



## Meet Tamika & Kaylie

### Tamika – Wellbeing Coach

Dalby, Kingaroy, Chinchilla, Miles & Tara  
Tamika is a long-time Western Downs local with over 15 years' experience across mental health, youth, disability and community services. She offers a calm, practical approach, focusing on small, consistent steps that build confidence, trust and connection. Tamika enjoys time outdoors with family and friends and values humour and connection as key to wellbeing.

### Kaylie – Wellbeing Coach

Originally from New Zealand and now a proud Australian citizen, Kaylie brings a strong appreciation for regional communities shaped through her work in not-for-profit and community housing services. She has supported people experiencing crisis, housing insecurity and major life transitions. With lived experience and ongoing study in Trauma-Informed Counselling, Kaylie provides empathetic, grounded support as part of the Momentum team.



## Contact Our Team

### Address:

Grace House  
53 Albert Street  
Kingaroy QLD 4610

### Kaylie

Kaylie@momentummentalhealth.com.au  
Phone Kaylie 0400 389 091

### Tamika

Tamika@momentummentalhealth.com.au  
Phone Tamika 0428 102 271

## 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 Kingaroy.

**Ages 18+  
Every Tuesday**



Momentum Mental Health provides free, safe and welcoming mental health and wellbeing support in Kingaroy. We walk alongside individuals, families and communities to build stronger coping skills, confidence, connection and hope.



*Meet Kaylie & Tamika!*





# 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 Kingaroy and the Darling Downs

Momentum Mental Health is an award-winning organisation that supports people across the Darling Downs, including:

- Toowoomba
- Chinchilla and Miles
- Warwick
- Kingaroy
- Dalby
- Outreach across surrounding communities.

In Kingaroy, we offer a group-based psychosocial support sessions (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 every Tuesday 10am - 2pm



## 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.

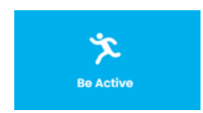
### Connection

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



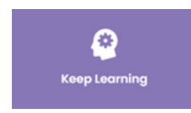
### Be Active

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



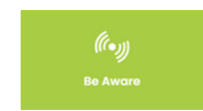
### Keep Learning

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.



### Be Aware

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



### Help Others

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

