

Comments About The Training

"Thank you for a wonderful experience. I believe this will help me to manage my mental health much better – which is priceless. Thanks again."



Illustration by Self Advocacy Participant

"The consumer's lived experience does have the power to affect systemic change!"

"Consumer advocacy can be a powerful medium which benefits all mental health consumers who may be in need of these services."

About ACT Mental Health Consumer Network

ACT Mental Health Consumer Network is an organisation run by consumers for consumers. Our aim is to bring about a higher standard of healthcare in the mental health sector through representation, lobbying and active involvement in new developments in the mental health sector.

Our organisation is committed to the rights of mental health consumers, promoting a respectful and accepting system that involves consumers, carers and professionals.

Drop-in times

11am-1pm Monday to Friday
excluding public holidays



www.facebook.com/actmhcnc/



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Funded
By



ACT
Mental Health
Consumer Network

Free Training:
Self-advocacy &
Consumer Representation

Our Training

The Network offers free training to anyone with lived experience of mental illness.

Presented in two parts, our training has been designed with consumers for consumers.

Our training will support you to identify how effective you can be as a self-advocate and be a voice for other consumers.

Self-advocacy, consumer representation, co-facilitation and mentoring training are offered throughout the year at no cost to consumers.

Through our training you can develop your personal skills so that your voice is listened to, heard, and acted upon.

To become a Consumer Representative you are required to complete Self Advocacy and Consumer Representation Training.



Image by Petr Kratochvil

What is Self-advocacy?

Self-advocacy is the ability to speak up for yourself and the things that are important to you. It means you:

- are able to ask for what you need and want, and tell people about your thoughts and feelings.
- know your rights and responsibilities.
- can have more control and make the life decisions that are right for you.

The Self-advocacy course assists consumers to be strong self-advocates.



Ralph Nelson, Artist and valued Member

What is Consumer Representation?

Consumer Representation is the process by which consumers can represent the broader consumer voice through systemic advocacy.

Systemic advocacy is the process of advocating for change in the systems that guide the delivery of mental health services. Systemic change improves services and breaks down stigma and discrimination.

Consumer Representatives use their understanding of these systems and their own and others' lived experience to shape the way mental health services are designed and delivered within the ACT.

The training supports mental health consumers to become informed and confident Consumer Representatives, equipping them with the skills to represent themselves and other consumers.

What's Next?

On completion of these two courses, further free training is available including Co-facilitation and Mentoring courses.