

About Footprints

Footprints is a trusted not-for-profit organisation with a proud history of more than 35 years working alongside people and communities.

Our purpose is to enhance quality of life and well-being by supporting people who face barriers to independence, belonging and participation in their community.

MyndKind@footprintscommunity.org.au
footprintscommunity.org.au

1800 366 877

PO Box 735
New Farm QLD 4005

footprints
living well together

Funded by

phn
NORTHERN QUEENSLAND
An Australian Government Initiative

JUN 2026

MyndKind

Support is just a conversation away.



footprints
living well together

WE ARE
Mynd
Kind
PEOPLE

What is MyndKind?

MyndKind is a new and easier way for North Queenslanders to access mental health services and support that will best suit their needs.

It puts each person at the centre of their own mental health journey, so they feel heard, understood, and respected every step of the way.

MyndKind aims to provide a better mental healthcare experience by providing a more diverse and flexible range of services and support for people to access.

Clients can request a “Journey Coordinator” to help them progress in their mental health journey.

What is a Journey Coordinator?

A Journey Coordinator walks side-by-side with clients. They emphasise early intervention for people to access support through a “stepped care” model without the need for a referral or lengthy assessment and supporting you as you move through mental health and wellbeing services.

Their goal is to help you stay connected, informed, and in control of your own recovery. They bridge the gap between systems and people, ensuring that recovery feels person-led, coordinated, and achievable.

How can a Journey Coordinator help me?

Sometimes life and services can feel confusing or overwhelming.

- Making sense of what is happening
- Deciding what is important to you
- Figuring out where to begin
- Breaking things down into clear and manageable steps
- Finding and connecting with services if needed.

This is where a Journey Coordinator can support you. They do not take over or make decisions for you. They support you to make your own choices.

Your Journey Coordinator can assist with:

- **Navigation and Advocacy** – through complicated systems like public mental health, the NDIS, housing, employment, or community services.
- **Goal Setting and Action Planning**
- **Skill Building and Confidence** – building everyday skills that support your wellbeing
- **Crisis and Transition Support**
- **Collaboration and Care Coordination** – acting as a link between all the people involved in your care.
- **Education and Empowerment** – providing or connecting you with helpful information and tools to better understand mental health, wellbeing, and recovery.



Eligibility criteria:

MyndKind supports people in North Queensland who find it difficult to access mental health services.

This might be because they face financial hardship, limited transport and other challenges, that make it harder to get the help they need.

How to refer to MyndKind

Scan the QR code
to download
a referral form (PDF)
and email to:
Stepped Care Program -
MyndKind@footprintscommunity.org.au