

New **name**,
same dedicated
community support.



Gladstone Women's Health is now known as **Safe and Well CQ.**

Our new name better reflects who we are and what we do – that we help everyone in Central Queensland be **safe, healthy and well.**

We do this by supporting women, young people, families and communities to strengthen their safety and wellbeing, making our region a better place to live for all.

Our free services can help with:

Safety CQ

- **Domestic and family violence services**, including crisis support, safety planning, counselling, court advocacy and support, men's behaviour change programs and community services
- **Sexual assault services**, including specialist counselling for children, young people and adults, as well as court advocacy and support

Health CQ

- **Women's health clinics** with services for cervical screening, sexual health, menopause, continence and more

Wellbeing CQ

- **General counselling**
- **Workshops** to live better and boost wellbeing



A community for change

We're also creating society-wide change through education, proactive programs and advocacy, to make communities more fair, safe and respectful.

For over 30 years, we've been at the heart of our community – listening to regional voices, working alongside local people to respond to their needs, and driving big-picture change that will have an impact on generations to come.

Changing lives, strengthening communities.

1800 749 222
Interpreter services available

safeandwellcq.org.au

