

*“The training and content was very informative and gave me greater understanding of the impacts of mental illness on individuals, families and communities.”*

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# wellways

mental health | disability | rehabilitation

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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](http://wellways.org) | 1300 111 400

# wellways community education

**Peer led mental health education for  
community and professional groups**

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## Mental health education

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Wellways workshops provide participants with an in-depth understanding of mental illness, wellness and recovery. Participants can expect to gain new skills in supporting people living with people who experience mental health issues, whether this be in the workplace, community groups or personal life.

Wellways community education is unique - bringing together up-to-date research based information with the expertise gained through personal experience of mental illness and recovery.

You can expect to increase your understanding, knowledge and skills within a dynamic and supportive learning environment.

Workshops have been delivered to a range of organisational and community groups including sporting clubs, schools, councils, professional groups, employers, health and community services, emergency services and volunteer groups.

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## What is involved?

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Wellways community education workshops benefit participants and the community by:

- improving understanding of mental illness
- increasing confidence and skills to help others
- reducing stigma
- encouraging people to have hope and seek help
- improving understanding of recovery
- engaging people to create change in their own lives and local community

“Hearing from someone with lived experience was very powerful and so useful—especially to see that there is hope for people to live normal lives”

- program participant

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## Choice of programs

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### **Understanding Mental Illness workshop**

A three-hour workshop that provides up-to-date, research-based information on mental illness, mental health and recovery. The workshop includes practical exercises, information sharing and group discussion.

Included in the workshop is a presentation on the personal experience of mental illness and recovery from a Wellways Speakers Bureau presenter.

### **Speakers Bureau**

A personal presentation from someone who has experienced mental illness and recovery. Speakers Bureau presenters share their personal story in a way that supports others to understand the experience of mental illness and recovery, including contributing factors, the impacts of mental illness and what has supported their recovery. Following the presentation, there is an opportunity for questions and reflections.

**Each of these programs can be tailored to meet the needs of your organisation or community group.**