



The support  
**you need**

*Care + Cure*

# About Arthritis Queensland

**Our Vision:** Freedom from pain

**Our Mission:** Care and Cure

## Our Priorities:



### Awareness

We will shine a light on the real impacts of arthritis.

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### Advocacy

We will stand up for and be the voice of Queenslanders living with arthritis.

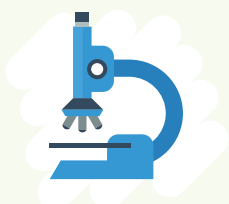
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### Support

We will listen to Queenslanders living with arthritis and provide support services that meet their needs.

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### Research

We will continue our commitment to understanding the impact of arthritis and to find better diagnosis, treatments and cures.

# Free Information Services

Get in touch with us to access up-to-date information and resources.



## Infoline

Call the free Arthritis Infoline to speak to trained volunteers who can answer your questions about living with arthritis.

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## Info Packs

Access a range of helpful booklets and information sheets by download or post.

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## Weekly E-news

Sign up for our E-news to get weekly articles, videos, tips and information straight to your inbox to help you navigate life with arthritis.

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## Online

Visit our website or connect with us on social media to access the latest arthritis information and to register for our support services.

**Call our free Arthritis Infoline on  
1800 011 041 or visit [www.arthritis.org.au](http://www.arthritis.org.au)**

# Online Support Groups

Our online support groups are closed, moderated Facebook groups where people living with arthritis can support and learn from one another.



## Swell Gals

Where women with arthritis share their stories and support each other through the daily challenges of living with arthritis.

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## Men's Support Group

Where men with arthritis share experiences, give advice and share a joke or two along the way.

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## Juvenile Arthritis Support Group

For parents and carers of children diagnosed with arthritis to connect, seek support and know they're not alone.

**Call our free Arthritis Infoline on 1800 011 041 or visit [www.arthritis.org.au](http://www.arthritis.org.au)**

# Arthritis Assist

Sometimes it helps to speak to someone who knows what you are going through. Our Peer-Mentors are there to listen, support and help you get through the everyday challenges of living with arthritis.

If you want someone to talk to, Arthritis Assist will match you with a trained Peer-Mentor who will provide one-on-one telephone support at time that suits you.



**Arthritis**  
QUEENSLAND

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1800 011 041 or visit [www.arthritis.org.au](http://www.arthritis.org.au)

# Community Speakers

Arthritis Ambassadors help raise awareness of arthritis through our Community Speaker Program.

Arthritis Ambassadors are volunteer speakers who know exactly what it is like to live with arthritis. Our Arthritis Ambassadors are passionate about helping all Queenslanders become more arthritis aware and are available to speak to your social club, community group or workplace.



For more information visit  
[www.arthritis.org.au](http://www.arthritis.org.au) or call 1800 011 041