



IMPROVE YOUR SOCIAL & EMOTIONAL WELLBEING



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

Plus Social
Empowering individuals, building communities

Plus Social focuses on building your support network, increasing your confidence and improving 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
- links to allied health services
- financial and relationship counselling
- housing, education and employment assistance
- accessing benefits and transport
- social interest groups including relaxation, arts and crafts and gaming.

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



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:

- ✓ 12-25 years old and living with, or at risk of, complex mental health issues
- ✓ 25+ and living with complex mental health issues
- ✓ 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
- ✓ In need of (non-urgent) additional support beyond GP management, and not receiving supports from Gold Coast Health or Queensland Health.

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.



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?

A 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?

A 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?

A It is free for eligible participants living in the Gold Coast Primary Health Network area.

Q How do I start on the program?

A 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 A Service Specialist will contact you to confirm your eligibility in the program. If eligible, they will schedule an appointment to meet with you. The Service Specialist will assess your current needs and help you to identify and set goals. You will develop an action plan together to help improve your situation. If not eligible, we will help you find the best service for your needs.

Q How long does the program last for?

A 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.

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.

Plus Social participants 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
- ✓ Gives you other avenues to improve your mental health and wellbeing.

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



Questions or queries?

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

2580 Gold Coast Highway, Mermaid Beach QLD 4218

For more information, phone (07) 3186 4000, email plussocialgc@pccs.org.au or visit gc.pccs.org.au

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