



## Meet Tamika and Kaylie

Momentum is proud to offer dedicated mental health and wellbeing support across Chinchilla, Dalby, Miles, and Tara through our two experienced Wellbeing Coaches, Tamika and Kaylie.

As local Western Downs residents, they understand the unique challenges of living and working in rural communities. Both coaches bring extensive experience supporting people across the mental health continuum and guiding clients through complex referral processes and systems. Tamika and Kaylie are available Monday to Friday at the Chinchilla Community Centre and travel regularly to provide outreach support in Tara and Miles, ensuring accessible, personalised care for the whole community.



## Contact Our Team

### Address:

67/71 Middle Street,  
Chinchilla QLD 4413



**Phone:** 0400 389 091 (Kaylie)  
0428 102 271 (Tamika)

### Email:

Kaylie@momentummentalhealth.com.au  
Tamika@momentummentalhealth.com.au

## 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.

Wellbeing  
Coach, Kaylie

Wellbeing  
Coach,  
Tamika



“

**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

Our services are free, confidential and non-judgemental.

**Find Us at the Chinchilla Community Centre (or, if you prefer, we can come to you!!)**



## Our Services in Western Downs

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

- Chinchilla
- Miles
- Tara
- Dalby
- Outreach across surrounding communities.

**One-on-One Psychosocial Support**  
Tamika and Kaylie provide 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