

SOCIAL HEALTH CONNECT

*Helping you feel more connected,
supported and well.*



How do I know if this program is for me?

- ☐ Am I able to find companionship when I want it?
- ☐ Does the thought of meeting new people make me feel anxious, worried or nervous?
- ☐ Am I unsure about what activities and opportunities are available in my community?
- ☐ Do language or cultural barriers impact my ability to meet new people?
- ☐ Do my physical or mental health conditions make it hard for me to participate in activities that improve my health and wellbeing?
- ☐ Do barriers (such as finance, transport or unstable housing) prevent me from connecting to meaningful activities?

Are you feeling isolated or unsure how to get involved in your community?

Social Health Connect is a free service for adults aged 18+ who live in the Redcliffe, Caboolture or Kilcoy hospital catchments and have unmet social needs impacting their health and wellbeing.

We pair you with a dedicated Link Worker who listens, helps you set goals, and connects you with local social opportunities, community groups, or services that match your interests and needs.

This program can help you:

- Overcome loneliness and social isolation
- Join local groups or activities
- Build confidence and reconnect with others
- Navigate barriers like transport, confidence or language



Use the QR Code to learn more and access the referral form.

"Footprints was fantastic and supportive helping me work through my barriers"
— **Footprints client**

Contact us:

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STAY CONNECTED WITH US

