



Meet Amy

Amy is a proud Warwick local and a passionate advocate for mental health and wellbeing. She is currently completing her Bachelor of Human Services through the University of Southern Queensland and is dedicated to supporting people in her community.

Amy's local knowledge and lived experience help her create a safe, supportive and connected space where people feel heard, valued and encouraged to grow.



Contact Our Team

Address:

SDEIA building
163 Palmerin St
Warwick QLD 4370

Phone: (07) 4632 4688

Email:

admin@momentummentalhealth.com.au



Wednesdays

10am - 2pm Individual 1:1 sessions by appointment

Fridays

10am - 2pm Group sessions (no booking required, drop in).

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.



Warwick

Momentum Mental Health delivers group and one-on-one wellbeing support in Warwick, helping people build skills, connection and confidence to better manage life's challenges.

We operate twice a week through our local wellbeing coach, offering a welcoming, relaxed space where everyone is treated with respect and understanding.



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“Excellent. Looking forward to further programs starting in Warwick”

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

Our services are free, confidential and non-judgemental.



Our Services in Warwick

Our Warwick program has been co-designed with members to reflect the strong, community-focused nature of the town.

Group sessions focus on the 5 Ways to Wellbeing and combine:

- Practical, theory-based learning
- Creative workshops and activities
- Skill-building for everyday wellbeing.

Individual sessions focus on topics such as:

- Setting healthy boundaries
- Getting comfortable with change
- Communication skills
- Building confidence.

Each session is relaxed, interactive and encourages shared learning, questions and support.

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