

## **Support to be me –S2BMe**

We know that loneliness and social disconnection are a hidden health risk factor. More Australians than ever before report experiencing loneliness, as a symptom of a more disconnected society and compounded by pandemic restrictions.

HealthWISE and the Darling Downs West Moreton Primary Health Network (DDWM PHN) are collaborating to support older people in the community experiencing social isolation and loneliness due to the pandemic.

Support 2 Be Me staff have experience in how it feels to be in your situation and will contact you wherever you are (at home, in the community or in a residential aged care facility). You can engage us either by a referral from your GP (Mental Health Treatment Plan) or by through self-referral or referral from family or other health worker. We will work with all stakeholders (facility managers, diversional therapists, doctors, nurses, carers and especially the people referred) to determine the best way to support you. We can offer service via Telehealth, face to face, group work or any other modality that works best for you.

What does the program offer?

The program offers individual and groups (this includes staff) the tools to improve their wellbeing, or the wellbeing of those they care for and about. The aim is to build people's capacity to make connections and social interactions. And to improve people's knowledge of local health systems and the options available.

Who can access the program?

This service is provided for people in residential aged care facilities, those living in the community and elderly carers that are experiencing social isolation and loneliness due to the pandemic. People need to be aged 65 yrs. and over or 55 yrs. and over for Aboriginal and Torres Strait Islanders.

How is this program accessed?

Send a referral form see over page or make an enquiry to [mentalhealth@healthwise.org.au](mailto:mentalhealth@healthwise.org.au) or phone: 1800 931 540

Service Locations

The program is offered in:- Cherbourg Shire, Goondiwindi region, Ipswich region, Lockyer Valley, Scenic Rim, Somerset, South Burnett, Southern Downs, Toowoomba and Western Downs .

FAX Referral to HealthWISE Coordinated Referral Network 1300 452 059

Or via Medical Objects: HEALTHWISE, MENTAL HEALTH

For more information: Phone: 1800 931 540

Email: [mentalhealth@healthwise.org.au](mailto:mentalhealth@healthwise.org.au)

Referral Form – cross out what doesn't apply

**Health Professional /family/carer**

Client Details

Name \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Facility \_\_\_\_\_ Postcode \_\_\_\_\_

Person for contact at facility \_\_\_\_\_

Position \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_ Mobile \_\_\_\_\_

Aboriginal/Torres Strait Islander Yes / No                      CALD Yes / No

Client's GP \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_ Phone \_\_\_\_\_

Fax Number \_\_\_\_\_ Provider Number (if applicable) \_\_\_\_\_

• Client must consent to this referral    Sign \_\_\_\_\_ Date \_\_\_\_\_

**Self-Referral**

Name \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Mobile \_\_\_\_\_

Aboriginal/Torres Strait Islander Yes / No                      CALD Yes / No

Who you would like to know about this referral? \_\_\_\_\_

Name /Contact number \_\_\_\_\_

Who else can we contact if we are not able to contact you? \_\_\_\_\_