

# Becoming a mental health peer worker

## One-day workshop



### The role of peer worker

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. Lived experience workers use their unique perspective to inform change within mental health services.

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 workforce. This course is for consumer and carers.

### 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 as a consumer or carer
- using your knowledge about utilising the mental health system as a consumer or carer
- 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 in lived experience roles.

### 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 work
- people who have heard about or are familiar with the concept of peer work and are seeking further information about training and what the role of a paid peer worker involves.

**To register contact:** To register please complete the registration form attached and email to:

[learning@mindaustralia.org.au](mailto: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](mailto:learning@mindaustralia.org.au)

**Date:** Tuesday 7 March 2017

**Time:** 10:00 am - 3:30 pm

**Venue:** Mind Australia  
86-92 Mount Street  
Heidelberg VIC 3084

**Cost:** Full fee \$100.00, Health Care Card holders \$50.00  
(morning tea, lunch and afternoon tea provided)

**Presenters:** Representatives from Mind Learning and Development team and the Centre of Excellence in Peer Support (CEPS), Mind peer workers and guest speakers.



# Becoming a mental health peer worker registration form

| Training details |  |
|------------------|--|
| Course name      | Becoming a mental health peer worker                     |
| Course Date (s)  | Tuesday 7 March 2017                                     |
| Venue            | Mind Australia: 86-92 Mount Street, Heidelberg, VIC 3084 |

| Personal Details                  |  |
|-----------------------------------|--|
| Name (to go on your certificate)  |  |
| Organisation name (if applicable) |  |
| Mailing address                   |  |
| Contact Phone number              |  |
| Email address                     |  |
| Dietary or access requirements    |  |
| Details of requirements           |  |

| Payment details                               |   |
|---|---|
| Name<br>(person who is paying for the course) |   |
| ABN   |   |
| Address                                       |   |
| Cost (GST inclusive)                          | <input type="checkbox"/> \$100 (full fee) <input type="checkbox"/> \$50 (Health Care Card holder) |

| Mind admin use only |                          |
|---------------------|--------------------------|
| Service             | Learning and Development |
| Program Code        | 83800                    |
| Account number      | 1850                     |

**Terms and Conditions:** Registration will be confirmed by email on receipt of this form. Payment will be due on the day by cash or cheque and receipts will be issued.

Please return completed form to [learning@mindaustralia.org.au](mailto:learning@mindaustralia.org.au)

If you have any queries please call (03) 9455 7916