



Who is QPASTT for?

QPASTT helps people who:

- Have been forced to leave their home country because of war, conflict or persecution
- Have spent time in refugee camps or other countries before settling in Australia
- Have been persecuted because of their membership of a political, ethnic or religious group, or their gender or sexual orientation

QPASTT is able to work with people who have recently arrived in Australia or who have been here for many years.

We support people on permanent visas, temporary protection holders and people seeking asylum.

Our services are free, voluntary, and confidential.

We know that many people need their family and friends to support their recovery. This information brochure is to help you understand how you can be included in the care of your loved one.

Our vision is for people from refugee backgrounds to live lives liberated from the harms of torture, trauma and human rights injustice.

We support people from refugee backgrounds to heal, belong and thrive in our community.

About QPASTT

QPASTT (Queensland Program of Assistance to Survivors of Torture and Trauma) is a non-government, not-for-profit organisation with no political or religious affiliations providing culturally responsive services to promote the health and wellbeing of people in Australia who have sought safety from persecution, torture and war related trauma.

We welcome all people regardless of their ethnicity, culture, gender, age, ability, sexual orientation, language or religious beliefs. QPASTT is an LGBTIQ+ friendly service that is proudly committed to inclusion and equity for all.

QPASTT can help people no matter how or when they arrived in Australia. We assist people of all ages including young children and the elderly.

Contact us

MAIN OFFICE - BRISBANE

Brisbane Multicultural Centre
28 Dibley Street,
Woolloongabba QLD 4102
P: 07 3391 6677
E: connect@qpastt.org.au

CAIRNS

212 McCormack Street,
Manunda QLD 4870
P: 0481 965 551
E: connect@qpastt.org.au

LOGAN

Unit 19/ 390 Kingston Road,
Slacks Creek QLD 4127
P: 07 3089 4310
E: connect@qpastt.org.au

TOWNSVILLE

C/- Centacare
410 Ross River Road,
Cranbrook QLD 4814
P: 07 4772 9000
E: connect@qpastt.org.au

TOOWOOMBA

Toowoomba Multicultural Centre
15 Snell Street,
Toowoomba QLD 4350
P: 07 4573 4391
E: connect@qpastt.org.au

www.qpastt.org.au

QPASTT is the Queensland representative of the Forum of Australian Services to Survivors of Torture and Trauma. www.fasstt.org.au



Information for

Parents and Carers



What services does QPASTT offer?

QPASTT works with adults, families, children and young people.

We offer a range of **free** and **confidential** services, including:

- Counselling*
- Wellbeing group programs for men, women and young people
- Projects in partnership with communities
- Youth work and holiday programs for young people aged 12-24 years
- Activities for children and young people at school and outside of school
- Youth Voice leadership groups
- HEAL expressive arts therapies

If someone you care for needs our help and is willing to talk to someone at QPASTT, an appropriately qualified QPASTT worker will talk with them about their needs and what type of support QPASTT can offer.

You can be involved in this conversation if the person you care for agrees.

** Counselling is a private and safe space where you can share worries and concerns with a person who is trained to listen. Your counsellor can also connect you to support for practical problems and help you to understand how Australia works.*

Who may need support from QPASTT?

Anyone who has experienced torture or trauma may notice some of the following:

- Feeling sad, nervous, anxious or fearful
- Distressing thoughts and memories of the past
- Poor appetite or overeating
- Problems with thinking and concentration
- Sleep problems and nightmares
- Unexplained pain and health problems
- Difficulties with relationships

If the person you care for is an adult, you may also have some questions about how best to support them. If the person agrees to this, their QPASTT worker can talk with you, answer questions and offer suggestions.

Children may have some of the same problems as above, but also:

- Feel very sad, nervous or angry
- Act out or draw pictures about their troubling experiences
- Become very stressed when they are separated from parents/carers
- Experience difficulties at school with learning and behaviour

If you are a parent or a guardian of a child that becomes a QPASTT client, we will talk with you about your child's progress and share as much information as your child is comfortable with.

How to get help from QPASTT

- You can telephone us on 07 3391 6677 or come to the QPASTT office during work hours and ask to speak to a counsellor
- If you want to refer someone to QPASTT you have to ask their consent first. You can also ask your settlement agencies, GPs, community leaders, schools or TAFE to make the referral.
- For children under 18 years old, QPASTT will need consent from a parent or legal guardian
- QPASTT clients have the right to choose if they want a carer involved in their engagement with QPASTT. This might be a family member, close friend, leader/elder or partner. They can choose the degree of involvement of their carer at any point in time and can at any time request that information is not shared with their carer.

You can find the referral form and more information on our website www.qpastt.org.au

Service Locations

QPASTT's main office is based in Brisbane at the Brisbane Multicultural Centre and there is also a smaller office in Logan. QPASTT also provides services in Inala, Toowoomba, Gold Coast, Cairns and Townsville.

For information about our outreach and regional locations please call (07) 3391 6677.

