suncoast Community Legal Service

https://suncoastcommunitylegal.org/
Ph: 5376 7800

Lifeline

13 11 14

Head to Health

mental health advice and support)
Medicare Mental Health (mental health advice and support)
medicarementalhealth.gov.au
Ph: 1800 595 212.
Mon - Fri: 8.30am - 5pm

Making Lives Matter

4 Venture Dr, Noosaville Ph: 07 5238 8181
Mon - Fri: 9am - 4pm Sat - Sun: 10am - 3pm
Mental health, welfare, and referrals

Noosa Community Health Centre

14 - 16 Bottlebrush Avenue,
Noosa Heads, QLD 4567
Ph: 07 5449 5944
Mon - Fri: 8:00am - 4:30pm
Dentists, social support, physiotherapy,
NSP, Maternal, child and family health ect

Mental health access line

Ph: 1300 642 255
Available 24/7

Salvos Mates Support

Men's mental health and wellbeing support - 0423 317 375
www.webofhope.au/sms

Food Relief & Welfare

Salvos Hope Community

6 Bartlett Rd, Noosaville
Ph: 07 5335 8500
Emergency Relief: 9am - 1pm, Tue & Thu
(for financial assistance call first) Salvos
Assessment Line (SAL): 9am-5pm Mon-Fri
for phone assessment
Ph: 07 3001 6288

The Hub Noosa

(Noosa Food Outlet and Op Shop)
202 Eumundi Noosa Rd, Noosaville
Tues - Fri & Sun: 8:30am - 2:30pm
Ph: 0421 788 948
Discounted & emergency food relief

Youturn

12 Ernest St, Tewantin
Ph: 5442 4277
Emergency Relief: Mon & Fri
Mon & Fri 9am - 3pm By appointment only
Light snacks & hot drinks

Family Drug Support

1300 368 186 - Available 24/7

QuiHN

89 Aerodrome Road,
Maroochydore, QLD 4558
Mon - Fri: 9am - 7pm
Ph: 07 5443 9576
Counselling, support groups, NSP,
Treatment for Hepatitis C, Sexual Health
and Naloxone.

WHOS Najara - Sunshine Coast

Nambour
07 5476 0877
Residential rehabilitation treatment

Lives Lived Well

1300 727 957
Free alcohol and other drug counselling
services for individuals and families,
including youth outreach (12-25 years)

Alcoholics Anonymous Helpline

1300 222 222

Health & Mental Health

13 HEALTH

Ph: 13 43 25 84 - For general health
information and referrals (24/7)

Housing Support

Maroochydore Housing Service Centre

12 First Avenue, Maroochydore Mon- Fri:
8:30am - 4:30pm Ph: 07 5352 7333

Homeless Hotline

1800 474 753 - Available 24/7

Coast2Bay Housing Group

42 Howard Street Nambour Mon - Tue/
Thu - Fri: 9am - 4pm Wed: 1pm - 4pm
Ph: 1300 796 716 coast2bay.com.au

Ask Izzy

List of homeless service providers
Askizzy.org.au

Hot Showers & Laundry

Youturn

12 Ernest St, Tewantin
Mon - Fri: 8:30am - 3:30pm
Ph: 07 5442 4277
Laundry, showers, kitchenette

Salvos Hope Community

6 Bartlett Rd, Noosaville P: (07) 5335
8500 Showers & Laundry, 9am-1pm
Tuesday & Thursday

Domestic & Family Violence

Sunny Kids

Cooroy & Noosa
Ph: 5447 7747
Mon - Fri: 8:30am - 4:30pm
After Hours - 0451 055 875

DV Connect

1800 811 811 - Available 24/7

Centacare

21 Commel Parade, Maroochydore
Ph: (07) 5430 9300

DVConnect Womensline

1800 811 811

DVConnect Mensline

1800 600 636

1800 RESPECT

1800 737 732

Sexual Assault Helpline

1800 010 120

Alcohol & Drug Support

Alcohol Drug Information

Service (ADIS)

1800 177 833 - Available 24/7

Immediate Help

Ambulance, Police, Fire

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For life threatening emergencies only

Lifeline

13 11 14

Suicide Call Back Service

1300 659 467

13 Yarn

13 92 76 - Available 24/7

Beyondblue

1300 224 636 - Available 24/7

Mensline

1300 789 978 - Available 24/7

QLife - LGBTIQ

1800 184 527

Kids Helpline

Aged 5-25
1800 551 800 - Available 24/7

Parent Line

1300 301 300
8am - 10pm - 7 days a week