

WINDOWS OF HOPE

LGBTIQ+ 1:1 SUPPORT PROGRAM



Windows of Hope

About

Windows of Hope is designed to improve the mental health and wellbeing outlook of those from the LGBTIQ+ community. The program provides individualised support to identify challenges and provide linkages to support services, community activities and specialised support to meet these needs and empower all LGBTIQ+ people and communities to reach their full potential.

Whats Involved

- ✓ Connection to a Support Officer
- ✓ Development of a Pathways Plan to set goals and overcome personal challenges
- ✓ Referral to programs and supports where needed and requested by the young person
- ✓ Ongoing support
- ✓ Open to all ages

We provide service in an early intervention space to prevent the escalation of mental health concerns and reduce the need for psychological intervention. Participants will develop a Pathways Plan that focuses on their future direction and personal journey. This will focus on the strengths and skills of the individual and target their specific needs to ensure that they are empowered to take whatever steps forward they need to enhance their wellbeing.

Eligibility Criteria

Age: All ages
Location: Lake Macquarie/ Newcastle resident
Diagnosis: Not required
Venue: Centre Based, in school or outreach
Cost: FREE
Referral: www.connectedtocare.com.au/project/windows

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