

my recovery

mental health education & support

“This program changed my life for the better. I connected with people. I found I wasn’t alone, that there is so much support out there. It gave me a drive to keep moving forward in my recovery.”

- Program participant

Wellways My Recovery is a 10 session education and support program for people experiencing mental health issues. The program is led by peers – trained people who have their own lived experience of mental health issues and recovery.

My Recovery provides people an opportunity to:

- learn about mental illness, mental health and recovery
- explore ways to improve social and emotional wellbeing
- develop communication and advocacy skills
- find ways to challenge stigma and discrimination
- share and learn from other’s experiences
- develop ongoing support networks



Date & session time:



Location:



To register:

Delivered in collaboration with:

wellways

with the support of the Victoria Government

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 an 8 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
- Speakers Bureau - personal experiences of mental health issues and recovery
- Brainwaves radio program – peer led community radio program, weekly on 3CR
- Lectures and seminars including the Annual Bruce Woodcock Memorial Lecture
- 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 the Australian and New Zealand mental health service achievement awards.

“My Recovery has changed my life, in how I look at myself and knowing what helps me”

– My Recovery participant