

Support FOR YOU & YOUR COMMUNITY

- Counselling & Psychology
- Speech Pathology
- Occupational Therapy
- Community Wellbeing





COUNSELLING & PSYCHOLOGY

Supporting kids, teens, adults and families with practical tips and tools to help them tackle life's ups and downs.

Take a step towards:

- knowing yourself better
- boosting your mental health and wellbeing
- finding ways to move towards what you want
- strengthening your regular wellbeing habits

Get help with:

- anxiety, stress, depression, and PTSD
- trauma, grief, coping with hard experiences and life transitions
- relationships and connections with others
- and more...



"Had I not been able to talk to someone about some of the issues I was having I'd have gone off my scone. My counsellor didn't know who I was talking about and it didn't matter what the issues were. I couldn't have done that with anyone who lives here. It was invaluable to me."

Andrew has received support from one of our counsellors.

- Appointments for kids, teens and adults
- Consistent support and regular appointments
- Private and confidential
- No referral required
- Range of fees including some free options
- Telehealth appointments with some in-person options



SPEECH PATHOLOGY

Supporting kids and kids to strengthen their speech and language skills so they can communicate well, including:

- speech clarity
- stuttering
- social and conversational skills
- communication difficulties
- late talking
- developmental delays
- Autism Spectrum Disorder (ASD)
- reading and spelling
- expressive language (e.g. talking and using words to make sentences and stories)
- receptive language (e.g. listening to and understanding questions and instructions)
- and more...



"The more tools she's given, and the more help we give her, the more engaged she is in the classroom and the more confidence it gives her to ask questions and be involved. It gives her the confidence to be willing to learn."

Teonie, on the benefit of speech pathology support for her daughter Ruby.

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- Consistent support and regular appointments
- Private and confidential
- No referral required
- Range of fees including some free options
- Telehealth appointments with some in-person options



OCCUPATIONAL THERAPY

Supporting kids and teens with developmental, educational, social and self care skills, including:

- developmental delays
- friendship and play
- difficulties with self care (toileting, dressing, feeding, sleep)
- school readiness
- attention skills
- growth mindset and learning confidence
- handwriting
- motor skills
- sensory processing
- self regulation
- autism, ADHD and other neurodevelopmental conditions
- and more...



*"I can talk to Natty about anything and she is always there to listen. **She always helps me build a strategy to help me cope with my feelings and tough situations.**"*

Harriet has connected with our occupational therapist Nataya.

- Appointments for kids, teens and adults
- Consistent support and regular appointments
- Private and confidential
- No referral required
- Range of fees including some free options
- Telehealth appointments with some in-person options



COMMUNITY WELLBEING

A community thrives when it builds on its existing strengths, works together to harness opportunities, and puts their ideas into action.

The Outback Futures team are leaders in facilitating community wellbeing initiatives in rural and remote areas. Our services are co-designed with communities, and include:

- **Community wellbeing facilitation** such as community conversations, focus groups, working groups.
- **Critical incident response** with on the ground support and ongoing care.
- **Data-driven region specific wellbeing insights and reports** to inform community stakeholders and prioritise actions.
- **Community action plans** based on a community's identified needs and outcomes.
- **Wellbeing workshops** for workplaces, community groups, councils, industry, First Nations people and communities, and schools.
- **Public health campaigns** to tackle stigma and encourage safe and positive conversations about mental health and wellbeing.



Scan and get in touch about your community's wellbeing needs



ACCESS OUR SERVICES



Western Queensland

- Allied and mental health services (telehealth and some face-to-face options)
- Community wellbeing facilitation



Other remote areas across Australia

- Allied and mental health services (telehealth)
- Community wellbeing facilitation

Allied and mental health support that's
designed in the bush, for the bush.

Scan to find out
more or make
an appointment



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 **outback
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allied & mental health
community wellbeing