

# building a future

## mental health education & support

“Hearing other families stories helped me realise that our family is not alone. In the same way, hearing someone’s story of recovery was extraordinary. It helped me to see there is hope for the future”

- Program participant

Wellways Building a Future is a 12-session mental health education and support program for families, friend and carers of someone experiencing mental health issues. The program is led by peers – trained people who have their own lived experience as a family member, friend or carer.

Building a Future provides families and friends with:

- up-to-date mental health information
- strategies and skills to improve wellbeing and relationships
- knowledge and support from others with similar experiences
- information and strategies on accessing services and supports
- an opportunity to explore self-care and family wellbeing
- a chance to connect with others in a supportive environment



**Date & session time:**



**Location:**



**Cost:**



**To register:**

# Wellways education programs

## For individuals

**My Recovery** – is a 10-session peer led education program for people experiencing mental health issues. The program supports participants to take steps towards recovery, improve social and emotional wellbeing, build confidence and develop skills in a supportive group setting.

**My Recovery Snapshot** – is a 2-session peer led education program. It provides participants with introductory knowledge and skills to take steps towards recovery, including options for further education and support.

**Wellways to Work** – is a 6-session peer led education program for people experiencing mental health issues. It is designed to support people who are interested in taking steps towards work and study.

## For families, friends and carers

**Building a Future** – is a 12-session peer led education program for family members, friends and carers of someone experiencing mental health issues. The program supports participants to develop knowledge and skills relating to mental health and recovery and connect with others in a supportive learning environment.

**Building a Future Snapshot** – is a 2-session peer led education program. It provides participants with introductory knowledge and skills relating to mental health and recovery, including options for further education and support.

**Duo** – is a 6-session peer led education program for family members, friends and carers of someone experiencing mental health and substance use issues. The program supports participants to develop knowledge and skills relating to mental health, addiction and recovery and connect with others in a supportive learning environment.

**Duo Snapshot** – is a 2-session peer led education program. It provides participants with introductory knowledge and skills relating to mental health, addiction and recovery, including options for further education and support.

## For the general community

**Wellways community education** – Wellways community education – encompasses a number of educational programs and services, including:

- Understanding mental illness workshops – a 3 hour workshop for professional and community groups
- Brainwaves radio program – peer led community radio program, weekly on 3CR
- Helpline telephone service – peer led, free and confidential mental health information, support and referral advice for the community. Call Helpline on 1300 111 500.

My Recovery and Building a Future are award recipients of Australian and New Zealand Mental Health Service Achievement Awards.

“Self empowerment, self care, increased self worth: the opportunity to put education into action”

– Building a Future participant

Wellways Australia is a leading not-for-profit organisation dedicated to ensuring all Australians lead active and fulfilling lives in their community. We work with individuals, families and the community to help them imagine and achieve better lives. We advocate for change to make sure people can access the best possible care and information when they need it. We provide a wide range of services and assistance for people with mental health issues, disabilities, youth and older Australians.



Wellways Australia Limited  
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