



SHIFT Referral Form

First name _____ Last name _____

Date of birth ____/____/____ Gender _____ Pronouns _____

Suburb _____ Postcode _____

Phone _____ Email _____

Do you identify as:

☐ Aboriginal ☐ Torres Strait Islander ☐ Both Aboriginal and Torres Strait Islander ☐ Neither

Do you identify as LGBTIQA+?

☐ Yes ☐ No ☐ Unsure ☐ I do not want to answer

Do you identify as having a disability?

☐ Yes ☐ No ☐ Unsure ☐ I do not want to answer

What is your cultural background?

How are you hoping the SHIFT program will support you?

Brook RED offers a safe, welcoming, and recovery-focused environment, and we ask that all individuals accessing our supports contribute positively to our community.

Your signature _____ Date ____/____/____

Please send this form to the SHIFT team at shift@brookred.org.au

If you have any questions, please contact via the above email or call general enquiries on 07 3343 9282



SHIFT

Program Information

SHIFT offers individual support for people experiencing a mental health concern. SHIFT supports are flexible and are tailored to your needs. The SHIFT team are all peer workers who have experienced living with and working through mental health concerns. Our workers will collaborate with individuals to set their own goals and develop strategies for progress.

At Brook RED, we support social and emotional wellbeing and holistic recovery from mental health concerns for all people. We are welcoming and responsive to people's needs, identities, and perspectives. We celebrate bodies, genders, sexualities, and cultures in all their diversity.

The SHIFT Program is funded by Brisbane South PHN and is available to anyone aged 18 or over and living in the Redlands, Brisbane South, Logan and Beaudesert areas.

What to Expect

The First Meeting: You and your peer worker will meet at a comfortable and convenient location, or virtually if you prefer. This initial meeting is an opportunity to get to know each other and discuss your goals and expectations.

Ongoing Support: Your peer support worker will work with you at your desired pace, providing support as you navigate your mental health journey.

Ending the Support: When you feel ready, you can choose to end the support. Remember, you are always welcome to return if you need assistance again.