



## Meet Davida

Davida grew up on a rural property and has worked across rural and trade-based industries. She is passionate about bringing mental health and wellbeing services to people in rural and remote communities and loves supporting people to achieve their goals. Outside of work, Davida enjoys time with her family, getting out bush, attending rodeos, and reading.

Davida is an Intentional Peer Support Practitioner with qualifications in:

- Mental Health
- Mental Health Peer Work
- Individual Support (Disability)
- Education Support

### Why Momentum?

"Momentum allows me to follow my passion for bringing services to rural and remote communities."



## Contact Our Team

### Address:

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### Email:

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## You don't have to do life alone

If you're feeling overwhelmed, disconnected or just need someone to talk to, Momentum Mental Health is here for you.

Reach out today – support is free, confidential and available to anyone in the Western Downs.

# Western Downs



Momentum Mental Health provides free, safe and welcoming mental health and wellbeing support across the Western Downs. We walk alongside individuals, families and communities to build stronger coping skills, confidence, connection and hope. You don't need a diagnosis or referral – just a willingness to take the next step toward better wellbeing.







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**“I feel at peace  
with myself for the  
first time in a long  
time.”**

## About Momentum Mental Health

Momentum Mental Health is a community-based, not-for-profit organisation supporting people who may be feeling overwhelmed, isolated, stressed or struggling with everyday life. Our focus is on practical, person-centred support that helps you feel more in control, connected and confident.

We support people to:

- Strengthen mental wellbeing
- Build life skills
- Increase social connection
- Find purpose and hope
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Our services are free, confidential and non-judgemental.

## Our Services in Western Downs

Momentum Mental Health supports people across the Western Downs, including:

- Chinchilla
- Miles
- Outreach across surrounding communities.

### One-on-One Psychosocial Support

Davida provides individual 1:1 psychosocial support (non-clinical wellbeing coaching) for people who:

- Feel anxious, stressed or overwhelmed
- Are isolated or lonely
- Want support with routines, confidence or life skills
- Need someone to listen and walk alongside them

Support focuses on practical tools, encouragement, goal-setting and building everyday coping strategies.

Available Monday to Friday.

# The 5 Ways to Wellbeing

At Momentum, we use the 5 Ways to Wellbeing to guide our work and help you build a stronger foundation for mental and emotional health.

## Connection

Spend time with friends, family, neighbours or community groups. Feeling connected helps us feel supported and valued.



Connect

## Be Active

Move your body in ways that feel good – walking, stretching, gardening or sport. Activity improves both mood and energy.



Be Active

## Keep Learning

Trying something new builds confidence and keeps your mind active. This could be a hobby, a skill, or learning about yourself. es both mood and energy.



Keep Learning

## Be Aware

Pause and be present. Notice your thoughts, feelings and the world around you. Practising mindfulness can reduce stress.



Be Aware

## Help Others

Helping others – even in small ways – boosts your sense of purpose and connection.



Help Others