

Becoming a mental health peer worker

One-day workshop



The role of peer support worker

The lived experience of the peer worker and the clients that they work with is the basis for establishing common ground in which to develop trust.

Authentically and sensitively using our lived experience to inform our work reminds us of who we are and forges a shared horizon that can provide opportunities for guidance and inspiration for our clients and ourselves.

This one-day workshop has been designed for people who would like to learn more about using their lived experience of mental ill-health and recovery in the peer support worker role as they plan their next steps towards meaningful work and satisfying employment.

Peer work in the paid mental health workforce involves:

- learning to keep yourself well with the demands of employment
- utilising the knowledge, expertise and learning you have gained through living with mental health challenges and seeking wellness
- using your knowledge about utilising the mental health system
- working within specific organisational policies, procedures and processes.

This one-day workshop will provide you with:

- information about pathways to training
- an understanding of the values, principles and practices that are at the core of peer work
- opportunities to engage with people currently employed at Mind as community mental health practitioners (peer support).

Who can benefit from this workshop?

Anyone with a lived experience of mental ill-health and recovery who is thinking about becoming a peer worker and would like some more information about what is involved.

This includes:

- people with no experience in peer support
- people who have heard about or are familiar with the concept of peer support and are seeking further information about training and what the role of a paid peer support worker involves.

Date: Friday 6 or Wednesday 18 November 2015

Time: 10:30 am-4:00 pm

Venue: ETEA Private College Training Room 5
132 Burgundy St Heidelberg 3084

Cost: Full fee \$100.00, Health Care Card holders \$50.00.

Presenters: Mind Learning and Development Consultant, Mind Community Mental Health Practitioners-Peer Support, guest speakers.

To register contact: learning@mindaustralia.org.au

Registration for the day includes afternoon tea, lunch and any workshop materials and handouts.

Further information call: 03 9455 7916 or email: learning@mindaustralia.org.au

Becoming a Mental Health Peer Worker: One Day Information Session

Venue: ETEA Private College Training Room 5, 132 Burgundy St Heidelberg 3084

Cost (incl. GST): Full Price: \$100.00. Govt Concession Card Holders: \$50.00

Times: 10:30 am – 4.00 pm (*Morning tea, lunch and afternoon tea provided*)

Dates (select preferred date): Fri 6 November 2015 Wed 18 November 2015

RSVP: *please return this form as soon as you can.*

Applicant's Details

Name: _____

Organisation (if relevant): _____

Position Title (if relevant): _____

Address: _____

Email: _____ **Phone:** _____

Dietary Requirements: _____

Any other requirements: _____

A letter of confirmation and an invoice for the course fee will follow shortly. **The invoice must be paid before you attend the day.** Thank you.

If someone other than you is paying for this course, please complete the following:

Name and contact details of Organisation or individual paying on your behalf:	
ABN No.:	
If an organisation, please provide the name of the person we should send our invoice to and include email & phone no.:	

Complete this form and email to learning@mindaustralia.org.au or post to: Learning and Development, Mind Australia, PO Box 592, Heidelberg 3084.