


**Supporting you
to find your people.**

**We aim to foster
individual and
collective wellbeing.**

CONTACT US

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**Supporting Groups,
Supporting You**

**Head to our
online directory
of over 600
support groups
across Queensland**

WHO ARE WE?

Support Groups Queensland (SGQ) help people find and sustain groups to improve their health and well-being.

We help people, their family and carers, with all kinds of health issues, including genetic conditions, chronic disease, addiction, grief and loss, parenting, trauma, abuse and mental health.

WHY JOIN A GROUP?

- Connect with and be supported by people who share your lived experiences
- Build useful strategies together
- Access powerful speakers and professional insight
- Build capacity and self-esteem
- Proven to reduce feelings of depression and social isolation.



I suffered in silence for years, too scared to talk to anyone.

Now I have come to realise that there are many people like me.



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OUR MISSION

All Queenslanders share their lived experiences of health challenges to help themselves and each other to improve their health and wellbeing.

OUR VISION

We support people to find and sustain support groups to improve their health. We help groups across the broad spectrum of health, including genetic conditions, chronic disease, addiction, grief and loss, abuse, carer responsibilities and mental health.

OUR SERVICES

- Referral to support groups
- Networking and training opportunities
- Speaker and venue sourcing
- Fundraising assistance and auspicing (unincorporated) for groups
- Awareness-raising, promotion materials and advice for groups
- Consultation, guidance and more...