

# Mental health peer support work: a five-day training program

**A mental health peer practitioner training course delivered by Mind Australia Limited**

## Who is this course for?

The course has been developed for people with a personal lived experience of mental ill-health who are:

- employed as a peer support worker
- employed in mental health or community support roles and looking to explore other career opportunities
- volunteering or working casually in peer support
- undertaking relevant study and have some understanding of peer work
- a Mind peer support worker
- connected to other organisations with a peer workforce.

## Course overview

This professional development course is designed to create a safe space for people to share their lived experience and recovery, and to explore and develop professionally within this unique learning space.

## Learning objectives

This five-day workshop will enable you to:

- develop confidence in your understanding of best practice, including the principles, values and practices of peer support
- discuss issues and challenges related to disclosure when drawing upon your lived experience with service users and colleagues
- explore how to look after yourself to keep well
- appreciate the importance of collaboration and partnerships as pathways to better outcomes.

## Facilitator

Mind Australia Limited is one of the country's leading community-managed specialist mental health service providers. We offer high-quality professional development courses on a range of topics to health professionals, organisations and the general public.

This course is facilitated by qualified peer practitioners with a lived experience of mental ill-health who are currently working in the field.

## Cost

Full fee \$850.00      Concession \$440.00

*(Concession is available for holders of a current Health Care Card, which must be produced at the course.)*

*Prices listed are subject to change.*

Course fees include:

- all workshop materials
- catering

**[mindaustralia.org.au](http://mindaustralia.org.au)**

Mind Connect 1300 286 463

Carer Helpline 1300 554 660



Mind Australia Limited ABN 22 005 063 589



## Dates

Monday 18 February to Friday 22 February 2019

Monday 15 July to Friday 19 July 2019

Monday 11 November to Friday 15 November 2019

## Times

9:30 am – 4:30 pm

## Venue

86-92 Mount Street, Heidelberg, VIC 3084

## To secure a place

You will need to buy a ticket via Eventbrite - just click the link for your preferred date below:

February 2019 [Buy a ticket](#)

July 2019 [Buy a ticket](#)

November 2019 [Buy a ticket](#)

## Certificates

Participants will receive a certificate of completion at end of course.

## Terms and conditions

See the course details on the Eventbrite site.

## Any questions?

Contact us on 03 9455 7923 or [learning@mindaustralia.org.au](mailto:learning@mindaustralia.org.au)