

## Members Area

The Network operates a Drop-In service in the members area: 11am to 1pm Monday-Friday.

Members can use the facilities for their self-advocacy needs, as well as to meet other consumers in a friendly, safe environment.

Members can access the internet, multipurpose printer and a telephone for their self-advocacy needs.

A meeting space is available for community groups to hold centrally-based groups and meetings. Bookings can be made by contacting us.

### Scholarships

Michael Firestone Memorial Scholarships of up to \$500 are awarded annually to consumers wishing to further their education. Up to two scholarships are presented to successful nominees during Mental Health Week each year.

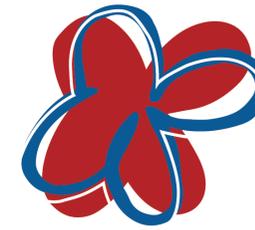


Michael Firestone

## Join

We welcome people with lived experience of mental illness who reside or access services in the ACT. Membership is free for consumers.

The Network also welcomes organisations or supporters to become Associate Members, fees apply. Contact us to obtain a membership form, or complete a membership form online.



ACT  
Mental Health  
Consumer Network

The peak body for  
mental health consumers  
in the ACT



[www.facebook.com/actmhcnc/](http://www.facebook.com/actmhcnc/)



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Funded  
By



## About us

The Network is run by consumers for consumers. Our aim is to raise the standard of health care in the mental health sector, through representation, lobbying and active involvement in new developments in the ACT.

Through us people who have lived experience of mental illness can contribute to improving the mental health system for everyone.

The Network is a vibrant organisation committed to the rights of mental health consumers, promoting a respectful and inclusive system that involves consumers, carers and other professionals.

***“The consumer’s lived experience does have the power to affect systemic change!”***

## Who is a consumer?

A consumer is a person who identifies as having lived experience of mental illness or disorder, past or present, or has personally used a mental health service for their health needs or recovery journey.

## Consumer Representation

A Consumer Representative is an individual with lived experience who represents the views of mental health consumers.

The Network’s foundation activity is the Consumer Representative Program through which we advocate for improvement in the health system.



The Network offers consumers the opportunity to be trained as Consumer Representatives who can advise, inform and partner with organisations and government to improve wellbeing and recovery outcomes for people using mental health services.

The Network offers free training in Self-Advocacy, Consumer Representation, Co-Facilitation, NDIS Peer Work and Mentoring. All courses are designed to support consumers to develop an extensive suite of skills. Further information about our training can be found on our website or by contacting the Network.

## Ways you can be involved

- Participate in policy discussions
- Contribute to the Newsletter & Bulletins
- Comment on policy and legislation
- Influence decision-making
- Respond to surveys
- Speak out and put your views forward
- Contribute to forums
- Access the Michael Firestone Memorial Library
- Like us on Facebook
- Borrow and swap books in the ‘Books4All’ program

