



Mindcare Gladstone

NEWSLETTER

2nd Quarter 2026 , Issue 2



UPCOMING EVENTS @GLADSTONE MINDCARE

Local Drug Action Team
(LDAT)

Next Meeting
23 June 2026
930am - 1030am

Gladstone Region
Awareness of Suicide
Prevention (GRASP)

Next Meeting
17 June, 15 July
430pm - 530pm

FREE COMMUNITY ACTIVITIES

MEAT AND GREET

Free BBQ
930am to 1130am
8 and 22 May,
5 and 19 June,
3, 17, and 31 July

FREE SOCIAL
CONNECTION GROUP

Adult Lego, Board &
Puzzle Games
Every Friday at 10am
to midday

OUR PURPOSE

... is to promote improved mental health and wellbeing by empowering our community through education, information and connectivity.

WHAT'S TRENDING?

With the End of Financial Year just around the corner, there's no better time to support Gladstone Mindcare. Your donation is more than a gift, it's an investment in mental health and a more connected community.

Donate online or call 4837 7170.

Donate the smart way - Direct from your pay



By supporting Gladstone Mindcare, you are joining a community that is working to improve the mental health and wellbeing of our community through information, education and connection

WORKPLACE GIVING

Contact us to arrange to donate straight from your pre-tax wages



Statistics from 1 January 2026 to 31 March 2026



90

community members accessed supports at Gladstone Mindcare in the last quarter

6

free community BBQs were delivered in the last quarter

222

community members were provided a free meal from the BBQs

NEW FACES @GLADSTONE MINDCARE

Welcome to our new Board Members



Zoe Taylor



Richard Gilmour



Cecilia Eggmolesse

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“At Mindcare Moments, we take great pride in the support we provide to our community through the Skilling Queenslanders for Work program. This government-funded initiative helps community members build confidence, develop practical skills, and gain hands-on experience that can lead to employment opportunities within the hospitality industry. Congratulations to the Mindcare Moments team for being nominated for the Qld Training Awards, your hard work, dedication, and commitment to creating a café with a cause has not gone unnoticed. Your passion for supporting others and making a positive impact in the community is truly inspiring.”



LOCAL DRUG ACTION TEAM (LDAT)

LDAT is a local community led team exploring local Alcohol and Drug concerns and collaborates on projects that promote preventative approaches to enhance community wellbeing.

Gladstone Mindcare and the Gladstone Local Drug Action Team (LDAT) have successfully secured funding from the Alcohol and Drug Foundation (ADF) to deliver a community awareness campaign highlighting the risks and harms of underage alcohol use among teenagers.

The “Keep Their Futures Bright” campaign opens up important conversations about the impact of early alcohol exposure and reinforces why parents and carers should confidently refuse to supply alcohol to their underage teens. By increasing awareness and building practical skills, the campaign aims to empower families and adult influencers to make informed, protective decisions that support young people’s long-term health and wellbeing.

Free Community Workshop dates are as follows, keep an eye on our socials for registration.

Gladstone 9 September 10 - Noon, Gladstone 16 September 5.30pm to 7.30pm, Boyne Tannum 6 October 5.30pm to 7.30pm, Calliopi Date and time to be confirmed at a later time

GLADSTONE REGION AWARENESS OF SUICIDE PREVENTION (GRASP)

Gladstone Region Awareness of Suicide Prevention Network (GRASP) aims to promote suicide prevention initiatives throughout the communities within the Gladstone Region.

GRASP will be attending two community events this quarter: the Tannum Crab Classic on Sunday 24 May from 12pm-4pm, and the Rainbow on the Reef Pride Fair Day on Saturday 30 May from 10am-4pm.

Participating in events like these is just one of the ways GRASP connects with the community—offering support to those who may be struggling and ensuring people know where to find help when they need it.

GRASP Continues to provide Care Packs to the Gladstone Hospital for those presenting in a suicidal or mental health crisis.

TOGETHER FOR WELLBEING... ITS TIME TO REACH OUT QLD Mental Health Week 3 - 10 October 2026



Gladstone Mindcare are committed to working collaboratively with the Gladstone community and local workplaces. Our partnerships are an excellent way to make a meaningful social investment, by empowering our community to be more resilient, mentally well and reduce stigma through education, information and connectivity. Information sessions are a great way:

- to support employees' mental health in the workplace bringing numerous benefits, including increased productivity, higher attendance, and better retention rates.
- to establish a positive, mentally well workplace culture, promoting well-being and resilience across teams.
- to provide tips, stories, and resources to engage employees and normalize conversations around mental health.
- to increase reputation for a mentally well positive workplace culture.



Lived Experience Speakers

Gladstone Mindcare highly values our local community with lived experience in Mental Health, AOD and Suicide as a method of increasing empathy and understanding in these areas. We recently supported members of the community with lived experience the opportunity to become guest speakers while supporting them through a public speaking training session, so they feel confident in delivering a safe and effective message. Lived experience stories add depth and authenticity to insights and connects on a more personal level to encourage participation and enrich the learning experience to your next event.



GO LOCATING PARTNER SPOTLIGHT



At Method Therapy Services, we’re more than a clinic we’re a team of like-minded health professionals who genuinely care. We came together because we share something important: a deep passion for getting people the right support, with the right therapist, at exactly the right time. For us, that’s not just a tagline, it’s how we show up every single day. Therapy is at our heart, but it’s far from all we do. Our team brings a rich blend of skills and lived clinical experience to the table, meaning we can meet you or your clients wherever they’re at.

You can find us:

Ground Floor, Gladstone Mindcare Building, 147 Goondoon Street, Gladstone, QLD 4680

Phone: 0484 072 494

Website: www.methodtherapyservices.com

