

# What Does A Social Worker Do?

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Social Workers assist people in managing their daily lives, coping with social/emotional issues and strengthening personal and family relationships.

The primary focus of a community health social worker is to enhance a person's social and emotional wellbeing through targeted interventions and support, counselling, advocacy and appropriate service referral.

Social workers assist people across the lifespan with support for individuals, family members and caregivers to better manage issues and concerns.

Social work services can be offered in the following areas:

- Grief and loss
- Depression and anxiety
- Family violence
- Alcohol and drug dependence issues
- Self-esteem and confidence
- Family relationships, parenting issues and behaviour support
- Centrelink, NDIS, DHHS support
- Relationship issues
- Loss of independence
- Self-care and support systems
- Social isolation
- Stress management
- Carer support
- Financial and/or Housing issues
- Disability related issues

Social workers are able to link and connect you to relevant community resources and are able to advocate on your behalf with these services and agencies in order to improve your situation.

**A social worker from Otway Health will be visiting Forrest Community House on the first Thursday of every month from 12-2 to provide support to community members as required.**