

Media Release

25 August, 2016

MIND WINS PRESTIGIOUS MENTAL HEALTH SERVICES AWARD

Mind Australia's Mind Recovery College™ has won the achievement award (for entries with a different focus including large multi strand services) at this year's annual Mental Health Services (TheMHS) Awards Ceremony in New Zealand.

Now in its 25th year, the awards recognise best practice, excellence and innovation in mental health service delivery across Australia and New Zealand.

Mind Australia Chief Executive Gerry Naughtin said he couldn't be more delighted with the outcome. "The Mind Recovery College™ is truly unique. It is run by people who have their own first-hand knowledge of what it's like to be dealing with mental ill-health and related life stresses. Our courses provide a great experience of learning in a non-judgemental, positive environment.

"The college role models a consumer choice culture where power is shared, first-hand knowledge is valued, and consumers (and carers) are an integral part of the day to day running of the college.

"This approach has been recognised for delivering excellent outcomes in relation to consumer empowerment and is helping people build more positive, connected and meaningful lives," Dr Naughtin said.

Presented by Dr John Crawshaw, Director and Chief Advisor of Mental Health, New Zealand Ministry of Health, the award was accepted by Mind Recovery College™ Director, Dianne Hardy, Mind's QLD General Manager Heather Thompson and consumer teacher Sue Belmore.

"I am so proud we can accept this award on behalf of the many people who have together built the college into what it is. We have all worked hard and given something of ourselves to develop a program that's truly different and that brings people together as equals to share, learn from each other and enrich lives," Ms Hardy said.

Established in 2013, the Mind Recovery College™ is the first recovery college in Australia. It has over 50 courses across seven campuses with the majority being run by people with a lived experience. Courses include health and wellbeing, relationships, skills for work, challenging stigma and discrimination, understanding the National Disability Insurance Scheme (NDIS) and much more.

For information about the Mind Recovery College™ visit www.recoverycollege.org.au or visit the Mind Australia website www.mindaustralia.org.au

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