Recovery:
Recovery means that people with mental health issues can take control of their lives and live in a positive and fulfilling way in their community.

Principles of recovery:
Hope - The limitless belief that things do not have to remain the same.

Personal responsibility - My ability to make active choices to meet my needs.

Connectiveness - With social supports and with the community, a feeling of belonging.

Discovery - Learning more about myself, my illness and its impact on my life.

Active self - Self-awareness of personal qualities, for example, determination, courage and resilience

For further information please contact us

Homeless Health Outreach Team (HHOT)
Ph: 07 5319 4800
Fax: 07 5319 4888

Intake
Monday - Friday 9:00am to 4:00pm
Business hours: 0438 772 633
24 hours: 1300 642 255

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Mental Health Service
Homeless Health Outreach Team (HHOT)
Who we are

We are a Mental Health multidisciplinary team which may include:

- Doctors
- Nurses
- Social workers
- Occupational Therapists
- Psychologists
- Aboriginal health workers
- Administrative support

We work collaboratively with other Sunshine Coast Health Service teams to ensure coordination of care. Other teams include the Acute Care Team, Continuing Care Team, Extended Care Team, Older Persons Mental Health Team, Child and Youth Mental Health Team, Gympie Mental Health Team and the Acute Inpatient Unit.

Our Philosophy of Care

We aim to provide a professional service that is:

- Consumer focused
- Caring
- Accessible
- Recovery orientated
- Culturally sensitive
- Collaborative
- Effective
- Reliable

We see

Individuals who are:

- Homeless
- Sleeping rough
- In emergency accommodation
- In specialist homelessness services
- Couch surfing

Key functions

HHOT has three service delivery components:

- Assertive outreach
- Comprehensive assessments and holistic care coordination.
- Collaborative service response.

Collaborative service responses are through the development of networks, referral pathways, and partnerships between Queensland Health, non-government organisations and other service providers.

The service aims to minimise the health problems of people experiencing homelessness by cross sectoral collaboration, to facilitate access to the most appropriate supports.

Our consumer focus

HHOT ensures a strong consumer focus and acknowledges that consumers have the greatest knowledge and expertise regarding their needs and service requirements.