

“Meeting fellow carers was a wonderful experience and sharing each other’s stories was invaluable. The information provided was empowering.”

wellways

mental health | disability | rehabilitation

Wellways peer education programs are delivered by Wellways Australia in locations across ACT, NSW, VIC and TAS. Programs are also delivered by partner organisations in various locations, including QLD and WA.

Wellways offers a range of peer education programs for:

individuals

My Recovery | Wellways to Work

families, friends and carers

Building a Future | Duo

For more information on a program near you or to register contact:

Wellways Australia Limited
Incorporating Australian HealthCall Group
QLD | ACT | NSW | VIC | TAS
wellways.org | 1300 111 400

wellways
building
a future

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**mental health peer education
for families, friends and carers**

Peer education and support

Learn about mental health and recovery from those who have been there.

Wellways peer education programs provide families, friends and carers with:

- up-to-date information on mental illness, mental health and recovery
- 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
- advocacy and communication skills

What is involved?

Wellways family education programs are led by peers – trained people who have their own experience as a family member or friend of someone living with mental health issues.

The programs involve information sharing, group discussion, films and practical activities.

The programs include presentations from people about their own personal experience of mental health issues and recovery, including a family member perspective.

Evaluation shows that people taking part in these groups experience decreased depression, anxiety tension and worry, decreased stigma, improved communication skills, the ability to empathise and increased empowerment.

“Hearing from 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 that there is hope for the future”

- program participant

Choice of programs

Snapshot program – 2 x 3-hour sessions

The Building a Future snapshot program is a two session program. Each session is three hours long. This program may be offered over one day or over two separate weeks.

The program provides family members and friends with essential information and support.

Group members will receive a pack with resources and options for local services and further education.

Following this program, many group members choose to attend a full length Building a Future program.

Full length program – 8 x 3-hour sessions

Building a Future is an eight-session program. Each session is three hours long and normally held weekly.

Each group member receives a handbook which contains helpful information that can be used to record learning, new strategies and reflections.

Many group members have made connections with others that have become ongoing friendships and networks of support.