

Wellbeing Check

A Wellbeing Check involves a call from a Peer Support Worker to connect and provide information and support based on a person's needs.

Individuals who access the service may also request a follow up contact from a Peer Support Worker after an initial conversation.

A Wellbeing Check can be requested by a trans, gender diverse, or gender questioning community member by submitting a form on the Gender Connect Country SA website.

A Wellbeing Check may be submitted on behalf of a community member by a personal or professional support with the permission of the individual.

How to organise a Wellbeing Check

Online Form

www.shinesa.org.au/gender-connect

To schedule a Wellbeing Check please provide:

- The person's chosen name, gender identity and pronouns
- The person's phone number
- Confirmation of consent
- Information on whether the person receiving the call does not wish for a voicemail to be left.

Hours

Monday – Thursday

3:00 pm – 8:00 pm

(Closed Public Holidays)

Contact us

Phone | Email | Webchat

Phone

08 7099 5390

Email

genderconnectcountrysa@shinesa.org.au

WebChat

shinesa.org.au/gender-connect

SHINE_{SA}

Funded by

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COUNTRY SA

An Australian Government Initiative

GENDER CONNECT

COUNTRY SA

A free service that provides information and support from Peer Support Workers with lived experience of gender diversity.

Who we work with

- People who identify as trans, gender diverse or gender questioning
- People who are supporting someone who is transgender, gender diverse or gender questioning
- Professionals and organisations who **would like to learn more** about working inclusively with trans, gender diverse or gender questioning community members.

For you

Are you transgender, gender diverse, or gender questioning?

We can provide:

- **support, advice, and understanding by Peer Support Workers with lived experience as a trans or gender diverse person**
- **information and resources about gender and gender affirming transition options**
- **information about social and community groups and other opportunities to connect with community members**
- **a Wellbeing Check by one of our Peer Support Workers (see Wellbeing Check).**

For professionals

Do you support people who identify as trans, gender diverse or are questioning their gender?

We support professionals and organisations from a wide range of backgrounds within our information and support service or via professional development opportunities.

We can tailor support to your needs, for example if you:

- **have questions regarding the needs of trans, gender diverse or gender questioning community members**
- **would like advice on using respectful and inclusive language**
- **have questions regarding gender affirming health care and referrals to other practitioners**
- **have questions regarding issues that impact the trans, gender diverse or gender questioning community**
- **would like to learn more about how you can help support those who are trans, gender diverse or gender questioning.**

