

Becoming a mental health peer worker

A mental health peer work information session delivered by Mind Australia Limited

Who is this course for?

Anyone with a lived experience of mental ill-health and recovery (either directly or as a carer) 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 are currently volunteering, studying or actively looking for peer work
- people who have heard about or are familiar with the concept of peer work and are seeking more information about it
- people who would like further information about training as a peer worker.

Course overview

Peer work in the mental health workforce involves:

- utilising the knowledge, expertise and learning you have gained through experience of mental health challenges and seeking wellness, either directly or as a carer
- using your knowledge about utilising the mental health system as a consumer or carer
- learning to keep yourself well in relation to the demands of employment
- working within specific organisational policies, procedures and processes.

This one-day workshop will provide you with:

- an understanding of the values, principles and practices that are at the core of peer work
- information about pathways to training
- information about the different types of roles that require a lived experience of mental health
- opportunities to engage with people currently employed at Mind in lived-experience roles.

The role of peer worker

This can be described as authentically and sensitively using our lived experience to inform our work, reminding us of who we are and forging 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.

Facilitator

Mind 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 run by qualified and experienced Peer Workers.



Cost

Full Fee \$120.00 Concession \$70.00

(Concessions are available for holders of a Health Care Card, which must be produced at the course.) Prices listed are subject to change.

Course fees includes:

- Catering
- all workshop materials.

Dates

Monday 4 March 2019

Friday 28 June 2019

Times

10:00 am - 3:30 pm.

Please arrive on time as we start at 10:00 am sharp.

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:

March 2019

[Buy a ticket](#)

June 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

mindaustralia.org.au

Mind Connect 1300 286 463

Carer Helpline 1300 554 660

Mind Australia Limited ABN 22 005 063 589



Centre of
Excellence in
Peer Support

MENTAL HEALTH