



*Please keep this copy

What is a Help to Health Friend?

A **Help to Health Friend** is someone who agrees to share and promote information they get through the Help to Health project.

This information can be shared with their friends, family, neighbours, communities and work colleagues to encourage and support people to find the help they need.

Help to Health Friends will do this by:

- Participating in learning opportunities when they are available
- Sharing with other people what they learn
- Participating in Help to Health Friends meetings

What are we asking from you?

- Confidentiality – That you respect people's privacy if they share their information and stories with you
- That you will take opportunities to learn through the program
- That you share what you learn with others
- That you let us know about problems people are facing when trying to access the help they need, and what works

How will we support you?

- We will invite you to any learning opportunities as they come up
- We will invite you to all Help to Health Friends meetings



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Please tick the box to show us you have read and understood what it means to be a Help to Health Friend.



Turn over

Sign up below to become a Help to Health Friend:

Name: _____

Date: ____/____/____

In Clarence do you (please tick):

- Live
- Work (if yes, where?) _____
- Volunteer (If yes, where?) _____

Home address: _____

Contact Number: _____

Email: _____

Why do you want to be a Help to Health Friend? _____

How did you find out about becoming a Help to Health Friend?

Have you ticked the box on the other side to show us you understand what it means to be a Help to Health Friend?

Please return to one of the following:

Email: helptohealth@ccc.tas.gov.au

In person: Clarence City Council, 38 Bligh Street, Rosny Park

Mail: Help to Health project, PO Box 96, Rosny Park, 7018

Need more information? phone or text 0438 096 465