



**Building
a Future**

wellways

Mental health peer education

1300 111 400 | [wellways.org](https://www.wellways.org)

What can participants expect from the program?

Building a Future provides an opportunity to help build skills and resilience to better support someone who has a living experience of mental ill health.

Building a Future supports you to:

- improve communication skills
- strengthen your sense of identity
- explore personal wellbeing
- explore strategies to decrease stigma

This program is held in a group setting and is facilitated by people who have a lived experience of mental health issues or as a carer/loved one.

"Hearing other families' stories helped me realise 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."



Find out how Wellways can assist by calling our Helpline on 1300 111 500.

What is Building a Future?

Building a Future is peer education for friends and family members of people who have a lived experience of mental ill health.

The program provides an opportunity to gain skills to look after your mental health and wellbeing, while supporting the recovery of your loved one.

The program is delivered by Wellways Australia and is available free of charge.

About Wellways

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. Wellways provides a suite of peer education programs aimed at individuals, friends, family members and communities.

Why peer education?

Wellways Peer Education offers a unique opportunity for participants to share and learn from the experiences of other people living with mental health issues. It takes place in a supportive environment that promotes learning and positive action.

Wellways peer education programs are delivered by Wellways Australia in locations across Australian Capital Territory, New South Wales, Victoria and Tasmania. Programs are also delivered by partner organisations in various locations, including Queensland and Western Australia.



Choice of programs

Building a Future is an eight session peer education program developed for those caring for a loved one with a lived experience of mental ill health.

A further four sessions are offered to participants following the eight week program.

Building a Future Snapshot is a two session program that may be offered over one day or over two separate weeks. The program provides carers unable to commit to the full program with essential information and support and the option of attending the full length program in the future.

Interested?

For more information or to find out when a Building a Future Program is running near you please register your interest using one of the methods below:

Online www.wellways.org/understanding-mental-health/peer-education

Email peerandcommunityed@wellways.org

Phone 1300 111 400

Email peerandcommunityed@wellways.org
or call 1300 111 400 for more information
about all Wellways peer education programs

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 on 1300 111 400 or at wellways.org

helpline

1300 111 500

mental health information,
support and referral advice
Monday to Friday 9am - 9pm
(excluding public holidays)

wellways

Wellways Australia Limited

ABN 93 093 357 165

QLD / NSW / ACT / VIC / TAS

1300 111 400 | wellways.org



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia.

We are committed to inclusive communities.