

JUST IN CASE

IPSWICH – Services that are there to help

IMMEDIATE HELP

13YARN – 13 92 76

Ambulance, Police, Fire – 000
For life threatening emergencies only

1800 RESPECT – 1800 737 732

Domestic Violence Action Centre (DVAC)
(07) 3816 3000

DV Connect
24 hours/7 days a week – 1800 811 811

Family Drug Support
24/7 Support Line – 1300 368 186

Homeless Hotline
24 hours/7 days a week – 1800 474 753

Kids Helpline – 1800 551 800

Lifeline – 13 11 14

Mensline – 1800 600 636

Parent Line – 1300 301 300

PoliceLink – 131 444

QLife – LGBTIQ+ – 1800 184 527

StandBy – Support After Suicide
1300 727 247

Suicide Call Back Service – 1300 659 467

Womensline – 1800 811 811

GENERAL SUPPORT ACCOMMODATION

ADA Australia
Guiding you through the aged care system
1800 818 338

Ask Izzy
Website listings for homeless
service providers – Askizzy.org.au

Churches of Christ Housing Services
(07) 3436 8900

Goodna Street Life Helen's Haven
(07) 3818 9417

Hannah's House – (07) 3812 1395

ICYS – Ipswich Community Youth Service
(07) 3812 1050

inCommunity Inc – (07) 3812 1199

Ipswich Housing Service Centre
1800 636 390

**Independent Regional Advocacy
Service Inc** – (07) 3816 0235

St Vincent de Paul – (07) 3819 4100

TASC
Legal and Social Justice Services
1300 008 272

Women's Infolink
1800 177 577

HOT SHOWERS AND LAUNDRY

Orange Sky Laundry
Queens Park, Ipswich
Wednesday 4.30 pm – 6.30 pm

The Salvation Army Ipswich
Hot showers
Wednesday, Thursday and Friday
9.00 am – 3.00 pm

Springfield Lakes Community Centre
Laundry
Monday and Friday
8.00 am – 12.00 pm

HEALTH AND WELLBEING

1300 MH CALL 1300 642 255

13HEALTH 13 43 25 84

Carers Gateway 1800 422 737

Elder Abuse Helpline 1300 651 192

Medicare Mental Health Centre Ipswich
1800 595 212

**Kambu Health, Social and
Emotional Health (Adults 18+)**
(07) 3810 3000

MEALS

Goodna Street Life
Monday – Saturday
9 Layard Street, Goodna
9.00 am – 4.00 pm

MONDAY

Grandmas Kitchen
Bob Gamble Park, Ipswich
3.30 pm – 6.30 pm

TUESDAY

Helping Hands Queensland
6.35 pm – 6.55 pm
41 Waghorn Street, Ipswich
6.55 pm – 7.15 pm
Murphy Street, Ipswich
7.15 pm – 7.40 pm
2 Milford Street, Ipswich

Kruger Kitchen
Browns Park, Ipswich
3.30 pm – 5.00 pm

WEDNESDAY

Kruger Kitchen
Queens Park, Ipswich
4.30 pm – 6.00 pm

Rosies
Queens Park, Ipswich
4.30 pm – 6.30 pm

The Salvation Army Ipswich
Near Ipswich Courthouse
4.30 pm – 6.30 pm

THURSDAY

Helping Our Homies Ipswich
Queens Park
4.30 pm – 6.00 pm

Kingdom Souljahs
138 Old Ipswich Road, Riverview
12.00 pm – 2.00 pm

Rosies
Queens Park, Ipswich
5.00 pm – 7.00 pm

Rotary
Queens Park, Ipswich
5.00 pm – 7.00 pm

FRIDAY

Footprints in the Park
Diggers Rest, Goodna
5.30 pm – 7.30 pm
Rosies
St Paul's Anglican Church, Ipswich
7.00 pm – 9.00 pm

SATURDAY

3 Danny's
Browns Park, North Ipswich
3.00 pm – 4.00 pm

SUNDAY

Rosies
St Paul's Anglican Church, Ipswich
3.30 pm – 5.00 pm

Kingdom Souljahs
138 Old Ipswich Road, Riverview
4.00 pm – 9.00 pm

FOOD HAMPERS AND HARDSHIP SUPPORT

MONDAY – FRIDAY

Camira Springfield Community Centre
(07) 3818 2915

Gailes Community House
(07) 3879 3004

Goodna Anglican Welfare Ministries
(07) 3818 0945

Goodness Enterprises Food Co-Op
(07) 3812 0706

Goodna Neighbourhood House
(07) 3818 1648

Goodna Street Life Helen's Haven
(07) 3818 9417

Helping Our Homies Ipswich
0478 805 837

Ipswich Assist
(07) 3413 1070

Ipswich Foodbarn
(07) 3496 1514

Kingdom Souljah Community Connect
0455 794 698

Leichhardt One Mile Community Centre
9.00 am – 2.00 pm
(07) 3812 1270

Riverview Neighbourhood House
Call for hampers
Friday 9.00 am – 10.00 am
(07) 3816 2111

Rosewood Community Centre
(servicing Rosewood and rural areas only)
9.00 am – 3.00 pm
(07) 5464 1544

Shiloh Church
(07) 3288 5966

SSI
(07) 3412 8222

St Vincent de Paul Society
1800 846 643

Vedanta Springfield Foodbank
0405 752 668

Westside Community Care
(07) 3818 0921

NEED COUNSELLING?

Contact your doctor for
a subsidised referral.

This publication is a partnership between
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