



An Australian Government Initiative

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Page content updated 22/10/2019

Plus Social

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.

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.

Plus Social is designed to help people whose mental health significantly impacts their daily living. It has three main components:

- Clinical care coordination between GPs, psychiatrists and allied health workers
- Connections to a range of local community services and social groups, and
- An after-hours community-based space @ The Hub (Mermaid Beach), where clients needing support can come after hours and where many of our social groups will run.

Suitable for

Plus Social is free to Gold Coast (Queensland) area residents who:

- Are 12-25 years old and living with, or at significant risk of, serious mental health issues
- Are 25+ and living with serious 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 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.

Target Groups

Aboriginal & Torres Strait Islander

Children

Homeless and at Risk

Mental Health

Youth

LGBTIQ+

Services Provided

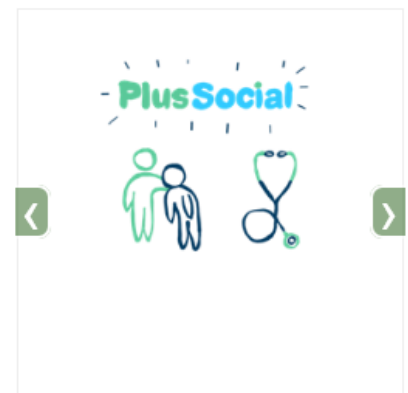
Collaboration With Allied Health and Doctors

Counselling

Improve Your Overall Health

Mental Health Outpatient Services

Reduce Your Risk of Depression



Documents

[PCCS_PS_Consumer_brochure_DL_Fin](#)

Available Through

[Primary & Community Care Services Ltd - MERMAID BEACH](#)

Our Events

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No event(s) found.

Listing created: 11/01/2019

Listing last updated: 16/04/2019

Social Services

Social Skills Groups

Wellness and Active Lifestyle Centre

Send a message to **Plus Social**.

Your name:

Subject:

Email*:

Phone*:

Message:

Enter security code:

Security code

Send

Tagged [activities](#), [groups](#), [plus social](#), [mental health](#), [mental illness](#)

Categorised under [Aboriginal & Torres Strait Islander](#), [Chronic Disease](#), [Community Services](#), [Disability Services and Support](#), [Healthy Lifestyle Services](#), [Homeless Support Services](#), [Mental Health](#), [Multicultural](#), [Rehabilitation](#), [Sports & Recreation](#)

Criteria & referrals [External Links](#)

GP or psychiatrist referral

Gold Coast Primary Health Network would like to acknowledge the traditional custodians of the Gold Coast and surrounding areas, the Yugambeh, Yuggera and Bundjalung peoples.

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