

Is Plus Social[®] for me?

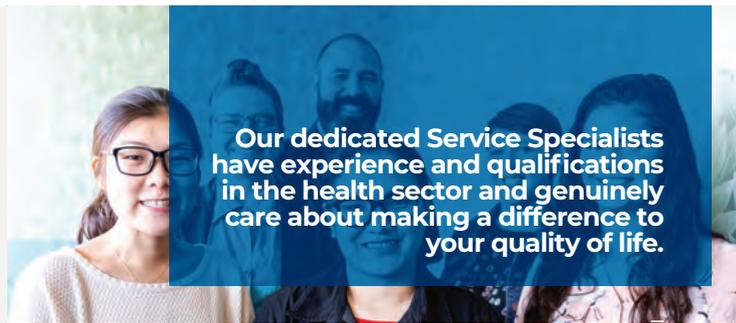
Plus Social is designed for people whose mental health significantly impacts their daily living. It works alongside your existing medical care team and ensures you have plenty of support around you.



What do you need to do?
Ask your GP or Psychiatrist for a referral to the Plus Social program

You can access Plus Social if you:

- Are 18+ and living with complex mental health issues
- Are living in the community in the Gold Coast area and supported by a GP or private Psychiatrist
- Would benefit from increased clinical care coordination and links to supports
- Would like increased social supports or to access social groups
- Are in need of (non-urgent) additional support beyond GP management, and not receiving supports from Gold Coast Health or Queensland Health



Our dedicated Service Specialists have experience and qualifications in the health sector and genuinely care about making a difference to your quality of life.

How Plus Social[®] may help you

Plus Social provides more options for managing your mental health. It gives you the kind of care that improves your quality of life over the long term.

As part of this program you will be allocated a dedicated Service Specialist who will learn more about you, identify your current needs and support you to establish connections with local services and community groups.

The innovative social prescribing program aims to:

- Lift your confidence and improve wellbeing
- Increase your social connectedness
- Give you other avenues to improve your mental health and wellbeing

For more information

Plus Social is run by Primary & Community Care Services (PCCS)

 (07) 3186 4000

 PlusSocialGC@pccs.org.au

 gc.pccs.org.au

 2570 Gold Coast Highway, Mermaid Beach QLD 4218

Primary & Community Care Services Ltd gratefully acknowledges the financial and other support for this program from Gold Coast Primary Health Network.

Improve your social & emotional wellbeing

Plus Social[®]

A service for people whose mental health significantly impacts their daily living



Plus Social
Empowering individuals, building communities

Optimising health & wellbeing for local communities

Plus Social® focuses on improving your support network, confidence and wellbeing.

It runs in conjunction with your existing medical care and is free to eligible Gold Coast residents.

Plus Social can help you tap into local supports such as:

- Community services to aid physical and psychological health
- Clinical interventions like medication reviews
- Allied health services
- Financial and relationship counselling
- Housing, education and employment assistance
- Accessing benefits and transport
- Social interest groups including relaxation, gaming and arts and crafts



Studies show that improving your social connections can give your wellbeing a big boost.

How does Plus Social® work?

Plus Social involves an experienced and caring Service Specialist connecting you to local sources of support. This enables you to access a vast network of social and health-related services.

1. Referral from your GP or Psychiatrist
2. Meet your Service Specialist
3. Talk about what you want to achieve
4. Get connected with local services
5. Begin your group activity - get social!
6. Follow up with your Service Specialist

Did you know that being involved in social group activities may help improve your wellbeing and quality of life?

Some questions answered

- Q | My doctor is already taking good care of me. Why do I need Plus Social®?**
The program does not replace your doctor. Our Service Specialists work with your current care teams to enhance your care options. We work with you to address your social, emotional and practical needs.
- Q | How do I participate in the program?**
We can arrange visits wherever you feel comfortable. You will be encouraged to engage with relevant local Gold Coast sources of support and services. This will enable you to tap into a vast network of social and community services such as relaxation, cooking classes, health education, financial counselling and housing assistance.
- Q | How much does it cost?**
It is free for eligible participants living in the Gold Coast Primary Health Network area.
- Q | How do I start on the program?**
Your GP or Psychiatrist can refer you, or call us on (07) 3186 4000 to learn more.
- Q | What happens after my doctor has referred me?**
A Service Specialist will contact you to confirm your eligibility in the program. If eligible, they will schedule an appointment to meet with you. They will assess your current needs and help you to identify and set goals. You will develop an action plan together to help improve your quality of life. If not eligible, we will help you find the best service for your needs.
- Q | How long does the program last for?**
The program can run for up to 26 weeks based on your individual needs. We encourage participation for as long as you feel you need the support.