

The LIME Program

Free mental health support



WHO FOR?

People aged

12+

Call us or refer
yourself via our
website to get started.



 **1300 727 957**

liveslivedwell.org.au 

Lives Lived Well Western QLD LIME Program

The **Low Intensity Mental Empowerment (LIME) Program** offers support for individuals in Western Queensland who are dealing with mental health concerns. We focus on a holistic, compassionate, and empowering approach to help people improve their mental wellbeing.

What is it?

The LIME Program is designed to assist individuals facing low-intensity mental health challenges such as stress, anxiety, depression, relationship difficulties, and more. We offer practical skills and strategies to help individuals manage life's pressures and develop resilience. Sessions are **confidential, free**, and available in **person, by phone**, or via **telehealth**. More information can be found here: <https://www.liveslivedwell.org.au/our-services/mental-health/lime/>

We are now taking referrals!

If you or someone you know is experiencing mental health challenges, consider referring them to the LIME program for support.

Non-stigmatising entry points:

- Self-referral.
- Friend, co-worker, family, community
- GP, employer, employment service, allied health

Client must consent to the referral before our counsellors can reach out to them.

Who is suitable for the LIME Program?

People 12 years and over living in the Western QLD Primary Health network and not already engaged with a mental health clinician. Individuals experiencing low-intensity mental health challenges like stress, anxiety, sleep issues, relationship challenges, and more.

Where are we located?

The LIME program provides support across the entire **Western Queensland region**, from **Doomadgee to Cunnamulla**. While our team is based in **Longreach**, we offer **phone and telehealth services** to ensure accessibility for individuals in all areas of Western Queensland.

We provide **virtual support** for anyone in need of mental health assistance, regardless of location.

How can I refer someone?

LIME Clinician: Jack King

Mobile: 0448 080 185

Email: jack.king@liveslivedwell.org.au

Our intake Team: 1300 727 957

Online Referral: <https://www.liveslivedwell.org.au/service-provider-referral/>

For those with access and links, we utilise **RefeRHEALTH** portals.

